

**ASSESSMENT OF FOOD INSECURITY SITUATION AND
COPING STRATEGY:**

A Case of Thami People in Sundrawati VDC 09, Dolakha

**A Thesis Submitted to
The Central Department of Rural Development,
Tribhuvan University,
In partial fulfillment of the requirements for the
Degree of the Master of Arts (M.A.)
In
Rural Development**

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2015

DECLARATION

I hereby declare that the thesis entitled “**Assessment of Food Insecurity Situation and Coping Strategy: A Case of Thami People in Sundrawati VDC 09 Dolakha**” submitted to the Central Department of Rural Development, Tribhuvan University, is entirely my independent study prepared under the guidance and supervision of my supervisor, (Ramesh Neupane). I have properly acknowledged all the sources, from which I have taken ideas and information to produce this research and account for its credibility and authenticity. Furthermore, I would like to assure you that the findings of this study have not been presented or submitted anywhere else for the award of any degree or for any other purposes. I assure that no part of the content of this thesis has been published in any form before.

.....

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RECOMMENDATION LETTER

The thesis entitled **Assessment of Food Insecurity Situation and Coping Strategy: A Case of Thami People in Sundrawati VDC 09 Dolakha** has been prepared by **Apsara KC** under my guidance and supervision. I hereby forward this thesis to the evaluation committee for final evaluation and approval.

.....

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(2071.12.24 AD)

APPROVAL LETTER

The thesis entitled **Assessment of Food Insecurity Situation and Coping Strategy: A Case of Thami People in Sundrawati VDC 09 Dolakha** submitted by **Apsara KC** in partial fulfillment of the requirements for the Master's Degree (M.A.) in Rural Development has been evaluated and approved by the evaluation committee.

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March 2015

ABSTRACT

Food insecurity is the major problem of developing country like Nepal. So, this study was undertaken to identify the situation of food security and insecurity situation of a Thami community of Sundrawati VDC 09 of Dolakha district. The general objective of the study is to assess the food insecurity situation and coping strategies of Thami community and the specific objectives are: to assess the current socio-economic status of Thami people; to analyzed the causes; and situation of food crisis; to analyze the reasons and impacts of food crisis; and finally to examined the coping strategies followed by them.

The study is both descriptive and analytical in its design and nature. Data are both qualitative and quantitative; the sources of data are both primary and secondary. The universe of the study is 171 households for which 98 households were sampled for the study by simple random sampling procedure. Direct field observation was done by developing the observation checklist; and household survey was conducted by developing questionnaire. FGD and KII were also conducted with the help of preparing guidelines. All the collected data are analyzed by using computer software, Ms-excel, Ms-word and SPSS and presented by tables. The analysis is guided by qualitative and quantitative techniques.

The research tries to explore the socio-economic conditions of the Thami people that give rise to the problem of food insecurity in the locality. After analyzing the various conditions of the household, the research tries to explicate the reasons and causes behind the existing problem, for example, mostly the structure of the family was joint family. The explanation of the causes leads to seek and analyze the possible impacts caused by the food insecurity. The research highlights the major impacts found due to the situation of food insecurity. The food security condition of Thami people was very weak. It has made them weak in different areas, for example in terms of family solidarity; most of them are indebted. However, they have tried hard to continue their lives. They are found to have adopted survival strategies while dealing with the food insecurity problem.

For example they take loan from relatives, neighbors and friends; eat less and less frequently as a coping strategy.

The Thami people are economically poor; they do not have enough fertile land, they basically depend up on labour wages at farm construction.

The research finally suggests to resolve the existing problem of food insecurity in Thami community, for example , training based agriculture should be focused; infertile land needs to be converted into fertile; education among the household should be encourage etc. The research calls for an immediate response from the government and other concerned bodies to address the current problem of food insecurity in Thamis community.

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ACRONYMS/ ABBREVIATIONS

ADB	-	Asian Development Bank
CBS	-	Central Bureau of Statistics
eg	-	Example
etc.	-	Extras
Dev.	-	Development
DFID	-	Department for International Development
FAO	-	Food and Agriculture Organization
FGD	-	Focus Group Discussion
GDP	-	Gross Domestic Production
GIS	-	Geographical Information System
Govt.	-	Government
HHs	-	Households
IDS	-	Institute of Development Study
i.e.	-	That is
IMF	-	International Money Fund
INGO	-	International Non Government Organization
KII	-	Key Informant Interview
LGDCP	-	Local Governance and Community Dev. Programme
MGD	-	Millennium Development Goals
MOAC	-	Ministry of Agriculture and Co-operative

NGO	-	Non Government Organization
No.	-	Number
ODI	-	Overseas Development Institute
OXFAM	-	Oxford Committee for Famine Relief
PAF	-	Poverty Alleviation Fund
SL	-	Sustainable Livelihood
SLC	-	School leaving Certificate
TV	-	Television
UNDP	-	United Nation Development Programme
USAID	-	United States Agency for International Development
VDC	-	Village Development Committee
WFP	-	World Food Programme

CHAPTER – I

INTRODUCTION

1.1 Background of the study

Food security exists when “all people, at all times, have physical and economic access to sufficient, safe and nutritious food to meet their dietary needs and food preferences for an active and healthy life” (FOA 1996:6). This widely accepted definition points to the four important dimensions regarding the issue of food security: availability (production and distribution), access (affordability, preferences), utilization (social and nutritional values, food safety) and stability (access to adequate food at all times).

In the mid-1980s to the early 1990s, researchers began to widen their perspective from food security to a livelihood perspective (Chambers & Conway, 1992; Solesbury, 2003). This ensured livelihoods approaches are based upon evolving thinking about combating food insecurity and poverty reduction, the way the poor live their lives, and the importance of structural and institutional issues. They draw on three decades of changing views of poverty. In particular, participatory approaches to development have highlighted great diversity in the goals to which people aspire, and in the livelihood strategies they adopt to achieve them (Ashley & Carney, 1999). Regarding the issue of food crisis, Timmer has following opinion.

“A food crisis occurs when rates of hunger and malnutrition rise sharply at local, national, or global levels. This definition distinguishes a food crisis from chronic hunger, although food crises are far more likely among populations already suffering from prolonged hunger and malnutrition. A food crisis is usually set off by a shock to either supply or demand for food and often involves a sudden spike in food prices.” (Timmer, C. 2010).

The problems of food insecurity have appeared in cities in recent decades, for the global poverty profile takes on more only on urban face. Due to rapid population growth, inequalities in the distribution of resources like land and agricultural modernization, landless among rural people, has significantly increased. These poor

and landless people are now migrating to urban centers in search for a means of livelihood (OXFAM, 1995).

The food crisis can be transitory or permanent, chronic or mild, depending on the determinants and persistence level of the food deficiency. In contrast, a food-secure household does not mean that all individuals (members) within it are food-secured. The most vulnerable group in particular may not always get enough food to eat. Moreover, each one of the “three pillars” of household food security can be shocked by a variety of several diverse risk conditions among these: economic crisis, natural disasters, conflicts and war, and policy changes (Adegbenga, 2009).

However, problem does not remain problem forever. The coping strategies: to deal with the problem of food crisis, are set and recognized based on the culture and traditional atmosphere in order to overcome the critical effects of food insecurity. Thus, the coping strategies are the means that people use in order to maintain their livelihoods during the stress time such as famine, drought, flood, etc. (Abdelrazig & Ahmed, 2006).

The low crop production turned into a low quantity of cereal foods saved for home subsistence. Subsequently, the outcome of the large drop in agricultural production and reduction of farm income coupled with a rapid rise in food prices had obligated rural households to adopt various coping strategies in order to mitigate the food insecurity problem. Therefore, the rural households have adjusted their food consumption by cutting the size and frequency of meals and changing the composition of their food diets and food habits (Teklu *et al.*, 1999; FAO, 2005; USAID, 2006; Elsheikh & Mahmoud, 2010).

Despite being an agrarian country, the main source of livelihood in Nepal is agriculture that holds 65.7 % of its total population, while food crisis seems to be one the disparaging and longstanding problems on its path of prosperity and development. Agriculture sector generates employment opportunity for majority of rural households contributing 38.3% of total gross domestic product (MOAC, 2005). In contrast to this huge dependency on agriculture, still 46 out of 75 districts in the country experience food deficit situation. Among these, 13 districts (out of 16) are from the Mountain and 33 (out of 39) are from Hills (CBS, 2003). However, due to surplus production in

Tarai, the country in overall is producing surplus food revealing the country to be self-sufficient in food production (Pro Public, 2002 & MOAC, 2005).

Regarding the problem food insecurity, my study area concentrates on Thami village, one of the villages of indigenous peoples in Nepal, whose settlements are centered in Tamakoshi area and northern part of Dolakha district. Thami people are mainly found in Suspa, Chhemawati, Sundrawati, Khopachangu, Alampu, Bigu, Kalinchowk, Lapilang, Lakuri Dada villiges of Dolakha district. According to National Census 2001, there were 2874 households and population 12,468 in Dolakha district and 22,988 populations in Nepal (CBS 2003).

1.2 Statement of the Problems

People who are living under poverty line must cope with food shortages. Generally, poor people spent more of their total consumption expenditure on food. In the context of Dolakha District, Thami people belong to indigenous group, who are coping food crisis. And most of the Thami people still hold small pieces of lands. The each portion of land they hold yields food grains only sufficient for less than six months for a family. Therefore, more than 90 percent of the Thami households fall below the food sufficiency level from their own annual agriculture production (Budhathoki, C. 2008). Food crisis is the major problem of Thami people.

Hence, the major research questions of this study were as follows:

1. What is the socio-economic background of Thami people?
2. What is the situation of food security and insecurity in Thami community?
3. What are the major reason and impact of food crisis among Thami community?
4. What are coping strategies followed by Thami people for food insecurity?

1.3 Objectives of the Research

The general objective of the study is to assess the food crisis and coping strategies of Thami community, and specific objectives of the study are:

1. To assess the current socio-economic status of Thami people

2. To analyze the situation of food security and insecurity in the study area
3. To analyze the causes and impacts of food crisis in the study area
4. To examine the coping strategy followed by Thami people against food insecurity

1.4 Significance of the Study

Limited researches have been done on the food crisis issues in Nepal; the area clearly lacks a specific concentration and sufficient attention. Thus this study can provide the basis for concepts and methods of assessing food crises impact and adaptation measures for upcoming research projects. As this study intends to show the impact of food crisis on the people who are dependent on agriculture for their livelihood, it will help to infer similar kind of effects upon other communities that have similar kinds of life sustaining difficulties.

