

Case Study

Janaki, Nepal



Cultivate with love
the seeds of goodness,
beauty and truth
that God sows in every
new generation.



– Pope Francis



Includes a story, classroom activities
and worksheets for:

- F-Y2
- Y3-4
- Y5-6

Case Study: Janaki, Nepal

Lower Primary (F-2)



**What are you good at?
Things we are good at
are our talents. This is a
story about Janaki, and
how she learnt that her
talent is sewing. She now
uses her talent to help her
family and to help others.**

Janaki (pronounced Jan-ah-kee) lives in a small mud brick house with her family in Nepal. There is no electricity or running water in her home.

When Janaki was a child, life was very hard for her and her family. They were very poor. This meant that Janaki didn't have the chance to go to school and her family couldn't afford medicine when they got sick.

Unfortunately, many other families where Janaki lives are very poor too.

The good news is that when we support Project Compassion, families like Janaki's can help themselves.

Caritas Australia works together with other organisations around the world. In Nepal, Caritas Australia works with Caritas Nepal and the Ekata Foundation Surkhet who run a youth club.

Having missed out on school, Janaki joined the Youth Club where she learnt to sew. Sewing soon became her talent.

Janaki sews traditional clothing such as the Kurti for women and the Kurta for men. They are designed to waste as little material as possible. Janaki sells what she makes to earn an income.

Janaki explains, "After Caritas provided me with a loan, I was fortunate to expand my business."

And her business has gone from strength to strength.

To increase her income, Janaki opened a workshop and started teaching others

how to sew. Now she has 11 sewing machines and 18 trainees.

Janaki now earns enough money to pay back her loan and to support her family, including paying for her brother and sister to go to school.

"I want to thank the people of Australia who support the poor youth like us to recover in life. Please keep up these good works all over the world where help is needed."

—Janaki

Janaki's just future started with learning how to support herself and others.

A just future starts with all of us.

Classroom Activities (F-Y2)



FIND THE **STUDENT INTERACTIVE WORKBOOK** AT:
<https://www.thinglink.com/scene/1129233389593821185>
(Click 'Refresh' if the hotspots don't display correctly.)

RELIGIOUS EDUCATION



Prayer

Loving God, we thank you that Janaki found support at the Youth Club where she discovered her talent was sewing. Just like Janaki uses her talent to help others, we pray we will use our talents to serve others too. Amen

OR write your own prayer for Janaki.



Catholic Social Teaching Principles: Human Dignity-

We believe that every person is special and that God loves them.

How does your support of Caritas Australia show that you believe every person is special?



Task 3: Sequencing

English/ Media Arts - ACAMAM054.

Retell Janaki's story in a series of captioned images.



Task 4: Strengths

Health & Physical Education- ACPPS001, Y1/2 - ACPPS015.

1. What is Janaki's talent or strength? (What is she good at?)
2. How does Janaki use her strength to help her family and others?
3. What are your talents or strengths?
4. How can you use your strengths to help your family and others?



Task 8: Nepal Study (Y2)

ACHASSK047

Search for the tags in the Interactive Workbook Thinglink (or your own research) to find the answers to the following facts about Nepal:

- official languages,
- climate,
- some of the reasons why life is hard for some people in Nepal.
- Use Google Maps to find out the location of Nepal and the location of Australia.

LEARNING TASKS

INQUIRY TOPIC: A JUST FUTURE STARTS WITH SUPPORTING OTHERS



Task 1: Story Study

English ACELY1650, ACELY1660, ACELY1670.



Watch (or read) Janaki's story and discuss.

Read and watch Janaki's story and discuss:

1. Where does Janaki live?
2. What made life hard for Janaki?
3. What helped make things better for Janaki?
4. How did Caritas Australia help?



Task 2: Consider the photographs in the collage.

English ACELY1650, ACELY1660, ACELY1670.

1. What can you see in the picture?
2. Where do you think the picture was taken?
3. How do you think the people are feeling?
4. How can you tell?
5. What would you like to ask them?
 - What do you think will happen next?



Task 5: Watch- Day in the Life of Janaki

English, H&PE, Media Arts ACPPS024, ACAMAM054, ACELY1650.

1. How are you and Janaki similar and different?
2. Write your answers in your book or use a Venn Diagram (p.8).
3. Draw pictures of the different activities Janaki does throughout her day in the correct order. Write a caption for each picture.



