

# Weaving and Knitting Training Program Proposal

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**Empowering Lives Through Skill Development: Yes Helping Hands' Journey**

Yes Helping Hand2024-09-23



At Yes Helping Hand, we strongly believe that skills can change lives. Particularly when who need opportunity the most. Through imparting useful skills like as knitting, spinning, weaving, sewing, and painting, we enable marginalized populations, single mother, and people with disabilities to become financially independent and to create better futures.

## **Our Goal: Skills development for better life**

Yes Helping Hand was established on the belief that everyone ought to have the chance to grow, learn, and earn. Irrespective of upbringing, life events or level of physical ability, they should be able to life respectful life. By offering instruction in both ancient and contemporary crafts, we hope to enhance communities by empowering people to discover their own hidden abilities and develop them into reliable sources of income.

## **Who We Support**

**Single Mothers:** Single mothers who have experienced hardships, are frequently struggling to make ends meet. This could be as a result of spouse loss or other life challenges. They are trained to gain the knowledge and job to achieve financial independence.

**Marginalized Communities:** Opportunities for skill development are scarce for many people from disadvantaged backgrounds. We establish a friendly environment where people can develop and make significant contributions to society.

**Individuals with Disabilities:** We think that a person's physical disabilities should never stand in the way of their accomplishment. We assist people with disabilities in developing skills that not only empower them but also allow them to show off their amazing talents by providing training customized to meet their needs.

### **Our Teachings: Building a Better Future**

Our training courses provide hands-on learning opportunities and direction. They are taught a variety of traditional and artistic skills such as:

- **Weaving:** Our trainees are provided with 3 months training along with basic allowance. Once they acquire the skill of weaving, they get job opportunities, where they get paid on the basis of the number of products they make. They get the expertise required to create superior woven goods, starting with basic patterns and progressing to more complex designs, ultimately making great designs.
- **Mending:** Through upcycling and mending clothes, we can cut waste and contribute to sustainable fashion. These skills are taught in depth within 3 months.
- **Spinning:** People can give their products unique touch by learning to spin their own yarn and making their own fabrics and threads.
- **Knitting:** Those who knit can create everything they long for. This skill gives our makers a sense of pride and achievement, as well as income.
- **Painting:** Through self-expression and creativity, our painting classes enable participants to make great art. These are later sold giving them an opportunity to earn.

### **Learn and Earn**

Yes Helping Hand offers more than just instruction. We establish a whole ecosystem in which users can produce, learn, and make money:

- **High-quality instruction:** Our knowledgeable instructors support participants at every turn, making sure they gain confidence in their ability to do each task.
- **Product Development:** We train makers in design, quality assurance, and branding. They make market-ready, high-quality products by end of 3 months.
- **Market Access:** We provide participants with a platform to sell their works by connecting them with local and international markets once their items are ready. As a result, They are able to improve their standard of living by earning.

### **Success Stories:**

Our path has been replete with heartwarming tales of bravery, resiliency, and transformation. Durga Sharma addressed life's obstacles head-on, raising her two children alone for four years despite only

having completed her 10th grade education. She has now completely changed her life as Maker of Yes Helping Hand. She has becoming a confident and independent weaver who can now confidently support her family. Rita Pokharel, who was born with physical disabilities, surmounted life's hardships with fortitude and discovered freedom and purpose via Yes Helping Hands, where she now proudly provides for her family.

### **Why Our Method Is Effective**

**Holistic Training:** To ensure that our makers are prepared for success, we offer a market ready learning experience.

**We have inclusive atmosphere:** We are accessible and friendly at our training facilities, which creates a sense of belonging. Each maker is respected and assisted.

**Sustainable Impact:** We create sustainable livelihoods for the makers such that they can earn with the skills they have.

### **Ways in Which You Can Encourage Yes Providing Assistance**

We couldn't do our work without the kind people and organizations that support us. Here are some ways you can support our mission

**Invest in Handmade Goods:** You can directly assist our members on their path to financial independence by purchasing goods manufactured by them.