Moreover, this study holds enormous importance in context of Nepal, where, as a developing nation, there diverse social and economic impacts that cause food crisis in rural areas. Finally, this study can be helpful to show how the people are coping with food crisis, and will help to make realizations how the multilateral agencies have been able to help poor and vulnerable people in adapting to food security.

1.4 Limitation of the Study

The study intends to find the answers of some of the frequently raised questions i.e. how people have been coping with the problem of food crisis. Besides, the study aims to unleash the trend of the food crisis in the study area, and its impacts on the livelihood of the people, and also assess their perceptions, knowledge and experiences in it.

However, there are some limitations of the study. As it mainly concentrates on the problem of food crisis and coping strategies, the general and large analysis of food crisis in Nepal will be out the reach of the project. Similarly, the Thami community is the focus of analysis, therefore, the food crisis in other communities even within the community where Thami people are will not necessarily be included in the project. Secondly, limitations of the study also involve money and time. With the adequate disbursement of funding resources the research is likely to finish on time. The money

factor can define the scope of the project whether the project would be carried out at large scale and accuracy.

1.6 Expected Outputs

By conducting this study it is expected that the perception and experience of local people in food crisis scenario in the study area will be revealed. The social and economic impact of the food crisis on livelihood of the rural people through changes in agricultural production and their other income generating activities will be explored.

1.7 Organization of the Study

The study has five chapters. The first chapter contains introductory part. The second chapter provides a comprehensive literature review related to the study. The chapter third discusses the research methodology and research design consisting of data, theoretical and analytical models, and data processing and analysis process in details. The fourth chapter includes the data presentation and analysis. The fifth chapter contains summary, conclusion and suggestions.

CHAPTER – II

LITERATURE REVIEW

2.1 Theoretical Literature Review

Review of literature relation to the research provides broad idea to expand the researcher's analytical capacity systematically. Review of literature consists both of theoretical understandings of the topic and its seminal components that underscore the whole understanding and the review of previous studies, more specifically the empirical studies more succinctly concentrated on the area of studies. The researcher has separately studied the theoretical foundation to conduct research as per set objectives. The previous studies are also reviewed to find out the research gap in the related issues. Specifically, for the convenience of the research the following relevant studies were reviewed.

2.1.1 Food Security and Insecurity

While the concept of food security highlighted during the World Food Conference of 1984, emphasis was essentially on increasing food production in food defect countries and creating a cordoning system national and international grains reserves. This approach overlooked the demand side of the issue. Currently, the widely known definition on food security is “access by all people at all times to enough food for and achieve healthy life”. It is essential elements are availability of food and ability to acquire it. Food security is thus defined in much broader terms than food self sufficiency which emphasis increasing domestic food production to meet domestic consumption (Adedeji & Adebayo, 1989).

Food insecurity means “lack of enough food for and achieve healthy life or the fear that will not enough to eat” (Smit, M., Bailey & Maxwell 1990).

Global food is the assurance of an adequate food supply and or access to it for all both national and sub national level. Food security at sub-national level means to assure food availability for individual households to to meet their minimum consumption requirement during a given period of time. To be operational, the concept of ‘minimum’ should be understood in terms of tastes and preferences and household

status of a family. At the national level, food security can be defined assure national availability of food to meet current minimum requirement per capita during a reference period (a year normally) and also to meet any unexpected shortfall during a limited period (say three months) (Alamgir & Arora, 1991).

Food security is defined as “the availability of the food deficit countries, or regions, or households within these countries, to meet target consumption on a year to basis year basis” Food insecurity, aside from the inability to consume the desire amount of the food in individual level, can also exist in the form of excessive costs incurred by the economy to assure to food availability.(Badiane,1988). In fact, food insecurity, is defined as “inadequacy of quality and quantitative of food consumption, as well as irregularity over time,” can lead to the contraction and ineffectiveness of the institution that might serve as positive spurs to the enhancement of food production and distribution (Brydeson 1990).

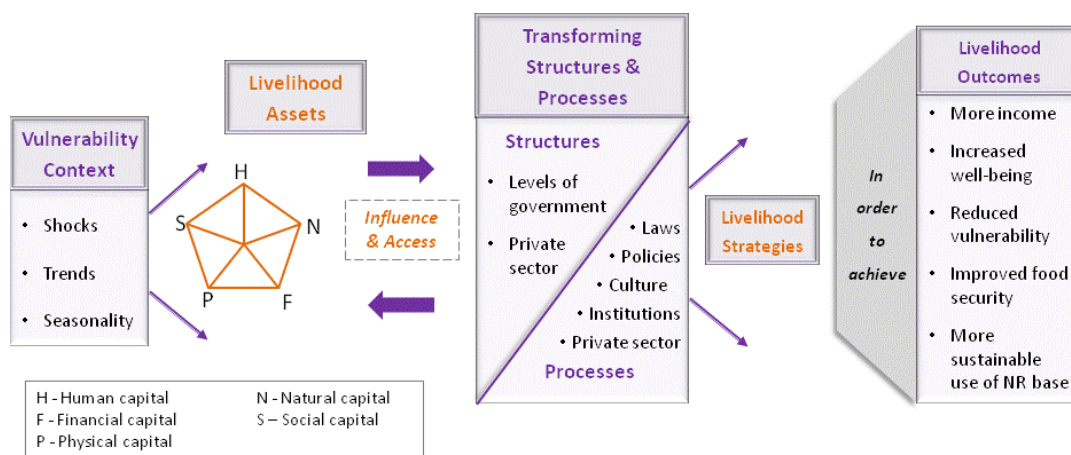
2.1.2 Food Insecurity and Livelihood

In the mid-1980s to the early 1990s, researchers began to widen their perspective from food security to a livelihood perspective (Chambers & Conway, 1992; Solesbury, 2003). This ensured that, livelihoods approaches are based upon evolving thinking about combating food insecurity and poverty reduction, the way the poor live their lives, and the importance of structural and institutional issues. They draw on three decades of changing views of poverty. In particular, participatory approaches to development have highlighted great diversity in the goals to which people aspire, and in the livelihood strategies they adopt to achieve them (Ashley & Carney, 1999).

The concept of livelihoods is increasingly used in development debates, in which people's capabilities, and social as well as material assets, are recognized to be important to make a living (Kanji et al, 2005). Livelihoods approaches reflect the diverse and complex realities faced by poor people in specific contexts (Ashelyet et al, 2003). Unlike many ‘conventional’ approaches to poverty assessment and project design, a focus on livelihoods requires incorporating an understanding of the ways in which various contextual factors – political, institutional, environmental as well as macroeconomic – either constrain or support the efforts of poor and vulnerable people to pursue a viable living (Cahn, 2004).

The livelihood frame is a tool to improve understanding of livelihood, particularly the livelihoods of the poor. It represents the main factors that affect people's livelihood and typical relationship between these. It can be used in both planning new development activities (DFID, 2001). It is thought to serve as a checklist of important issues for the analysis of livelihoods and to provide a means of bringing order in to the complexity of all these influences of livelihoods. It needs to be made context specific in order to elements to reflect local social, cultural, political and economic realities (Wyss, 2004).

Figure 1: Sustainable Livelihood Framework (SLF)



Source: DFID 2001

The livelihood framework should not be understood as a linear process. On the contrary, it tries to emphasize the many feedbacks and interactions between different factors. The starting points for many livelihoods analysis are the asset that is the peoples' strengths or resources likewise, livelihoods outcomes that is their goals or objectives as well as livelihood strategies, the strategies they adopt to achieve these objectives are investigated. Then, it analyses how the vulnerability context and the policies, institution and processes influence the assets and strategies (Wyss, 2001).

The individual parts of the framework are described as follows:

Vulnerability Context

The vulnerability context refers to proneness to a sudden catastrophic and full in the level of a variable, (Elilis, 2003). The vulnerability context also represents the external environment in which people live. Trends, shocks and seasonality are external factors over which people have no economic or poetical trends and technological trends. Shocks comprise among other things, human health shocks, economic shocks and conflicts, the seasonality and employment opportunities (DFID 2001).

Livelihoods Assets

In the livelihood approach, resources are referred to as “assets” or capital and often categorized assets type and owned and accessed by family members. These assets categorize are admitted at little contrived and not all resources that people drawn upon in constructing livelihoods fix neatly within that tend to have differing connection to the policy environment (Ellis, 2003).

Livelihood Assets has been described as follows:

Human Capital

Human capital comprises the skill, knowledge and ability to work and the good health of individual. At the household level, human is factor of disposal labour force and depends additionally on the listed attributes and the age and sex of household member as well as on the household size. Human capital appears as a building block or means of achieving livelihoods outcomes. Its accumulation can also be an end itself. It is crucial for gaining access to and making use of other assets. The increase of human capital is however, for many people also an aim in itself. They see health and education of livelihood as their primary livelihood objectives.

Social Capital

In the context of livelihood framework, it is taken to mean the social resources upon which people draw in pursuit of their livelihood objectives. (DFID, 2001)

It comprises networks and connections the memberships of more formalized groups and relationships of trust, reciprocity and exchanges. Such kind of social relationship is an important asset that affects the other types of assets. Mutual trust lowers the costs of working together. It helps to increase financial capital and substitute for financial capital.

Natural Capital

Natural capital is the term used for the natural resources stocks that includes all natural resources such as land, forest, marine or wild resources water and air quality. It ranges from intangible public goods such as the atmosphere, to divisible assets such as trees or land. Natural resources stocks are the sources from which production flows and they provide services like protection against erosion or storms. It is very important to those who derive all or part of their livelihoods from natural resource based activities. No one can survive without the help of key environmental services and good production from natural capital.

Physical Capital

Physical capital means “the basic infrastructures and producer good needed to support livelihood” (WYSS, 2004). Among these are transport facilities, shelter and communication facilities, tool and equipments. Again, not only mere existence of physical capital but also its quality, its reliability (continuous energy supply) and access to it (price and other conditions for use) are decisive factors.

Financial Capital

Financial capital includes the resources that its flow as well as stock and it can contribute to consumption as well as production of available stocks and regular inflows of money. The biggest benefit of financial capital is its diversity. It can be changed in to other capitals and used for directly achieving livelihood outcomes.

Transforming Structure and Process

These means policy, institutions and processes that shape livelihoods. They determine access to assets and livelihoods strategies, define the terms of exchange between different types of capital and affect the returns to chosen livelihoods strategies.

Structures are the hardware, the organization, both private and public that set and implements policy and legislation, deliver services, purchases, trade and perform all manner of other function that affect livelihoods (DFID, 2001) . Structure exists in both public and private sectors at various levels. In the public sectors, they are found on all level of government, from international to community level and include executive, legislative and judicial bodies as well as quasi-governmental agencies. In the private sector, they range from multi-national enterprises to NGOs and civil society.

Process, then are the “software” which determine how structure and individual operate and interact (DFID, 2001). These include policies, legislation and culture power reaction.