Task 6: Making Roti

Design and Technology – ACTDEK003, ACTDEP009.

Watch Janaki's mother make Roti. Create a recipe for roti and make it. Did you need to adjust the amount of water or flour? Was it easy to roll and shape? How long did it take to cook?



Task 7: How to make a Kurti

Design and Technology ACTDEP015, ACTDEK013, ACTDEP018.

Watch how Janaki makes a kurti.

Now it's your turn. Design a top. Use newspaper like Janaki to make a pattern. Use paper, material or felt to make your top. You could use tape or a stapler instead of a needle and thread. Remember to waste as little material as possible.

Case Study: Janaki, Nepal

Middle Primary (Y3-4)



What are you good at?

Things we are good at are our talents. This is a story about Janaki, and how she learnt that her talent is sewing. She now uses her talent to help her family and to help others.

Janaki (*pronounced Jan-ah-kee*) lives in a small mud brick house with her family in Nepal. There is no electricity or running water in her home.

When Janaki was a child life was very difficult for her and her family. Living in poverty, they were unable to meet all their needs. Janaki didn't have the chance to go to school and the family couldn't afford medicine when they got sick.

Unfortunately, poverty is widespread in this mid-western region of Nepal where Janaki lives with nearly half the population living in poverty*.

This is a story about how your support for Project Compassion helped Janaki help herself.

Caritas Australia partners with local organisations around the

world. In Nepal, Caritas Australia is in partnership with Caritas Nepal and the Ekata Foundation Surkhet who run a youth club.

Having missed out on school Janaki joined the Youth Club where she learnt to sew. Sewing soon became her talent.

Janaki sews traditional clothing such as the Kurti (*pronounced kur-tee*) for women and the Kurta for men. They are designed to waste as little material as possible. Janaki sells what she makes to earn an income.

Janaki explains, "After Caritas provided me with a loan, I was fortunate to expand my business." Her business has gone from strength to strength. To increase her income, Janaki opened a workshop and started teaching others how to sew. Now she has 11 sewing machines and 18 trainees.

With increased confidence and skills, Janaki has become a leader in the Youth Club and an inspiration to other young people.

"I needed to be a leader and serve my community. Alone we cannot do anything. Unity has to be there."

—Janaki

Janaki now earns enough money to pay back her loan and to support her family, including paying for her brother and sister to go to school.

"I want to thank the people of Australia who support the poor and marginalized youth like us to recover in life."

—Janaki

Janaki's just future started with learning how to support herself and others.

A just future starts with all of us.

* Source: Asian Development Bank

Classroom Activities (Y3-4)



FIND THE **SHORT FILM** ABOUT JANAKI AND THE **INTERACTIVE STUDENT WORKBOOK** AT

<https://www.thinglink.com/scene/1129238713616826369>
(Click 'Refresh' if the hotspot icons don't display correctly.)

RELIGIOUS EDUCATION



Prayer

Loving God, we thank you that Janaki found support at the Youth Club where she discovered her talent was sewing. Just like Janaki uses her talent to help others, we pray we will use our talents to serve others too. Amen

OR write your own prayer for Janaki.



Catholic Social Teaching Principles:

Human Dignity- *We believe that every person is special and that God loves them.*

How does your support of Caritas Australia show that you believe every person is special?

Complete the CST worksheet (p.9).

LEARNING TASKS

INQUIRY TOPIC: A JUST FUTURE STARTS WITH WHAT WE NEED AND HAVING CHOICES



Task 1: Story Study

ACELY1680, ACELY1692, Civics and Citizenship ACHASSK072, ACHASSK093.



Watch (or read) Janaki's story and discuss:

1. Why did Janaki join the Youth Club?
2. How does Janaki participate and contribute to her community?
3. How did Caritas Australia help?
4. How can you/your class support Caritas Australia?



Task 2: Consider the photographs in the collage.

English ACELY1680, ACELY1692.

1. What can you see in the picture?
2. Where do you think the picture was taken?
3. How do you think the people are feeling?
4. How can you tell?
5. What would you like to ask them?
6. What do you think will happen next?



Task 3: Watch Janaki's mother make Roti

Design and Technology

Create a recipe for roti and make it. Did you need to adjust the amount of water or flour? Was it easy to roll and shape? How long did it take to cook? How did it taste?