**Spend 2 hours with us:** You can join our exclusive " Each one Teach one" workshop where you will have opportunity to learn from and support these artists.

### **Forward-Looking: Establishing a Community of Innovators**

Not only do we teach skills at Yes Helping Hand, but we also cultivate a community of capable, self-assured changemakers who are eager to make a difference. Our efforts to empower single mother, underprivileged groups, and people with different abilities have a beneficial impact that spreads far beyond our training facilities in home.

Come along on this empowerment and skill-building adventure with us. We can build a future where everyone has the opportunity to learn and earn, by working together to create opportunities and improve communities.

## **1. Program Title**

Skill Threads: Weaving and Knitting for Sustainable Livelihoods

## **2. Duration**

Minimum: 3 months (Basic Training)

Extended: 6 months (Advanced Training + Business Skills )

### 3. Target Participants

90 women (aged 18–45) from economically marginalized backgrounds. Priority to unemployed women, single mothers, widows, and school dropouts from Slum Settlement near Pokhara Metropolis and periphery .

### 4. Objectives

- Equip women with professional-level skills in hand and machine weaving and knitting.
- Enable participants to create marketable textile products.
- Introduce design thinking, pricing, and entrepreneurial skills.
- Facilitate connections to cooperatives, market outlets, or home-based business options.

### 5. Training Components

Month	Module	Content Overview	Outcome
1	Foundation & Introduction	Basics of fiber, yarn, and tools Health and safety Types of weaving and knitting Introduction to local and global textile markets	Understand tools, materials, and safe work practices
2	Basic Knitting Skills	Hand knitting techniques: casting, knit/purl, increase/decrease Making scarves, socks, hats Pattern reading basics	Create simple knitwear; follow basic patterns
3	Basic Weaving Skills	Handloom basics Warp/weft techniques Table weaving practice Producing placemats, cushion covers, belts	Operate basic handlooms and create products
4	Design and Finishing (Advanced Start)	Color matching and design thinking Embellishments and finishing Quality control and durability Custom orders	Add creativity and finishing touches to products

5	Machine Use & Production	Use of knitting machines (flatbed, circular) Speed production techniques Managing production flow	Gain efficiency with machinery for higher production
6	Entrepreneurship & Market Linkage	Costing & pricing Branding and packaging Local market linkage Social media basics Certificate and exhibition	Prepare to launch micro-business or join cooperative

## 6. Training Methodology

- Practical hands-on sessions (70%)
- Demonstrations and workshops
- Peer learning and teamwork
- Real product creation with feedback
- Guest sessions by local women entrepreneurs

## 7. Tools & Materials Required

- Yarn (cotton, wool, acrylic)
- Hand knitting needles
- Handlooms (small portable types)
- Knitting machines (if available)
- Scissors, measuring tapes, stitch markers
- Design charts, patterns
- Tables, chairs, and safe workspace

## 8. Monitoring & Evaluation

- Weekly skill assessment checklists
- Monthly product review and presentation
- Trainer feedback and self-assessments
- Final product showcase and evaluation by industry expert

## 9. Certification

Participants who complete the course and pass practical evaluations receive a Certificate of Completion. Outstanding participants may be linked to internship or home-based production contracts.

## 10. Post-Training Support

- Form Women's Weaving & Knitting Group
- Market exposure via fairs, exhibitions
- Seed funding opportunities for micro-enterprises
- Access to shared equipment at community center

## 11. Budget Estimate (for 6-month course, 90 participants)

Item	Cost (NPR)
Trainer's Fee (12 trainers x 6 months)	3600,000
Tools & Equipment (needles, looms, machines)	500,000
Yarn and Raw Materials	482,000
Training Venue & Utilities	140,000
Printed Materials & Stationery	95,000
Refreshments	375,000
Certification & Product Exhibition	85,000
Monitoring & Admin	55,000
Transportation	1350000
Total Estimated Cost	6682500