Livelihood Strategies

Livelihood strategies are the range and combination of activities and choices that people make in order to achieve their livelihood goals. Strategies include how people combine their income generating activities, the way in which they use their assets which assets they choose to invest in and how they manage to preserve existing assets and income. Strategies may reflect underlying priorities such as to diversity risk (DFID, 2001). Livelihood strategies change overtime and space (Subedi & Panday, 2001). There is enormous diversity of livelihood strategies geographically, across sectors and within households (Wyss, 2004).

Livelihood Outcomes

Livelihood outcomes are the achievement of livelihood strategies rather than describing the objectives of people. It records the actual ‘output’ of current assets and strategies. At the same time, it allows one to draw conclusions about motivation behind people’s action and choice. Livelihood outcomes are not only of the financial nature that is people are not solely maximizing income but there are different categories of livelihood outcomes which may be relevant, according to the given situation. These categories are more income, increased well being, and reduced vulnerability; improved food security and more sustainable use of the natural based resources.

2.1.3 Food Security Status in the World

The global population is growing at an alarming rate and providing enough food to combat this problem is becoming challenging. The current rate of food production will not be enough to feed the growing population. Food production will have to be increased according to the growth of the world's population if we are to avoid a total food crisis. "Global food production must increase by 50% to meet the projected demand of the world's population by 2050. Meeting this difficult challenge will be made even harder if climate change melts portions of the Himalayan glaciers to affect 25% of world cereal production in Asia by influencing water availability" (Chakraborty & Newton, 2011).

Many parts of developing world have been experiencing high economic growth in the recent years. Developing Asia especially, India and China have been able to show strong and sustained economic growth. GDP in the region was increased by 9 percent per annum between 2004 and 2006. Sub Saharan Africa also experience rapid economic growth with about 6 percent growth in the same period. Even countries with high incidence and prevalence of hunger reported strong growth rates. Of the world's 34 most food-insecure countries, 22 have annual average growth ranging from 5.2 percent in 2007 to 4.8 percent in 2008 (IMF 2007). Beyond 2008 world growth is expected to remain in the 4 percent range while developing country growth is expected to 6 percent (Mussa, 2006).

Beside growth, one of the major forces altering food equation is shifting rural urban populations and the resulting impact on spending and consumer preferences. The world's urban population has grown more than the rural population: within the next three decades, 61 percent of the world population expected to live in urban areas (Cohen, 2006)

2.1.4 Food Security and Insecurity Situation in Nepal

Poverty and food insecurity is pervasive are closely related in Nepal. The situation owes to several reasons. For a start, Nepal, as one of the poor countries in Asia, holds per capita income of approximately US\$ 23. With approximately 85 percent of the total population living in rural areas, poverty is much more prevalent, intense and

severe in rural districts. More than nine million people, in other words, 40 percent of the population, are currently estimated to live below the national poverty line, which is set as approximately Nepalese Rupees NPR 4,400 (\$77) per capita per annum and based on calories intake, housing and various non food standards (ADB 2002).

Moreover, Human Development Index ranks Nepal at 157 out of 187 countries. 54 percent of Nepal's population lives on less than US\$ 1.25 per day, and three and half million people are considered moderately to severe food insecure, counting Nepal among the poorest countries in South Asia (WFP, 2009)

Within rural areas poverty is worse in mountain areas, especially in the most remote mid and far western hill and mountain districts where as much as 70 percent of the total population is poor and local food production sometimes cover just three months of annual households needs. In some cases, due to the rugged terrain and lack of roads, people cannot access food even when they can afford to buy it. Household in some areas face seasonal food shortages in every year; condition of famine are frequently and regularly reported north-western Narayani Region (UNDP, 2002).

Nepal Living Standard Survey carried out by the Central Bureau of Statistics in 1996 (CBS 1991) indicated that 51 percent of households surveyed felt they were generally consuming less than adequate amount of food. Proposition of household perceiving less than adequate consumption food where higher in mountain (63%) and hill (55%) districts. Even in Terai districts which are generally considered food surplus district, 45 percent of households felt they were consuming less than adequate amount of food. It was mostly the small landholders and landless households which they felt consume inadequate amount of food.

2.1.5 Reasons and Impact of Food Insecurity

Food insecurity is clearly linked to agricultural production and development, but it is also linked to poor access caused by poverty, conflict and commodity speculation. Food insecurity situation is not simply linked to the productions but also to poor people's inability to store food and rely on their reserves. Hence, the development programmes that focus on creating diverse and stable means of livelihood can be central for the fight of food insecurity.

According to the Nepal Standard Survey III, 2010/11 (CBS 2011a), a poor person spends 72 percent of their total consumption expenditure on food. This implies that higher food prices have a direct impact on household's purchasing power and as it increases food deprivation and malnutrition. Besides, increase expenditure on food due to increase prices may lead to reduced expenditure on health and education and also squeezes investment in agricultural inputs such as fertilizers, fuels and power which are required to increase the food production. Hence rapid food prices hikes have become some matter of serious concern as these may have unwanted impact on poverty and hunger and may dilute the process made towards achieving the Millennium Development Goals (MDGs).

Food consumption is used in conjunction with other coping strategies as a buffer in times of crisis. Coping strategies are employed to mitigate the effects of not having enough food to meet the household's needs. Some coping strategies are positive means of overcoming food shortages, for example off-farm employment when it is available, savings that can be called upon and family networks for sharing. However, for many poor people coping strategies are negative - that is, they have a long-term detrimental effect. Examples of negative coping strategies are: severe reduction in food consumption, selling productive assets, reducing expenditures on basic services such as health and education, and abnormal migration (Corbett, 1988; Taal, 1989).

WAO (2011) argues that the average income net food buyer is higher than that of net food sellers, in most of the developing countries, and thus high food prices would transfer income from higher income people to those with lower income.

2.2 Empirical Studies

Shumet (2009) defines food insecurity and poverty in the case of Gedeo in Etopia; Poverty and food insecurity are the greatest challenges faced in Ethiopia. One the basis of his observation, Shumet views, poverty and food insecurity situations are small land holding size, having no or few domestic animals, having many children and being unable to feed them, having poor health, getting old and become helpless and being women and in change leading household. Majority of people are living below the food poverty line. Motivated by the belief that there were various bundles of factors contributing to poverty and food insecurity with particular reference to two

peasant associations, his study found the majority of the respondents were dependent upon cash crops, were poor and had food insecurity. The study yields poverty and food insecurity were found to be the two sides of the same coin. He points out both natural and human factors are responsible to cause poverty, they adopted different coping and survival strategies.

Similarly, Kyay (2009), on the basis of his research on food security status and coping strategies to food insecurity in Myanmar, points out the success of food and nutritional security could be achieved through a sustainable increase in rice production mainly growth (to reduce per unit cost of production and thus help increase in per capita income of rural household with more access to resources (thereby increase their access to food) and sound macroeconomic policies to gain effectiveness in reduction of the rural households' food insecurity.

Penney, (2008) studied the case of Somaliya, and identified a livelihood strategy and programme to address underlying cause of food insecurity in Somaliya. The major finding of this research was 70% of Somilia's population is household food insecure. 80% of populations in South Central Zone (SCZ) are household food insecure. Part of the natural resources base and environment is unstable and constrained. 80% of food insecure are rural and are dominated by the agro-pastoralists at zonal level.

Last not the least, Rinchu, (2012) conducted a research in Dhikur Pokhari VDC, Pokhara. Majority of the households of Dhikur VDC cultivate *kodho* (millet) and utilize it as food and also use it to produce *rakshai* (alcohol) this indicates that *kodho* does hold some significance for the majority of households in Dhikur VDC. There were some key initiatives that were somehow able to address and strengthen *Kodho* based food and livelihood security, such as information leading to awareness and opening co-operative for *Kodho*.

CHAPTER – III

RESEARCH METHODOLOGY

Methodology is the most important part of the research work. Reliable and relevant study can be made possible only by applying scientific method. Hence, the main purpose of this chapter is to present the framework for the research design. Different procedures used in this study are as follows:

3.1 Research Design

Design of the research was both descriptive and analytical. Descriptive research design was followed to describe the socio-economic background, situation of food security and insecurity, reason and impact of food security and coping strategy followed by the respondents in the study area. In addition, it was analytical research design has been deployed to mark the interpretation of data and the views and opinion of the respondents, and, finally, analysis has been done on the basis of collected information.

3.2 Nature and Source of Data

The nature of data was both qualitative and quantitative. The source of data is both primary and secondary. The primary data was collected from field survey where as secondary data was collected from both published and unpublished source.

3.3 Rationale for the Selection of the Study Area

Sundrawati VDC of Dolakha District is the area selected for study. The area is one of the rural areas where the majority of the people are from Thami community who are an ultra poor caste and they are facing food insecurity problem. They depend on natural resources and agriculture for their livelihood, out of the production of their whole year, sustenance for a year is hardly possible. As per the objective of the study, thus, this area was one of the most suitable areas for gathering information regarding the effects of food crisis.

3.4 Universe, Sampling Size and Sampling Procedure

Dolakha district has altogether 51 VDCs. Out of these VDCs, Sundrawati VDC was selected purposively as there reside majority of Thami people. Out of 09 wards of the VDC, Ward 09 is the VDC where density of population of Thami people is found more. Therefore, ward 09 was selected purposively for the purpose of carrying the research. In the ward 09, there are altogether 171 households, which is the universe of the study. Since the socio-economic characteristics of the Thami people is homogenous in nature, 98 Thami HHs as sample of study were selected for the purpose of collecting information based on simple random sampling.

3.5 Data Collection Techniques and Tools

3.5.1 Household Survey

Household survey was conducted in the study area by developing structured questionnaire as tool. (Annex 01) Questionnaire mainly included base line information, socio-economic condition, food security and insecurity situation, reasons and impacts of food insecurity and coping strategies against food insecurity strategy of study area.

3.5.2 Key Informant Interview

Key informant interview was conducted by developing KII guideline as tool. (Annex 02). These tools mainly covered the information of food security and insecurity situation, reasons for food insecurity and coping strategy against food insecurity. The key informant included VDC secretary, two teachers and one leader from Thami community.

3.5.3 Focus Group Discussion

The focus group discussion was conducted by developing FGD guideline as a tool (Annex 03). One FGD was conducted with the seven members; they included one VDC person, one school head master, and one social worker, one leader from Thami community and three persons from Thami community, who have completed their intermediate and bachelor level of the study.

FGD Members were asked about the current condition of food insecurity, reasons and impact of food insecurity in the community and coping strategies as well. The result of focus group discussion will be noted and used during the process of presentation and analysis.