Task 4: Watch how Janaki makes a Kurti –

*Design and Technology
ACTDEP015, ACTDEK013, ACTDEP018.*

Now it's your turn. Design a top. Use newspaper like Janaki to make a pattern. What material will you use? Remember Janaki changes the material to suit the seasons. You could use tape or a stapler instead of a needle and thread. Remember to waste as little material as possible.



Task 5: Nepal Study

ACHASSK067, ACHASSK069

Search the tags in the Interactive Student Workbook to find the following information about Nepal:

1. Population.
2. % of the population living on less than \$1.90 a day.
3. Official languages.
4. Main religion.
5. Climate.
6. Locate Nepal on a world map. What direction is Nepal from Australia?
7. Research some of the reasons for poverty and inequality in Nepal.



Task 6: Empathy and respect for the rights of others

Health and Physical Education ACPPS033, ACPPS037 / Religious Education.

Reflecting on Janaki's story

1. What impact do you think the Youth Club had on Janaki's identity?
2. How can you demonstrate empathy and respect for the rights of others? (Eg, raise awareness about poverty in Nepal and how we can all contribute to a better future for others by support the work of Caritas Australia. Raise money for Caritas Australia to continue to support communities like Janaki's build a better future.)



Task 7: Day in the Life of Janaki

English ACELY1680, ACELY1692, Geography, ACHASSK069.

Watch the short 3 min film 'Day in the life.'

1. How are you and Janaki similar and different? Write your answers in your book or use a Venn Diagram.
2. What would it be like to live in Nepal?
3. Draw pictures of the different activities Janaki does throughout her day in the correct order. Write a caption for each picture.

Case Study: Janaki, Nepal

Upper Primary (Y5-6)



Janaki is a young entrepreneur from Nepal who has turned her life around. Growing up in a world of poverty and disadvantage she was in a very vulnerable position. She's now running her own successful sewing business, while training others to do the same and has become an inspirational community leader.

Janaki (*pronounced Jan-ah-kee*) lives in a small mud brick house with her family in the Surkhet district of mid-western Nepal. There is no electricity or running water in her home.

When Janaki was a child life was very difficult for her and her family. Living in poverty, they were unable to meet all their needs. Janaki didn't have the chance to go to school and the family couldn't afford medicine when needed.

Unfortunately, poverty is widespread in Nepal with around one-quarter of the population living below the poverty line. It's even higher in the mid and far western regions, at around 45 percent*. Youth unemployment is also high, with low levels of education.

Being one of five children and living with her extended family, including her parents, uncle, aunt and grandparents, it was hard for her

family to make ends meet. Belonging to a lower caste, Janaki's family also often experienced discrimination.

But this is a story about how your support for Project Compassion helped Janaki help herself.

Caritas Australia partners with local organisations around the world. In Nepal, Caritas Australia is in partnership with Caritas Nepal and the Ekata Foundation Surkhet who run a youth club as part of the Children and Youth Empowerment Program (CYEP).

CYEP helps over 14,000 children and young people each year. It increases the knowledge and leadership qualities of children and youth from disadvantaged families, through the formation of clubs, information centres, networks and libraries. It provides jobs skills and helps them to create income-generating projects.

Janaki took part in the training and was encouraged to follow her dream of having her own business. She learnt how to sew and took a loan from the youth club to purchase her first sewing machine. Sewing soon became her talent.

Janaki sews traditional clothing such as the Kurti for women and the Kurta for men. They are designed to waste as little material

as possible. Janaki sells what she makes to earn an income.

Janaki explains, "After Caritas provided me with a loan, I was fortunate to expand my business." And her business has gone from strength to strength.

To increase her income, Janaki opened a workshop and started teaching others how to sew. Now she has 11 sewing machines and 18 trainees.

With increased confidence and skills, Janaki has become a leader in the Youth Club and an inspiration to other young people.

"I needed to be a leader and serve my community. Alone we cannot do anything. Unity has to be there."

—Janaki

Janaki now earns enough money to make repayments on her loan and to support her family, including paying for her brother and sister to go to school.

"I want to thank the people of Australia who support the poor and marginalized youth like us to recover in life. Please keep up these good works all over the world where help is needed."

—Janaki

Janaki's just future started with empowerment.

A just future starts with all of us.

