

Impacts of Food Security Program on Socio-Economic Aspects
(A Case Study of Ainselukharka, Khotang District)

A Thesis Submitted to
The Department of Sociology and Rural Development
Prithvi Narayan Campus Faculty of Humanities and Social Sciences
For the partial Fulfillment of the Requirements of
the Masters of Arts in Sociology

Submitted by
Surya Upreti
Symbol No: 480512/075
T.U. Regd. No: 6-3-48-18-2012
Campus Roll No.: 29/069

Tribhuvan University
Prithvi Narayan Campus
Pokhara

March, 2021

LETTER OF RECOMMENDATION

The thesis entitled **Impacts of Food Security Program in Socio-economic Aspects: A Case Study of Ainselukharka, Khotang** has been prepared by Surya Upreti under my guidance and supervision. I hereby forward this thesis to the evaluation committee for final evaluation and approval.

.....
Anchala Chaudhary
(Thesis Supervisor)
Department of Sociology and Rural Development

Date: March, 2021

LETTER OF APPROVAL

The thesis entitles **Impacts of Food Security Program on Socio-economic Aspects: A Case Study of Ainselukharka, Khotang**, submitted by Surya Upreti in partial fulfillment of the requirements for the Master's Degree in Sociology and Rural Development has been approved by the evaluation committee.

Members of Thesis Evaluation Committee

.....

Anchala Chaudhary

Research Supervisor

Department of Sociology and Rural Development

Prithvi Narayan Campus. Pokhara

.....

Mukunda Lamsal

External Examiner

Department of Sociology and Rural Development

Prithvi Narayan Campus. Pokhara

.....

Prof. Dr. Biswo Kalyan Parajuli

Head of the Department of Sociology and Rural Development

Prithvi Narayan Campus. Pokhara

Date: March, 2021

ACKNOWLEDGEMENTS

The research would not have been possible without the help of my teachers, friends, and respondents' villagers. I would like to express hearty gratitude to my respected supervisor Mrs. Anchala Chaudhary, Lecturer, Department of Sociology and Rural Development of Prithvi Narayan Campus, for his precious encouragement, support and constructive criticism as well as considerable comments and suggestion in the course of the preparation of this thesis.

I am indebted to Dr. Biswo Kalyan Parajuli, Head of the Department of Sociology and Rural Department for his kind, co-operation, inspiration valuable suggestion, and comments during the period of thesis writing.

I would like to thanks Mr. Mukunda Lamsal, External Examiner for providing invaluable suggestion and assistances in completing this research paper. I also extend my hearty thanks to all Faculty Members and Staff of Prithvi Narayan Campus for their help and co-operation during the work.

Likewise, I express my sincere gratitude to all community people interviewed, especially NGO Coordinator at Khotang Mr. Kishor Rai and Mr. Basanta Kumar Shrestha as well as female community health volunteers for their possible assistance, encouragement and co-operation from their level in completing this thesis.

All of my colleagues are worthily accountable of thanks for their helps at various stage of this research work and also sincere thanks to Mr. Bhoj Raj Shrestha for typing and printing this report.

Finally, I would like to express my sincere gratitude to all the individuals who directly or indirectly supported in the completion of this thesis work.

Surya Upreti

ABSTRACT

This study is based on the Impacts of Food Security Program on Socio-economic Aspects: A Case Study of Ainselukharka, Khotang District. The general objective of this study is to assess the socio economic impact of food security program in the study area. The specific objectives; are to assess the major intervention of the program activities in study area; to assess the status of food security situation after program intervention in study area and to identify the constraints and caused of vulnerability of food security in study area.

The total number of households in study area was 607 from five wards. Therefore, the universe considered for this study was 607 household populations from ward no. 1, 5, 6, 7 & 8 of Ainselukharka Ward where food security program had been implemented before to improve the food security status of the community. Out of total households, 20% households (121 households) were selected from random sampling using random number table to collect information among the total number. Therefore, these 20% households represent whole universe for analyzing the purpose of the study. All of the respondents were from program implementing respected community members. Most of the interviews were done with the family head of house as well as were also done with the housewife and other family member who are available at that time.