3.5.4 Field Observation

Collection of the fact and information for the study, which helps to minimize the possible fallacy and inaccuracy in information collection, was obtained during the direct field observation. Information was collected by direct observation without permission of respondents by developing observation checklist as tool (Annex 04). During the period of field work, the settlement pattern, physical settings and linkage with road of Sundrawati VDC was observed.

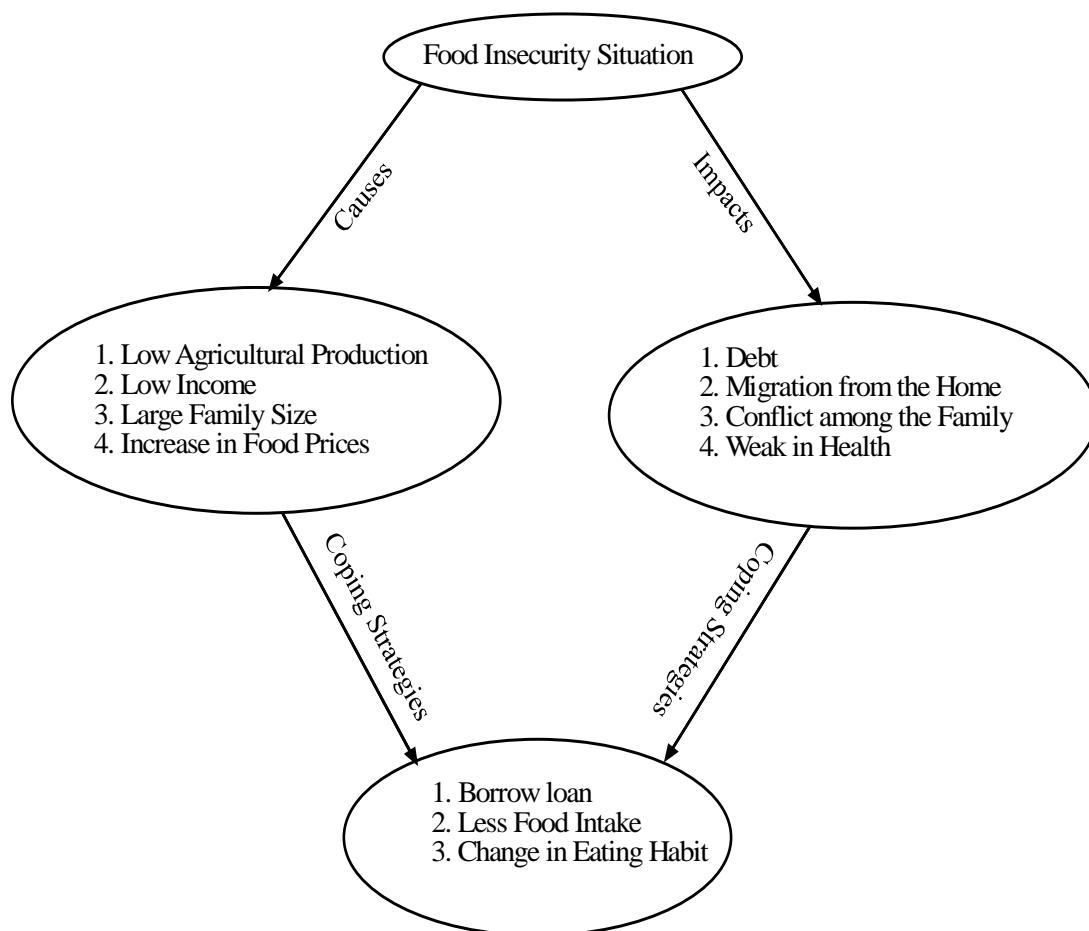
3.6 Conceptual Framework of Data Analysis

The conceptual framework below is developed to assess to the objectives of the research shown in Figure 2. Thami people are poverty–stricken over the years. That is the major cause of the food insecurity in the community. Firstly, the major cause behind the food insecurity is low agricultural production due to little land for agriculture. Secondly, cause of food insecurity is low income level; Thami have no proper job because of lack of resources. Third, the cause of food insecurity is large family size. Fourth cause of food insecurity is high food prices. Historically, Thami people do not have strong economic background so they could not afford high price food.

Major impacts shown in Figure 2 are increase in debt, migration from home, weak in health and conflict among the family. Thami people are in debt due to food crisis because there is no any option to buy food, rather than borrowing loans from the affluent members of the society. They borrow loan under the condition of high loan interest from the local loan providers and saving groups; inability to pay interest day by day pushes them to the vicious circle of poverty. Migration is also the cause of food insecurity. Due to lack of food people are suffering from weak health, and common but chronic conflicts are created in the family due to food crisis. So far the solutions to alleviate the food insecurity problems are concerned, Thami people are borrowing loan for food, and they are changing eating habit, that means, minimizing

and reducing the amount and the quantity of food they consume per day or week, and they have change the food behavior, that is, eating low-price food and reducing the frequency of eating times in a day.

Figure 2: Conceptual Framework of Data Analysis



3.7 Data Analysis Method and Tools

Information collected from the primary as well as secondary sources underwent a thorough editing and analysis with the use of appropriate methods and suitable tools and techniques. The entire questionnaire was manually tabulated and prepared under a master table. Then, it was processed and analyzed by using computer programs like, Ms-Excel, Ms-word and SPSS. Various tables, charts, figures diagrams and maps were created by using computer software programs. The analysis was guided by qualitative and quantitative techniques. Qualitative information provided depth and detail understanding of respondent's experience and attitude. For the convenience of interpretation and analysis, they have been are presented in the boxes.

CHAPTER – IV

SOCIO-ECONOMIC CHARACTERISTICS OF THAMI PEOPLE

The information collected during research was edited, coded and classified for the data organization. This chapter focuses some demographic and socio-economic characteristic of the respondents and methodologically analyzes the responses. It mainly illustrates center issue of food crisis with the backdrop of the socio economic characteristics of Thami people.

This chapter as a whole has been developed for data presentation and analysis. The detailed description and the analysis is explored in the following subsections.

4.1 Socio-economic characteristics

In this subsection, this study focuses mainly on some significant dimensions that introduce the socio-economic characteristics of the Thami People. The main dimensions below discussed include: a brief introduction of the study site, age and sex of the respondents, their marital/educational/occupational status, family size, landholding condition, household equipments and other important assets, animals and livestock they own, their major sources of income, their loan situation, source of loan and purpose of Loan.

4.1.1 Sundrawati VDC- A Brief Introduction

Sundrawati VDC is a part of Dolakha District which lies in area No-2 of the district. Its total area is 2022 square kilometer. It is surrounded in the East by Sunkhani VDC, in the West by Kshyamawati VDC, in the North by Lapilang VDC and in the South by Bhimeswor municipality. Similarly, 77% land of this area is slope, the slanted ground, rest of the area is quite plain and there are also low areas. According to VDC profile of 2067, the population composition by caste and ethnicity, and gender based of the population of Sundrawati VDC of Dolakha district is tabulated below.

Table No. 4.1: Population Composition of Sundrawati VDC

Caste	Male	Female	Total	Percent
Kumai	770	775	1545	40.24
Thami	668	695	1363	35.50
Chhetri	287	293	580	15.11
Brahmin	110	102	212	5.52
Biswokarma	36	31	67	1.75
Sarki	20	14	34	0.89
Dhami	14	15	29	0.76
Sherpa	5	5	10	0.26
Total	1910	1929	3839	100.00

Source: VDC Profile, 2067.

According to the record of Sundrawati VDC office, the total population of this VDC is 3839 among them the total population of Thami's 1363 consisting 668 males and 695 females. Thami people hold the second large portion of the total population of the VDC. Therefore, the demographic composition of Thami people seeks a responsible attention to look at the lifestyle of the Thami people, and one of the components to look at their life standard.

Administrative Map of Dolakha District



Source: LGCDP/MLD, 2011

4.1.2 Age and Sex Structure

It is essential to know about the distribution of Thami population of the study area. Age and sex structure is primary basis of demographic classification of vital statistics. They are very important variables to find out of the household size and structure. Here, some data of age and sex is presented on Table 2.

Table No. 4.2: Age and Sex Structure

Age Groups	Sex		Total no. of Population	Percentage
	Male	Female		
Below 15 years	79	65	144	32.65
15-30	72	67	139	31.52
30-45	32	38	70	15.87
45-60	27	25	52	11.79
60 and above	19	17	36	8.16
Total	229	212	441	100

Source; Field Survey, 2014

Table no. 4.2 shows the distribution of current population of Thami households in terms of their age and sex. For convenience, the age of the sampled Thami household population have been categorized into five age groups. The age below 15 years has been taken into consideration for their less participation in economic activities, for their age is not possibly taken for the productive and economic activities. According to data highest population is found in the age group below fifteen years old (32.65%) and the lowest age group is found in the age of sixty and above age (8.16%). Also data shows the male population is higher than the female population.

4.1.3 Marital Status

Marital status is one of the important factors for socio-economic characteristics. It is also universal demographic component. It can play a vital role to determine the educational status, household decision making power and so on. Therefore, the marital status of the Thami population is given in the table below:

Table No. 4.3: Marital Status

Marital Status	No. of People	Percentage
Unmarried	226	51.25
Married	209	47.39
Divorced	1	0.23
Widow	5	1.13
Total	441	100

Source: Field Survey, 2014

The study found that the unmarried population is highest (51.25%) in the study area. Similarly, it is followed by 47.39 percent married; 0.23 percent is divorced; and widows are 1.13 percent. As in other most of the communities of Nepal, it is found that marriage ceremony is an important event in Thami Community. The unique characteristic of Thami marriage ritual is right to ancestral marriage. The proper format of marriage is between cross cousin. There are various forms of marriage practiced in the Thami community such as arrange marriage, love marriage, inter-caste marriage, widow marriage etc.

4.1.4 Educational Status

Undoubtedly, literacy and educational qualification is vital indicator of people's social status. Due to the lack of access of educational opportunities, people have been marginalized and they lack both awareness of and access to their rights and roles. However, at present the scenario has shown the indicators of change in the nation. The following table shows the educational status of the people in terms of the education levels as per the common standard of viewing educational level in Nepal.