* Source: Asian Development Bank
World Bank, UNOCHA.

Classroom Activities (Y5-6)



FIND THE **SHORT FILM** ABOUT JANAKI AND THE **INTERACTIVE STUDENT WORKBOOK** AT

<https://www.thinglink.com/scene/1129997282574336001>

(Click 'Refresh' if the hotspot icons do not display correctly.)

RELIGIOUS EDUCATION



Prayer

Loving God, we thank you that Janaki found support at the Youth Club where she discovered her talent was sewing. Just like Janaki uses her talent to help others, we pray we will use our talents to serve others too. Amen

OR write your own prayer for Janaki.



Catholic Social Teaching Principles: Human Dignity

We believe that every person is special and that God loves them.

How does your support of Caritas Australia show that you believe every person is special?

Complete the CST worksheet (p.9).

LEARNING TASKS

INQUIRY TOPIC: A JUST FUTURE STARTS WITH EMPOWERMENT



Task 1: Story Study

English- ACELY1701, 1703, 1713.



Watch (or read) Janaki's story and discuss.

1. What made Janaki's life challenging?
2. What helped make things better for Janaki and her family and community?
3. How did Caritas Australia contribute?
4. Summarise Janaki's story in 4 sentences.
5. Explain how the features of Janaki's story urge us to action.



Task 2: Consider the photographs in the interactive workbook collage.

1. What can you see in the picture?
2. Where do you think the picture was taken?
3. How do you think the people are feeling?
4. How can you tell?
5. What would you like to ask them?
6. What do you think will happen next?



Task 3: Day in the life

English - ACELY1703, ACELY1701, ACELY1713,
HASS - ACHASSI097, Y6- ACHASSI125.

Watch the short 3 min film 'Day in the life'.

1. Use a time-line to record Janaki's daily activities.
2. Use a time-line to record your daily activities.
3. Use a Venn diagram (p.8) to illustrate what is similar and what is different about your life and Janaki's life.



Task 4: Nepal Study

HASS - ACHASSI123, Geography- ACHASSK138,
ACHASSK139.

Search for the tags in this Interactive Student Workbook (or do your own research) to find the following facts about Nepal:

- population,
- % living on less than \$1.90 a day,
- official languages,
- main religion,
- climate,
- some reasons why poverty and inequality exist in Nepal.

Use geographical tools (for example, a globe wall map or digital application such as Google Earth) to answer the following:

- Location of Nepal in relation to Australia, using the geographical division of Asia, is Nepal in North-Asia, South- East Asia, South Asia or West Asia (Middle East)?
- Capital city of Nepal.
- All bordering countries and their direction from Nepal.



Task 5: Needs vs Wants

Economics and Business- ACHASSK119.

Group activity

- Define the difference between a need and a want.
- After watching the films for Nepal and thinking about your own needs and wants, compare and contrast the needs and wants of the people in Janaki's community to your own community. Eg. Notice that Janaki does not have running water or electricity in her house.
- Needs and wants are not only about tangible things, but also feeling safe, being able to participate in your community, having choices and opportunities etc. Why do you think Janaki's needs and wants could be the same, but also different to your own needs and wants?



Task 6: Making a Kurti/Kurta

Design and Technologies- ACTDEK019, ACTDEP025.



Watch the short film: Making a Kurti.

Now it's your turn. **Design** a piece of clothing. Before you start, establish what criteria you will use to evaluate your design and product.

- **Draw** your design. Show different views such as front and back. Remember to design in a way that wastes as little material as possible.
- **Use** newspaper like Janaki to make a pattern.
- What material will you choose? Remember how Janaki uses different material for the clothes depending on the season.
- You could use tape or a stapler instead of a needle and thread to create your prototype if resources and time are limited.
- **Evaluate** your product against the criteria you set at the beginning.