Consequently, majority of the households can produce enough food to cover their household's needs for not more than one quarter of the year. The households facing food deficiency adopt combination of different coping strategies like changing consumption behavior, working as casual labor, migrating out of the district or country, collection of wild foods, looking for the 'food for work' opportunities, sale of small livestock and poultry and so on. Seasonal migration to India in search of labor jobs was found to be one of the most prevalent forms of coping strategies adopted by the food insecure households. Rural households face number of risk factors with respect to their livelihoods. Present study has attempted to analyze the major intervention and socio-economic impact of food security program in Ainselukharka, Khotang. In the study area most of the households were facing food scarcity before the program intervention. The problem of food stuff in study area arises due to various reasons such as, traditional farming and local seed, low level knowledge on high yielding improved seeds, unproductive size of land holding, low productivity, lack of agricultural credit, lack of

market facilities, insufficient irrigation facility, poor access with stakeholders, poor awareness and other basic infrastructure etc.

In order to encourage saving and discourage unproductive expenditures such as consumption of wine, smoking, gambling etc. public awareness programs should be conducted and branch less banking facilities. Large family size are found to be one of the causes of food deficiency in study area so the importance of family planning should be taught to the villagers and family planning programs should be made effective. The government should provide alternative opportunity of employment and skill development program for the Dalit caste as well as low income people having small size of land holding.

Concerted action between government, civil society and private sector will be required. Here are a few pragmatic ideas for addressing food insecurity in Nepal; Strengthen small-holding agriculture by providing subsidies for irrigation, storage, technical assistance, and farming inputs. In this way, the food producing backbone of Nepal can be fortified and protect those populations most vulnerable to environmental and social changes. Legally, the Nepali government should consider protections on citizens' right to food and support this provision through improved regulation of markets. Increased investment in agriculture should focus on crop diversification and commodification in order to give Nepal's food system greater flexibility.

Table of Content

Title Page	
Letter of Recommendation	ii
Letter of Approval	iii
Acknowledgement	iv
Abstract	v-vi
Table of Contents	vii-viii
List of Tables	ix
List of Figures	x
List of Abbreviation/Acronyms	xi
CHAPTER I: INTRODUCTION	1-5
1.1 Background of the Study	1
1.2 Statement of the Problem	3
1.3 Objectives of the Study	4
1.4 Limitation of the Study	4
1.5 Organization of the Study	5
CHAPTER II: REVIEW OF LITERATURE	6-18
2.1 Theoretical Review	6
2.2 Empirical Review	11
2.3 Status of Food Security in Nepal	14
2.4 Food Security in Khotang	16
2.5 Brief Information about Other Organizations	18
CHAPTER III: RESEARCH METHODOLOGY	19-24
3.1 Research Design	19
3.2 Sources and Data Collection	19
3.3 Rational for Selection of the Study Site	20
3.4 Population and Sample Size	20
3.5 Data Collection Tools and Techniques	21
3.6 Data Analysis	23

CHAPTER IV: ANALYSIS AND INTERPRETATION OF FIELD SURVEY

DATA 25-36

- 4.1 Brief Description of Khotang District 25
- 4.2 Brief Description of Study Site 25
- 4.3 Socio-Economic Characteristics of Sampled Households 28

CHAPTER V: MAJOR INFLUENCING FACTORS AND PATTERNS

BEFORE INTERVENTION OF FOOD SECURITY

PROGRAM IN STUDY AREA 37-45

- 5.1 Major Influencing Factor in Food Security Program 37
- 5.2 Food Availability Pattern Before the Program Intervention 42
- 5.3 Common Coping Strategies of Sample HHs 43