Table No. 4.4: Educational Status

Level of Education	No. of Population	Percentage
Illiterate	194	43.99
Literate	247	56.01
Total	441	100
Education Level among the Literate Respondents		
Preprimary	78	31.50
Primary	1	55.06
Lower Secondary	21	8.50
School Leaving Certificate	3	1.21
Intermediate Level	6	12.43
Bachelor level and above	3	1.21
Total	247	100

Source: Field Survey, 2014

Table no. 4.4 shows 43.99 percent are illiterate due to lack of opportunity to go to school and 56.10 percent are literate. Among the literate category it has subcategorized into 6 groups. 55.06 percent have completed the preprimary level,

55.06 percent have completed the primary level, 8.50 percent have completed the lower secondary level, 1.21 percent have completed the SLC level, 12.43 percent have completed the intermediate level and 1.21 percent have completed the bachelor and above level. Widely accepted view that education is backbone of every kind of development or for the matter, underdevelopment, is also plausible in Thamis community. They lack the opportunities to go to school and gain education. The low income level and the cycle of poverty is the main factor preventing them from obtaining education (though the study does not intend to talk about it here). Lack of education in Thami people prevents them from acquiring any efficient and good earning profession, other standard works that eventually poses a strong effect in generation of income. Low income then becomes the characteristic setback for the food security.

4.1.5 Occupational Status

Occupational status of the respondent keeps a strong relationship with the household practices and other social and economic measures as well. Many empirical studies have shown that people who have received higher educational attainment are involved mainly in service and similar kind of business work. Occupation is that factor which helps to improve socio-economic status of the people. The occupational status of the respondents is shown in the following table.

Table No. 4.5: Occupational Status

Major Occupation	No. of Population	Percentage
Agriculture	177	40.14
Own Business	2	0.45
Seasonal labour	3	0.68
Jobs in Government	2	0.45
Works in Others house	111	25.17
No Works	143	32.43
Employee in Foreign Countries	3	0.68
Total	441	100

Source: Field Survey, 2014

Among 441 people, 40.14 percent have involved in agricultural works. 0.45 percent people have their own business and 0.68 percent people are engaged in seasonal work. 0.45 percent have involved in government job jobs. 25.17 percent are working in others rich people's home. Majority of people (32.43%) do not work and 0.68 are in foreign country.

It was found that most of the respondents' major occupation is their traditional farming. No Work in the table above is the category allocated to the people who do not work at all either of because of the old age, as they cannot afford to work physically or because of the small age, who are yet to become the productive age group. Few of the households found that the active family members, mostly the youths, are in foreign as employees. Work in other's house means working as housemaid in other's houses in headquarters, capital city and other cities in the country and sometimes in the foreign countries (mostly, gulf countries) as well.

4.1.6 Family Size

The Structure of the family plays an important role in the socio-economic status. The types of family and current marital status of women and men are important socio-cultural variables. In our society, marriage is taken as universal phenomenon that takes place in human life. There are mainly four types of families categorized according to the no. of family members in the study. Following tables the pattern of family found in Thami community.

Table No. 4.6: Family Size of the Respondent

Size of Family	No. of Respondents	Percentage
1-3	24	24.49
4-6	61	62.24
7-9	12	12.24
10-Above	1	1.02
Total	98	100.00

Source: Field Survey, 2014

The above presented Table no. 4.6 shows that 24.49 percent of Thami families consist of one to three family members. Most of the Thami people, that is, 62.24 percent,

have between four to six family members. And, 12.24 percent of families have seven to nine family members in their family. Finally, as data shows, only 1.02 percent of families have very large family/ joint family that consists ten or more than ten members in the family. Majority of the Thami have joint family structure. When asked for the reason behind the joint family, they had replied they don't have enough property or land to share in chunks, and to run a nuclear family.

4.1.7 Landholding Condition

In an agriculture dominated economy, land is the major assets of production thereby the sustenance of rural people. The portion of land owned by the people living in areas also marks social status and living standard of people. The following table illustrates the land ownership status of the respondents.

Table No. 4.7: Landholding Condition of the Respondents

Size of Land in Ropani	No. of Respondent	Percentage
0-5	81	82.65
5-10	15	15.31
10-Above	2	2.04
Total	98	100.00

Source: Field Survey, 2014

The Table no. 4.7 above presented shows that out of 98 households, two households occupy more than ten ropani of land, which is 2.4 percent of the population of the total number of sampled households. Similarly, 5-10 ropani of land is occupied by 15 households, 0-5 ropani of land is occupied by 81 households. The trend shows\ the highest no of household lies in this category which is the 82.65 percentage of the population out 98 households.

People who are holding less than five ropani obviously are likely suffer food insecurity situation, and undergo food crisis. The amount of land they own does not yield the food sufficient enough to consume throughout the year for their families. It was also found that the land which they are holding, have the proper legal documents. The people who own land more than\ropani, they do not have food insecurity

problems for a whole year, and moreover, they are likely to sell agricultural productions that are not fully consumed throughout the production year.

4.1.8 Household Equipments and other Important Assets

Beside the equipment of daily life and livelihood, the sources of entertainment and communication have become the essential part of modern human beings. Though, may be in few numbers, the rural villages are not the exception of using the modern assets of communication and entertainment. The equipments are mainly used for listening to/ watching news updates news, gain and knowledge about common issues of socio-political situations, awareness regarding socially relevant issues through media. This study tried to find out the total no. of devices which is the source of communication, entertainment, knowledge etc. within Thami community.

Table No.4.8: Household Equipments

Household Equipments	Frequency	Percentage
Television	45	24.59
Mobile Phone	42	22.95
Computer/Laptop	3	1.64
Radio	93	50.82
Total	183	100.00

Source: Field Survey, 2014

The Table no. 4.8 presented above shows that the total no. of devices held altogether by the respondents. They were found to have possessed one hundred and eighty three including 45 televisions, 42 mobile phones, 3 laptops/computers, and more frequently used devices among the respondents is radio. Moreover, almost all households are having radio in their house. Television and mobile phone are also the major priority of among Thami people. It was found that, most of the teenagers are using mobile phone and they are much happy to have mobile phones. Household having higher educational status are likely to own computer in home. The basic reason for this is not necessary the preference of luxury but the requirement of course of study the members of respondents study. The persons having computers at their home are found to have passed bachelor level of education.

4.1.9 Animals and Livestock of Thami People

Animals and livestock are another domestic parameter showing the status of people and also the source of livelihood. Persons having land for the agriculture also tame animals in their home. Agriculture and husbandry in rural areas are taken as complementary to each other. So, this study has tried to find out the number of animals and livestock in the households of Thami people.

Table No. 4.9: Animal and livestock

Animals and Livestock	Frequency	Percentage	Percent in Case
Small Animals (chicken, ducks, rabbit)	98	35.5	100
Medium Types of Animals (goat, pigs, sheep)	93	33.3	93.9
Large Animals (cow, ox, buffalo, he buffalo)	87	31.2	87.9
Total	279	100	281.8

Source: Field Survey, 2014

Table no. 4.9 shows the highest no. of animals is small domestic animals in the selected household; the number is altogether 98 small animals that includes chicken, ducks, hen etc., and rabbits also. Total no of medium animals are 93. From the selected households, it was found that the no. of large animals including cow, ox, buffalo etc is 87. It can be concluded that most of the large animals are used for agriculture: for cultivating land and their manure to make the land fertile

4.1.10 Major Source of Income

Income is the major indicator of socio-economic status of the family. Monetary value is the most essential value in the family as well as in the society. Income level maintains the people's living standard. Income in terms of cash has a more predominant to maintain the level of living standard in society.

Table No. 4.10: Major Source of Income

Major Source of Income	Frequency	Percentage
Own Agriculture and Farm Activities	31	31.63
Labour Agriculture of Seasonal Times	42	42.86
Seasonal Labour beside Agriculture	12	12.24
Selling of Products(agriculture production, cottage industry)	7	7.14
Job in Private Sector(Non agriculture)	3	3.06
The Money of the Social Benefits and Allowances	3	3.06
Total	98	100

Source: Field Survey, 2014

The Table no. 4.10 above shows that pattern of income generated through different sources available by the respondents. Highest percent of people from the selected households, that is, 42.86 percent, involve in agricultural activities of other people and other seasonal works for the generation of income. Similarly, 31.63 percent of people have their own agriculture activities and farm activities as the main source of income. Similarly, 12.24 percent of the selected households have source of income involves working seasonal works beside agriculture. For 7.14 percent of households have the main source of income is the sale of products of agriculture and cottage industry. 3.06 percentages of households have job in private sector which is non agricultural, and the same percentage are benefited by the social benefiteres and allowances (such as old-aged allowance and widow/single women allowance).

4.1.11 Loan Situation

Another major indicator of socio-economic status is loan. This topic tries to find out the people who have loan to be paid to others.

Table No. 4.11: Loan Situation

Does the family member have loan to be paid	Frequency	Percentage
Yes	68	69.39
No	27	27.55
Do not know	3	3.06
Total	98	100

Source: Field Survey, 2014

Table No. 4.11 presented above clearly shows that more than fifty percent of selected households have debt to be redeemed. 68 household i.e. 69.39 percent from the total households have debt to be paid to others. 27 households i.e. 27.55 percent from the selected households seem to be free from paying debts to others. 3 percent from the selected household does not know if they have loan or not. This means the respondents may not know about loan situation.

A vast majority of the Thami people are in debts because they had to take loan for the food, health treatment and education they required. When asked how they are going to pay off the loan, some of them answered they would deduct the loan by selling the household property in case they are unable earn the cash anyway, and some of them answered that their son(s) would deduct the loan. In one case, one of the respondents answered it would be impossible to deduct the loan because his father's treatment has already been very expensive and huge amount of money was paid in the hospital.

4.1.12 Source of Loan

Source of loan is another part of analysis to know how Thami people have maintained their living. This topic helps to find out the debts from whom the Thami people are getting. Ninety eight households were selected for the research, among them sixty eight households have undergone the debts. Here this study tries to see the source of loan to the respondents.

Table No. 4.12: Source of Loan

Taken Loan from Whom	Frequency	Percentage
Informally from the Loan Givers	24	35.29
From Family and Friends	32	47.06
Business Persons, Landlords, employee	4	5.88
Saving Groups	8	11.76
Total	68	100.00

Source: Field Survey, 2014

Table no. 4.12 shows the main load-providers assisting loan to the Thami People. According to the field survey, 35.29 percent of households have drawn loan informally from the loan givers in which they have to deposit 30-40 percent interest of

total amount. Data shows that 47.06 percent of selected households get loans from the relatives and friends. This kind of loan is somehow easy for them because they do not have to pay the interest of the loan to the friends and relatives. There is a little chance for them to work according to their preference and redeem their debts. Business persons, landlords and employee also provide the Thami people loan certain cases with some conditions. 5.88 percent of households are supported by business persons, landlords and employee. Different saving groups provide loan to around 8 percent of the households.

4.1.13 Purpose of Loan

After the source of loan, the purpose of loan for which the Thami people borrow also needs a keen attention of analysis. This topic attempts to see why the Thami people need to borrow loan. The following table illustrates the purpose of loan for which the respondents borrow or are supported.