Task 7: How to make Roti

Design and Technology



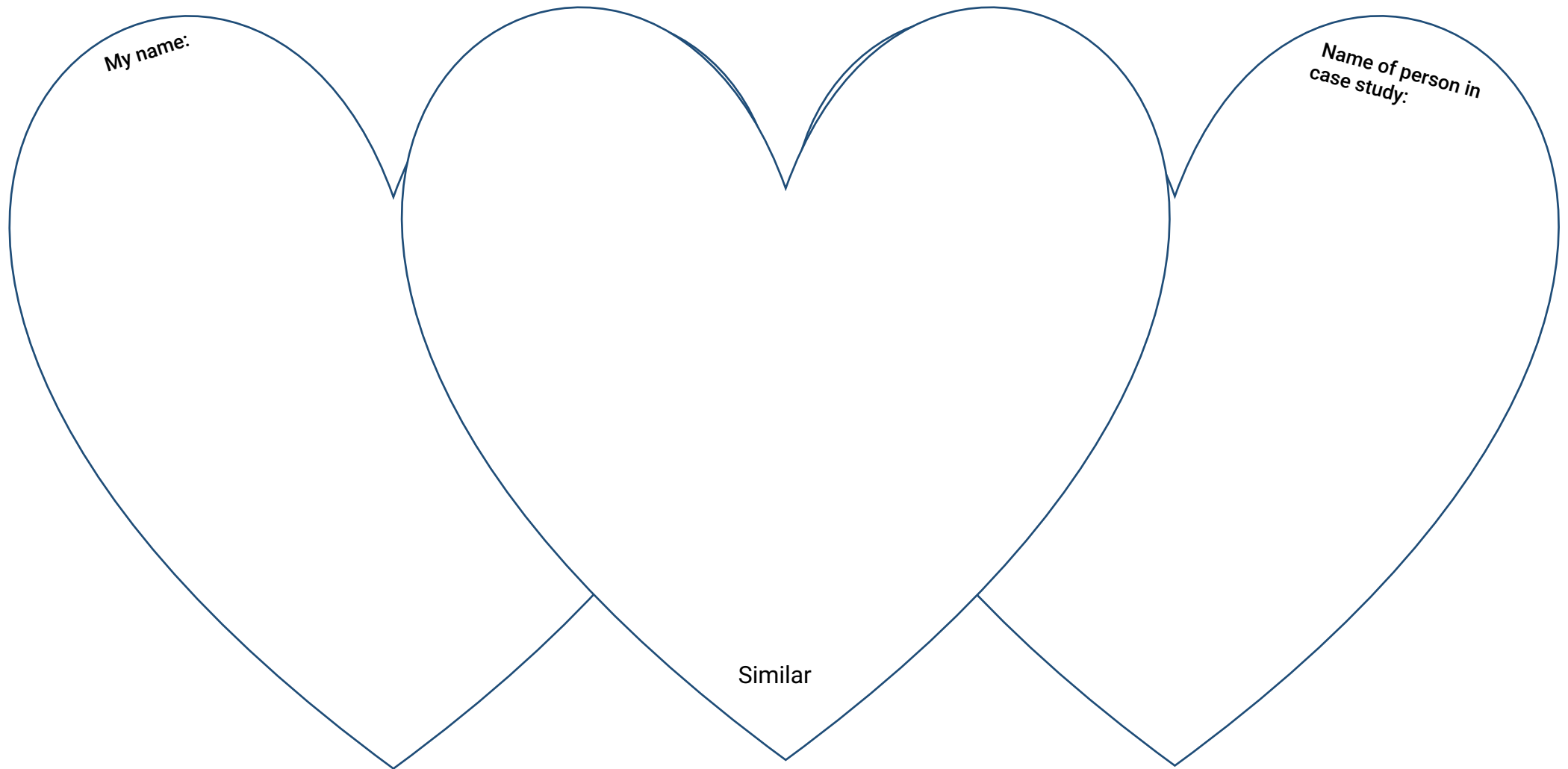
Watch Janaki's mother make roti bread.

Create a recipe for roti and make it. Did you need to adjust the amount of water or flour? Was it easy to roll and shape? How long did it take to cook? How did it taste?

Venn Diagram

A heart shape is chosen because Caritas is a Latin word meaning love and compassion.

How are you and the person in the case study similar and different?



Catholic Social Teaching in Action!

Caritas Australia is a Catholic, non-Government, aid and development organisation and is guided by the principles of Catholic Social Teaching. Can you find evidence of these principles in Janaki's story?

TASK: Identify where you can see Catholic Social Teaching in action in the case study.

Human Dignity (Respect that everyone is special)	
Common Good (What is best for everyone)	
Solidarity (Working together as one family)	
Subsidiarity (All people have a say)	
Participation (Join in and contribute to the community)	
Preferential Option for the Poor (Some people need extra help)	