CHAPTER VI: SOCIOECONOMIC STATUS OF COMMUNITY

PEOPLE AFTER INTERVENTION OF FOOD SECURITY

PROGRAM IN STUDY AREA 46-51

- 6.1 Socioeconomic Status of Community People 46
- 6.2 Comparative Analysis of Food Availability (Before and After Program Intervention) 49
- 6.3 Reasons Behind this Status 51

CHAPTER VII: SUMMARY MAJOR FINDING AND CONCLUSION 52-57

- 7.1 Summary and Major Findings 52
- 7.2 Conclusion 55

REFERENCES

ANNEXES

LISTS OF TABLES

Table	Page
2.1 Existing Organization Working at study are for Food Security	18
3.1 Households Sampling Data of the Respondents from Study Area	21
4.1 Caste Wise Number and Percentage of Sampled Households	27
4.2 Religion Wise Number and Percentage of Sampled Households	28
4.3 Age Wise Composition of Sampled Households Population	29
4.4 Gender Wise Composition of Sampled Households Population	30
4.5 Marital Status of the Sampled Households Population	31
4.6 Educational Status of the Sampled Households Population	33
4.7 Occupational Status of the Sampled Households Population	34
4.8 Land Occupying Pattern for the Agriculture Production by Sampled Households	35
5.1 Food Availability Pattern before the Program Intervention	42
5.2 Common Coping Strategies of Sampled Households	44
6.1 Types of Seed Using Pattern by Sampled Households	47
6.2 Sources of Seed Used by Sampled Households	48
6.3 Production Increment Status Compared to before Intervention of Sampled Households	49
6.4 Annual Income Statuses of Sampled Households	49
6.5 Changed Food Availability Pattern before and after the Program Intervention	50

LIST OF FIGURES

Figure	Page
2.1 Conceptual Framework for Food Security Analysis	10
3.1 Schematic Framework for Data Analysis	24
4.1 Location of Khotang District in Nepal	25
4.2 Location of Study area in Khotang District	26
4.3 Cast Wise Composition of Sampled Households in Study Area	27
4.4 Religion Wise Composition of Sampled Households in Study Area	28
4.5 Age Wise Composition of Sampled Households Population	30
4.6 Gender Wise Composition of Sampled Households Population	31
4.7 Marital Status of the Sampled Households Population	32
4.8 Educational Status of the Sampled Households Population	33
4.9 Land Occupying Pattern for the Agriculture Production by Sampled Households	36
5.1 Food Availability Pattern before the Program Intervention	43
5.2 Common Coping Strategies of the Sampled Households	45
6.1 Changed Food Availability pattern before and after the Program Intervention	50

ABBREVIATIONS/ACRONYMS

AKC	Agriculture Knowledge Center
CBO	Community Based Organization
CBS	Central Bureau of Statistics
CMC	Community Management Committee
DCC	District Coordination Committee
DWS	Drinking Water System
FAO	Food and Agriculture Organization
FGD	Focus Group Discussion
GDP	Gross Domestic Production
GOs	Governments Organization
HDI	Human Development Index
HHs	Households
HVC	High Value Crop
I/NGOs	International Non-Governmental Organization
KII	Key Informant Interview
KM	Kilo Meter
MA	Master of Arts
MoALD	Ministry of Agriculture & Livestock Development
MoHP	Ministry of Health and Population
MUS	Multi-use Water System
NARC	National Agriculture Research Council
NGO	Non-Government Organization
NTFP	Non Timber Forest Product
PLC	Participatory Learning Center
RD	Rural Development
Regd. No	Registration Number
RRN	Rural Reconstruction Nepal
S. Q.	Square Meter
SAAPE	South Asia Alliance for Poverty Eradication
SuDECC	Sustainable Development & Environment Conservation Center
TU	Tribhuwan University
UN	United Nations
UNDP	United Nations Development Program
USAID	United States Aid for International Agency
WFP	World Food Program
WFS	World Food Summit