Table No. 4.13: Purpose of Loan

Purpose of loan	Frequency	Percentage
To fulfill the current demands and needs (like foods and clothes)	47	69.12
For health treatments	12	17.65
For education	03	4.41
Others(Marriage ceremony, social events)	06	8.82
Total	68	100.00

Source: Field Survey, 2014

As the tabulated data shows the great portion of loan is used to maintain the sustenance. Most of the households revealed that the day to day needs and demands like foods and clothes consume the large of the load. By data, 47 selected households i.e. 69.12 percent use fulfill the current demands and needs. 17.65 percent, that means, 12 households are in debt for health treatments. 4.41 percent of the households need loan to fulfill the education requirements, and data shows that 8.82 percent of households are taking loans to buy new land, and manage marriage ceremony, social

events etc. Sometimes, the social pressure in celebrating the ceremonies and festivals give rise to the increment in loan.

Data shows the prevalence of food insecurity among the respondent is the main cause of going under the debt. When asked, the respondents stated without the loan providers, living life would be very complicated for them. According to the response of the respondents, it was found that it would be hardly possible to survive half of the year from the agricultural production they produce throughout the year. Therefore, as they view, there is no any other option except borrowing loan. Health treatment is another purpose of loan. As they do not have other strong source of income, to manage the health condition of the family members they again have to take loan from the loan providers. They had a hope, after the recovery, they would redeem the load. However, their hope does not go in accordance with the condition.

4.2 Food Security and Insecurity Situation

In this section, much attention will be paid on presenting the description and analysis of the several factors that can be more helpful to assess and understand the food security and insecurity situation. Factors such as food intake items, food eating habit, agent involved in managing food, food security and insecurity situation of Thami People are analyzed in the upcoming subsections.

4.2.1 Food Security Situation

The issue of food security is the main thrust of this research. It was already noted that the agricultural productions the respondents produce during a year is insufficient to uphold the consumption of the year. Here, the researcher attempts to see and analyze the situation of food security. This attempt somehow will also justify the purpose of loan for which Thami people take loan discussed in the previous section. In the following table, the attempt has been made to see how long the respondents' total production is sufficient to lead the family consumption so far.

Table No. 4.14: Food Security Situation

Available of foods from own production	Frequency	Percentage
Less than three months	50	51.02
3-6	27	27.55
6-9	17	17.35
9-12	4	4.08
Surplus	0	0
Total	98	100.00

Source: Field Survey, 2014

Table No. 4.14 shows that 51.02 percent of the responded reported that they are adjusting food from own production for less than three months. In addition, the 27.55 percent of the respondents reported they can survive less than half year. 17.35 percent of the respondents reported food available for less than nine months from the agricultural production. And few of the respondents reported that only 4.08 can survive for whole year from their own agricultural productions.

The overall scenario shows that large portion of the total population of Thami people cannot sustain their lives from their own agricultural productions. The complication of food insecurity has several reasons true for the people. Main reasons include the lack of sufficient portion of land, and less productive land even if they have some land; the size of family, that is, the respondents have mostly large family; the consumption of foods and cash on the occasions of festivals and rituals; similarly, the social events.

4.2.2 Food Intake Items

Cooking food both in the morning and in the evening is a daily household chore of the Nepali people. Likewise Thami people were also found to have influenced by the same trend and cooking pattern. In this section of the research, attempts have been made to see the pattern of food consumption, items of foods and frequency of the foods, and analyze their foods pattern. The following table illustrates the variety of the food items the respondents often consume.

Table No. 4.15: Food Intake Items

Mostly Cooked in the Kitchen	Frequency	Percentage
Dhido	95	96.94
Rice	2	2.04
Bread	1	1.02
Total	98	100

Source: Field Survey, 2014

During the time of field survey it was seen that most of the households cooked Dhido (a typical Nepali food particularly made from maize flour). The data also shows that 96.94 percent of 98 households prepare Dhido as daily meal. Only 2.04 percent of the households reported that they made rice as daily meal. Rare in case, 1.02 percent, that is, equal to only one household, reported that they changed their meal items according to the demand of their children. According to them, most of the time they interchanged their meal items among *roti* (bread) sometimes rice, sometimes Dhido etc.

The major production from the agricultural of the respondents is maize. Therefore, Dhido is the predominant daily item of food. Sometime they exchange maize with rice and make rice on some special occasions.

4.2.3 Food Eating Habit

Food eating habit in a day is the major indicator that helps to find the consumption habit of the respondents and the food status of families. Frequency of eating habits of the family members is directly proportional to the quantitative stock and amounts food status. This section focuses on food eating habit of Thami people and it tries to find out how the Thami people's eating habits have been patterned and are having food in a whole day.

Table No. 4.16: Food Eating Habit

Eating Habit in a day	Frequency	Percentage
Two Times	67	68.37
More than two times	31	31.63
Total	98	100

Source: Field Survey, 2014

Most of Nepalese communities have habit of cooking food twice a day. However, out of curiosity, if any divergent could be found, the respondents were asked to tell their eating frequency. 67 households (38.37%) reported they eat twice in a whole day and 31 households have reported they prefer food more than two times, including day time snacks.

4.2.4 Agent Involved in Managing Food

To manage food for the whole year is not simple job for any family where there is lack of sufficient portion of land, and the land is less productive even if they had. How the families of Thami communities manage this disproportion between the high demands for foods and less yielding and production of agriculture. Under this section, who in the Thami families try to strike the balance between the demands and management will be looked at. The following table presents information about the food mediators in Thami community for the whole year.

Table No. 4.17: Agent Involved in managing Food

Mediators of food for whole year	Frequency	Percentage
The family members	84	85.71
Neighbors and relatives	12	12.24
Government	2	2.04
Total	98	100.00

Source: Field Survey, 2014

In the Table no. 4.17, data shows that 85.71 percent from the selected households reported that they themselves manage the food for whole year on their own. 12.24 percent households supported that the food is managed by neighbors and relatives. For the rest of the household the responsibility of the managing foods is taken by government. The analysis shows that some families borrow the foods from family relatives and neighbors, the surplus food saved from the agricultural production by the relatives and neighbors. By providing different kind of social and security allowances, the government takes care some of the families in the area. The number is very few of such family.

4.2.5 Food Security and Insecurity Situation of Thami People

When a people do not have enough food to eat this is called the situation of food crisis and when people can manage food to eat is the situation of food security. This topic provides the actual situation of food crisis in the Thami community.

Table No. 4.18: Food Insecurity Situation

Situation of Food Insecurity	Frequency	Percentage
Yes	54	55.10
No	44	44.90
Total	98	100

Source: Field Survey, 2014

Table no. 4.18 clearly shows the situation of food security and insecurity condition of the Thamis' households. It was found that 54 households (55.10%) from 98 households are suffering from food insecurity and rests among 44.90 percent households are food secured.

4.3 Causes of Food Insecurity and Its Impact

The major reasons behind the food insecurity and its impacts are briefly discussed. Both of the thematic areas (about reasons and impacts of food insecurity) are discussed respectively in their parts with exploration and analysis of several thematic areas, such as in subsection 4.3.1, low income from the agriculture, more family members, increase in food prices are explained, while in subsection 4.3.2, migrated from the home, conflict among the family members, effects on health, and increasing debt are explained.

4.3.1 Major Reasons Behind Food Insecurity

Behind the existence of every problem, without a doubt, there remain some reasons causing the problem. Likewise, in this section, the research tries to seek the reasons and issues that are behind the food insecurity among the affected households of Thami family. As Table 18 shows, 54 households reported that they suffer food insecurity. The responses of respondents will be analyzed to draw the reasons of the

problem of food insecurity. Following section tabulates some of the reasons of food insecurity.

Table No. 4.19: Reasons of Food Insecurity

Major Reasons on Food Insecurity	Frequency	Percentage
Low production from the agriculture	24	44.44
More family members	16	29.63
Increase in food prices	14	25.93
Total	54	100

Source: Field Survey, 2014

The major concern of this research is to find out the reason behind food insecurity in the study area. Finally, it is possible to find out the causes of food insecurity in the study area. Data shows that majority of the households are facing the food insecurity problem by having low production from the agriculture. 44.44 percent have reported they are facing food insecurity due to having very few agricultural productions. 29.63 percent are suffering this problem due to the large numbers of family members in the house. 25.93 percent have mentioned that they are facing food insecurity problem due to rapid increment in food prices.

4.3.1.1 Low Income from the Agriculture

The major cause of food insecurity is low production from the agriculture. People who aim at cultivating their lands for their living have faced the problem of irrigation for long time. They sometimes even have faced up to the problem of shortage in seeds of the grain that are prone to be cultivated and raised there. On the other hand, pesticides is the another problem that prevents them from producing sufficient amount of grains. Due to the financial crisis to purchase and the lack of availability of the pesticides in the area, they could not buy pesticide the grains in proportion to the amount the land is likely to yield. The pesticides are only available in district headquarters.

4.3.1.2 More Family Members

More family members need more food to eat but there is a problem of adequate food for whole family members. It is not possible to increase land without buying another new land. In spite of that, the family year by year gets larger and larger. With the increase in family members, the proportion of food to the family members gets wider and wider. This imbalance results in the food crisis and food insecurity. Then, the large family in this situation that is for the Thami communities has been a kind of great challenge to be addressed so far the problem of food security is concerned.

4.3.1.3 Increase in Food Prices

Increase in food prices is also the major cause of food insecurity problem. Thami people have certain source of income and they could not manage any alternatives solution for the financial problem. So if the food price increases, they could not afford to buy the food.

4.3.2 Impacts Caused by Food Insecurity

The preceding section concentrated on finding the reasons behind food insecurity. The analysis now necessitates going to find out its impact caused by food insecurity within in the affected household. This topic concentrates on pointing out and analyzing the major impacts created by food insecurity in the selected households.

Table No. 4.20: Impacts Causes from Food Insecurity

Impact Created by Food Insecurity	Frequency	Percentage
Migration away from the home	1	1.85
Increasing Debts	50	92.59
Conflicts among the Family Members	1	1.85
Affected by the Health problem	2	3.70
Total	54	100

Source: Field Survey, 2014

Food insecurity in fact creates a huge crisis in terms of living life itself. Very common to our understanding, the survival of people depends on the food what the food items are. According to the response of 92.59 percent of the respondents, the major impact

of food insecurity can be perceived in the increase in the debts that the families need to incur 1.85 percent i.e. only one respondent has been migrated from the home to the district headquarter food insecurity. Another respondent reported they have suffered from family crisis; the crisis involves conflicts and misunderstanding among the family members. 3.70 percent of the households have reported that due to the food insecurity, they have to deal with the health related problems.

4.3.2.1 Migrated from the Home

Another major impact created by the food insecurity problem is migration away from home mostly to district headquarter. Headquarter, for the matter, is likely to provide them some employment opportunities so as to live their lives as cash income is likely to be obtained from daily work. It was found that they could not stay in the village due to food crisis problem. They do not have enough land for agriculture and none of the family members are engaged in other income diversification work. They were shifted to district headquarter to search for income generating work.

4.3.2.2 Increased in Debt

Majority of the people have debt due to food crisis. They could not manage food on their own. This urgency created a difficulty in their hands to mouth problems. Fifty households have loan problem, and have to deposit certain amount of interest monthly. If they could not deposit interest and minimize the loan amount in the certain time period, the loan providers are likely to charge extra amount of money that would add extra financial burden on them. If they could not clear the debts within the certain given duration, their property such as land, grains, livestock or the property that amounts to the equivalence of the loan is confiscated.

4.3.2.3 Conflict among the Family Members

Another major concern is that food insecurity creates common conflicts among the family members. As they do not have sufficient food in home to feed the children, children were likely to be annoyed and quarrelsome to the parents. The disharmony created on daily basis because of routine small squabbles gave rise to critical and bigger problem such divorce, extra marital relationships. The direct effects of such

problems are found on the overall development, the physical, social, emotional and intellectual development, of the children. The couples were found to have been in trouble. Sometimes, the wife posed a challenge to manhood of the bread winner by eloping and marrying to other person.

4.3.2.4 Effects on Health

The problem of food insecurity also posed a problem of health to the Thami people. As they could eat and manage sufficient amount of calorie required per day as the biological structure human beings need, they were found too vulnerable to the different health risks. Worse the matter, they even could not manage food twice a day. They had to borrow foods from neighbors and relatives. When not available even in neighborhood, there was no option except sleep with empty belly. Consequently, they are likely to become weaker day by day. The weakness raises another problem: when they do not have strength to work, they cannot earn the bread for their family members. Therefore, food insecurity seems to be pushing these households towards a vicious circle of jeopardy: without food, they become weak; when they are weak, they cannot work for food.

4.3.2.5 Increasing Debt

Generally, no one wants to be in debt. Particularly, for Thami people loan has been the basic source of survival. If there is not any option to tackle with food insecurity, the obvious options available for Thami people is to ask for loan. This topic tries to find out the amount of debt borrowed by food insecure households to satisfy their hunger.

Table No. 4.21: Increasing Debt

Credit Due to Food Insecurity(in NPR)	Frequency	Percentage
Below 4000	32	64.00
5000-9000	11	22.00
9000-Above	7	14.00
Total	50	100

Source: Field Survey, 2014

As the table shows, it is found 64 percent of food insecure households have debts of NPR below four thousand. 22 percent of respondent reported they have loan less than NPR nine thousands, and the rest, 14 percent respondent, reported they are in debt more than nine thousand. Therefore, what can be here concluded is that the situation of food insecurity has given rise to dependency of Thamis on others.

4.4 Coping Strategies for the Food Insecurity

Whatever the crisis, every human tries level best to go against it for probable solution. Tackling with food insecurity is not a simple job. It is a critical situation. People one way or other manage to deal with the problem. This topic tries to highlight the coping strategies followed by Thami people against the food insecurity situation.

4.4.1 Less Food Intake

Less intake of food is one of the mild solutions to solve the problem though it may not be a long term solution. In family, there is a chance of gender discrimination. To understand the gender dimension of food security, a question was asked to the respondents: who eats less food if there is shortage of food? The response of the respondents has been tabulated below.

Table No. 4.22: Less Food Intake

Who eats less?	Frequency	Percentage
The household head	4	8.00
The female members of the house	32	64.00
The one who does not work	1	2.00
The one who eats at last	13	26.00
Total	50	100.00

Source Field Survey, 2014

Table no. 4.22 shows that 64 percent of the respondent replied the female members of the house eat less food in the situation of food inadequacy. 26 percent of the respondents replied the one who eats at last would have to eat less, in fact the saved amount after everybody consumes it. 8 percent of the respondents reported that the household head eats less when food is insufficient. 2 percent of the respondents

replied the one who does not work eats less. The analysis shows that the females have to sacrifice here too at the moment of food crisis.

4.4.2. Changing in Food Behavior

Another coping strategy the Thamis tried in managing foods is change in their food habits. Food managing procedure indicates how the Thami people are managing food in the situation of food insecurity. It is also the main coping strategy for insecurity.

Table No. 4.23: Changing in Food Behavior

Changing in Food Behavior	Frequency	Percentage
By reducing the amount of food	37	74.00
By eating lower price food products	9	18.00
By eating frequency of eating time in a day	4	8
Total	50	100.00

Source: Field Survey, 2014

Data shows that 74 percent of respondents replied that they are managing food in the situation of food insecurity by lessening the amount of food they have each time. 18 percent reported they are facing the same problem by eating lower price food. 4 percent of respondents answered on the same issue by eating reducing the number of times they eat in a day. Reducing amount of food means they are having food little bit less than previous. In fact, they do not have their as per the intensity of hunger, not a full of stomach. Eating lower price food means they are having low quality food that costs cheaper. Some of the respondents have reported they have minimized their eating schedule.

4.4.3 Loan Intake

Another major concern of the study is to find out what kind of coping strategies the Thami people follow to avoid or maintain food insecurity. After reducing the possible amount of foods per meal, and lessening the frequency of eating, another option available for them was found to be taking loan from others. The table below shows the coping strategy of loan followed by the respondents while dealing with the food security.

Table No. 4.24: Loan Intake

Loan Intake Situation	Frequency	Percentage
From Friends, Neighbors, Relatives etc	18	36.00
Informally From the Loan Givers	25	50.00
Taking from Saving Groups	7	14.00
Total	50	100.00

Source: Field Survey, 2014

When the respondents were asked how they primarily deal with the food insecurity situation, they mentioned taking loan was one of the major solutions, though for the time being, to this problem. 50 percent respondents reported they have informally borrowed loan the loan givers. 36 percent reported they borrow money from friends, neighbors and relatives to cope up with the situation. The rest 14 percent of the respondents replied, they take loans from saving groups.

4.4.3.1 From Friends, Neighbors and Relatives:

To cope with food insecurity, people are borrowing loan from friend, neighbors and relative. In order to have loan of which they have to pay the interest, they have to have commitment for some work. Then only they will provide small scale of loan, the respondents reported. In such a case, they do not have to deposit any kind of collateral to get loan. Instead, they have to involve in some kind of agricultural work. As they keep on working, by evaluating monetary value of their work as daily wages, they deduct the money the respondents need to pay as loan.

4.4.3.2 Informally from the Loan Givers: Practice of giving loan informally to the poor is much prevalent in rural areas. People who have got cash in hands provide loan to the poor by not making any kind of formal or legally written sort of commitment; loan is provided on an oral commitment and out of trust. The interest is often high. Some of the respondents even reported that they have paid up to 36% to 40% interest for the loan. The reason behind the prevalence of this kind of practice is the informal kind of loan is very easy to get. If they go to some financial institutions for loan, they need to show so many documents and properties to claim the loan formally, which is not possible in many cases for these respondents. Therefore the

easier way of having loan is having informally from the local providers. The easier process is they make evidence on paper and make it sign by two parties: loan givers and loan takers. Sometimes there are witness; and they also sign the agreement so as to confirm the deal if any disagreement or conflict appears in future. In case they are unable to return the amount within the given time period, the respondents' property or households' assets will be confiscated.

4.4.3.3 Saving Groups

Beside the local loan providers, another source of loan to cope up with the food insecurity is from saving groups. According to the Thami people, taking loan from the saving groups like bank, co-operatives etc. is not so easy way, for they have to show some source of income and have to pay the required rate of interest monthly which is very difficult for them as they do not have reliable source of income. . But it is the only right and legal way to take loan so that, most of the Thami believe in such saving groups and the interest rate is not that much higher in comparison to the informal loan groups.

4.4.4 Income Diversification

Income through diverse nature of work is another sustaining effort that the Thami people are found to have adopted. Many family members of the respondents involve in different of types of agricultural and other seasonal works. The main income diversification is the seasonal agricultural work. Seasonal agricultural work means working in others' farm as worker on daily wages basis. However the wages between male and female is not equal; it was reported that the rate for female worker is half of the male workers. For example, if the male worker is getting Rs. 500 (five hundred) as the daily wages, for the same purpose of work, female worker gets only Rs. 250 (two hundred and fifty) only.

So far seasonal work is concerned, it was seen that Thamis were working as a labourer to dig the road which is provided by Upper Tamakoshi Hydropower project. It is much supportive part for them to generate extra income to manage food for the whole family. Some of the Thami people are working as housemaids in rich people's home in district headquarter and capital city. Some of the family members also still

involve in traditional and conventional work such weaving bamboo crafts such '*Doko Daalo*, knitting *Namlo* and *Daamlo*. They sell them to the market and generate the money. From that income they buy food for the whole family. Few of the Thami people are shortly migrated to India to find some employment so that they could support their family and resolve the food insecurity problem.

Taming livestock is another possible income generating source available to the Thami people. Most of them have livestock in their home. On the special occasions and festivals, people come to buy the livestock (he-goats, hen, ducks etc.) to the home, and pay good amount. In the some cases, if they wish, they can exchange their livestock with the food and other essentials things with the local shopkeeper. Despite Thami people are much laborious and hardworking, the change in their life standard does not even show up far in the horizon; the turnover, though expected, does not seem to appear so easily.

CHAPTER –V

SUMMARY, CONCLUSION AND SUGGESTIONS

5.1 Summary

Generally, this study attempted to find out the situation of food insecurity in Thami people of Sundrawati VDC of Dolakha District. Specifically, the study focused on the reasons and the causes of food insecurity faced by Thami people and thereby also drawing the status of Thami people in economic activities, and situation of food insecurity. Later part of the research concentrated on the coping strategies the respondents of Sundrawati VDC of Dolakha District of Nepal.

The study is carried out in Dolakha district of Sundrawati VDC, particularly in ward 9. The total population of the study area was 3839. The total household of the study area was 171, out of which 98 households were selected by using systematic random sampling methods.

The total population of the study area is 441. Out the population, that female population of the study is 212 and no. of male population is 229. Illiteracy rate is 43.99 percent. 56.01 percent are literate. 40.14 percent of the Thami are engaged in agriculture; it is the major occupation. Majority of the people have joint family structure. Cent percent Thami have their own land with proper document but landholding condition is not so satisfactory. 81 percent have only land of 0-5 ropani which is not enough for the family to feed for whole year.

So far situation of food insecurity is concerned, 55.10 percent do not have sufficient food to eat for whole year. The study revealed that 51.02 percent of Thamis can survive only less than three months from their own production; and 4.08 can survive for a whole year. 96.94 percent of Thamis eat Dhido as a daily meal.

Regarding causes behind food insecurity, majority of the Thamis have food insecurity because of low production from agriculture. 44.29 percent have this problem. Large no. of family member is another cause. 92.59 have debt due to food crisis. They are having loan from informal loan. Food crisis problem also involved gender dimension in which females were asked to eat less whenever the shortage of food/meal emerged

in the family. 64 percent of the HHs reported the female members of the family eat less in case of food insufficient in the kitchen. Changing in food behavior is the coping strategy of Thamis against food insecurity situation. 74 percent eats less food when the food insecurity problem arises. 18 percent of the Thamis eat low quality food because low quality food can be purchased at low price.

The situation of the food security is very weak in the Thami community. Majority of the Thami people have low land which leads them to the hunger and the food insecurity. Moreover, it also invites different socio-economic, political and educational problems. Thami people have been vulnerable to the hunger and food insecurity mainly due to poor access to the existing the natural resources and the lacking of the economic opportunities. Thami people require immediate relief package for the short term from the government and INGOs/NGOs on one hand. On the other hand, they need long term initiatives/ programmes to sustainably end up the food insecurity problem on the part of concerned bodies.

5.2 Conclusion

Thami people are simple and gentle but economically poor. They do not have enough fertile land. They basically depend up on wage labour at farm and construction. Some Thami people work at others rich people's house to feed their families. Educational status is too much discouraging. Literacy is limited to the extent of normal reading and writing. In other words, they are not educated enough to fight and to be selected in competitive market. However, though uneducated, their attitude and perspective towards education has changed. They encourage their children at least to obtain primary level education. Food insecurity is the major problem in the Thami community. Large family, low income level, low agricultural production, infertile land etc are the major reason of food insecurity. Currently, working as a labourer in road digging work under Upper Tamakoshi Hydropower is a supportive part to solve the food insecurity problems to some extent. Some Thami people have migrated from home to district headquarter with the hope of finding some cash earning employments. Similarly, health problem, conflicts between the couple and disharmony among the family members are some of the serious problems created and invited by the food insecurity problem.

Thami people mainly borrow loan from locals, relatives, neighbors, and occasionally from financial institutions to address the problem of food crisis though it might be for short time. Secondly, they involved in some extra seasonal work to generate income. Similarly, Thami changed the amount of food they eat per mealtime, and frequency of eating habits so that the foods would last for a bit longer period. For them, the quality of food was less important than the quantity of food. Therefore, they bought food with low price.

5.3 Suggestions

As the study revealed, some important recommendations are suggested in order to manage food for the Thami community of Sundrawati VDC-9 so as to solve the problem of food insecurity. Training based agriculture should be focused and adopting modern technologies infertile land must be converted into fertile.

- Educational status of Thami people should be made strong, at least, higher school which enable them to find employment opportunities.
- Less eating is not a good habit for health. Sufficient food should be provided to the households in the study site.
- Eating low quality food makes human bodies prone to attack of different diseases. Therefore, quality food should be ensured in the study area. Provision of quality food should be taken into consideration by the concerned bodies.
- Rural people's main source of income is agriculture. However, the land cultivated does not yield as per expectation and as per demand. So, the government and NGOs should invest in the agricultural sector, the enterprise and entrepreneurship development should be encouraged so that the production and income generating opportunities will be generated more. It makes the path to fight against the food insecurity condition easier to sustain their livelihoods.
- Government requires extending the coverage of Poverty Alleviation Fund (PAF) to the study area focusing more on the vulnerable communities like Thami. At the same time, it needs to make plan and implement the self employment initiations by providing the financial and material inputs and the capacity building training packages.
- Government needs to promote and strengthen the inclusive approach in every sectors of the development in order to increase the food security situation.

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ANNEX I

HOUSEHOLD SURVEY, QUESTIONNAIRE

Assessment of Food Insecurity Situation and Coping Strategy:

(A Particular Case Study of Thami People in Sundrawati VDC, Ward no. 09 of
Dolakha district)

A . General Information of the Respondent

A1.	Date	
A2.	Household Code	
A3.	Address District VDC Ward Tole	
A4	The status of the Interview Completed - 1 In complete - 2 the participant had denied to take part - 3 , then go to A 5	
A5	The reason for the denial Do not have time - 1 Do not wish to - 2 Others specify – 3	
A 6	Name of the Respondent	
A 7	Mobile Number of the respondent	

B . Essential Personal Information's

B 1 . Personal Information Number	B 2 . The name of the Household Members (write the name of the respondent at number 1)	B 3 . Relation of the Respondents with the members of the family Husband / Wife - 1 Son / daughter - 2 son in law / daughter inlaw - 3 Grandson / Granddaughter - 4 Father / Mother - 5 Brother / Sisters - 6 Nephew / Neist - 7 Father in law / Mother in law - 8 Elder brother in law / Elder sister in law / Younger sister in law - 9 Grandfather / Grandmother - 10 Other relatives - 11 No relation – 12	B4 . Gender Male - 0 Female - 1	B 5 . The age that you have crossed (Indicate 00 for the children who are under one year old)	B 6 . What is the marital relation?	B 7. The highest level of education that the respondents have attained. Cannot read and write - 1 Can read and write - 2 Primary education - 3 Lower Secondary - 4 Passed S. L. C - 5 Higher secondary or Intermediate - 6 bachelor and above - 7	B 8 . Has the respondent been continuing the education or not? No - 0 Yes - 1 (Ask the respondents who are above 30 years only)
1							
2							
3							
4							
5							
6							
7							
8							

C Livelihood activities

	whether you or your family members any of them have done any kind of these activities related to the livelihood						
C1. Individual ID no.	C2. Own agriculture , livestocks	C3. Own Business	C4. seasonal Labour works - beside agriculture	C5. Job in government sector	C6. Work in others house	C7 Does not work	C8. Migrated in Foreign
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							

D. Size of the Family

What is the size of your family		
D.1	1-3 Members	
D.2	4-6 Members	
D.3	7-9 Members	
D.4	10-Above	

E .Landholding Condition

How many land do you have (size of Land in Ropani)		
E.1	0-5	
E.2	6-10	
E.3	10- Above	

F. Household Equipments

About the Equipments and other things of the House.			
		A. Do you have any of the equipments at your home or not ? No - 0 Yes - 1 If you have any of these equipments then go to section B .	B . If you have then how much ?
S.N	Household Equipments		
F.1.1	Television		
F.1.2	Mobile Phone		
F.1.3	Computer/Laptop		
F.1.4	Radio		
Animals and livestocks			
F 2..1	small animals (chickens , ducks , rabbit)		
F.2.2	Medium type animals (goat , he goat , she goat, sheep , pigs)		
F.2.3	Large animals (cow, ox, buffalo, she buffalo etc)		

G. Major Source of Income

What are the major Source of income in your family?						
G.1 Individual ID no.	G2. Own agriculture and farm activities	G3. Labour agriculture of seasonal time	G4. seasonal labour beside agriculture	G5. Selling the productions (like agriculture production, cottage industry)	G6. Job in private sector	G7. The money of social benefits and allowances
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						

H. Loan Situation	
	<p>Do you or any of your family members have any kinds of money to be paid to others ?</p> <p>No – 0</p> <p>Yes – 1</p> <p>Do not know – 999</p>
I. Source of Loan	
	<p>From where did you get the borrowings and loan?</p> <p>Taken informally from the loan givers – 1</p> <p>Taken from family / friends – 2</p> <p>Taken from the business persons , land lords , or employer – 3</p> <p>Taken from the savings group – 4</p>
J. Purpose of loan	
	<p>Why did you take the loans or borrowed the money?</p> <p>Taken To fulfill the current demands and needs (like food , clothes) – 1</p> <p>Taken for the Health treatment (medicines , treatments) - 2</p> <p>Taken for the education (fees payment , buying dress and other books) – 3</p> <p>If others then specify – 4</p>

K. Food security and insecurity situation

Mostly Cooked in a Kitchen	
K 1 .	Dhido
K 2 .	Rice
K 3 .	Others specify – 5

L. Food Eating Habit

How many times do you eat in a day/		
L.1	Two times	
L.2	More than two times	

M. Agent Involved in Managing Food

Who manage food for whole year?		
M 1	The family members	
M 2	Neighbors and Relatives	
M 3	Government	

N. Food Security and Insecurity Situation

Are you suffering from food insecurity problem?		
N 1	Yes	
N 2	No	

O. Major Causes of Food Insecurity

Who are the major causes of food insecurity?		
O 1	Low income from agriculture	
O .2	More family members	
O 3	Increase in food prices	

P. Impact Causes by Food Insecurity

What are the major impact causes by the food insecurity?		
P 1	Migrated from the home	
P 2	Increasing Debt	
P 3	Conflict among the family	
P 4	Health problem	

Q. Increasing in Debt

How much money do you have taken as a loan for food? (in NPR)		
Q 1	Below 5000	
Q 2	5000-9000	
Q 3	9000- Above	

Coping Strategies against Food Insecurity Problem

R. Less Food Intake

Who eat less in the case of insufficient food in a kitchen?		
R 1	The household head	
R 2	The female members of the houses	
R 3	The one who does not work	
R 4	The one who eats at last	

S. Changing in Food Behavior

How you change in food behavior to fight against food insecurity problem?		
S 1	By reducing the food size	
S 2	By eating lower price of food	
S 3	By eating lesser time a day	

T. Loan Intake

Who is providing loan for you to cope with food insecurity problem?		
T 1	Friends, relatives and neighbors	
T 2	Informal loan givers	
T 3	Saving groups	

ANNEX II

Key Questions for Key Informant Interview

1. What is the socio-economic situation of the study area?
2. What is the situation of food security and insecurity?
3. What are the major reasons and causes of food insecurity?
4. How the people are coping with food insecurity situation?
5. What is your personal opinion for improvement the food insecurity problem?
6. What you think how the Govt., NGOs and INGOs can be supportive for the problem?

ANNEX III

Questions for Focused Group Discussion

1. What is the situation of food security and insecurity?
2. What are the major reasons and causes of food insecurity?
3. How the people are coping with food insecurity situation?
4. How can be minimized the food insecurity problem?
5. Are the Govt., NGOs and INGOs can be supportive for the problem?

ANNEX IV

Check list for the Study Area

1. Settlement pattern of the study area
2. Physical observation of the study area
3. Observation of access of road linkage
4. Observation of Schools, health posts etc

ANNEX V

Photographs Taken while in the Field Survey



Research Side



An interview with respondent



An old lady is crying when the question was asked about the situation of food insecurity



Observing the physical settlement of the household



A ten years old baby girl is not going to the school because she has to take care of her younger brother