



ECOHIMAL NEPAL
HALF YEARLY NEWSLETTER (Magh 2077 to Ashar 2078)
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VOL 1



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BACKGROUND

[EcoHimal Nepal](#) is a national non-government organization founded in 2009, with the aim of achieving Sustainable Development through Community Empowerment in rural mountain areas. It aims to enhance the livelihood of unreached and marginalized communities through grassroots initiatives and in-depth involvement, without disturbing local ecology and social and cultural structure.

“Support the needy, reaching the unreached” we have been working in the most remote areas for the support of mountain communities focusing on health, education, livelihood, environment, relief, and reconstruction support.

The world is suffering terribly due to the COVID-19 pandemic from the past two years affecting the rich and poor nations alike. Nepal stands highly vulnerable to the unfolding COVID-19 pandemic. The Government of Nepal has enforced a nationwide lockdown of second phase from 29th April 2021 to break the chain of virus spread. There is an urgent need to strengthen the health system to respond to the crisis from the government, civil society and private sectors as urgencies can be seen in Nepal Government’s report where it has reported over 759,222 COVID-19 cases with 10,714 casualties and 712,712 recovered cases as of [August 30, 2021](#).

[EcoHimal Nepal](#) as a civil society organization is working with the local governments to provide immediate relief to the most affected ones and is normalizing the existing facilities for all.

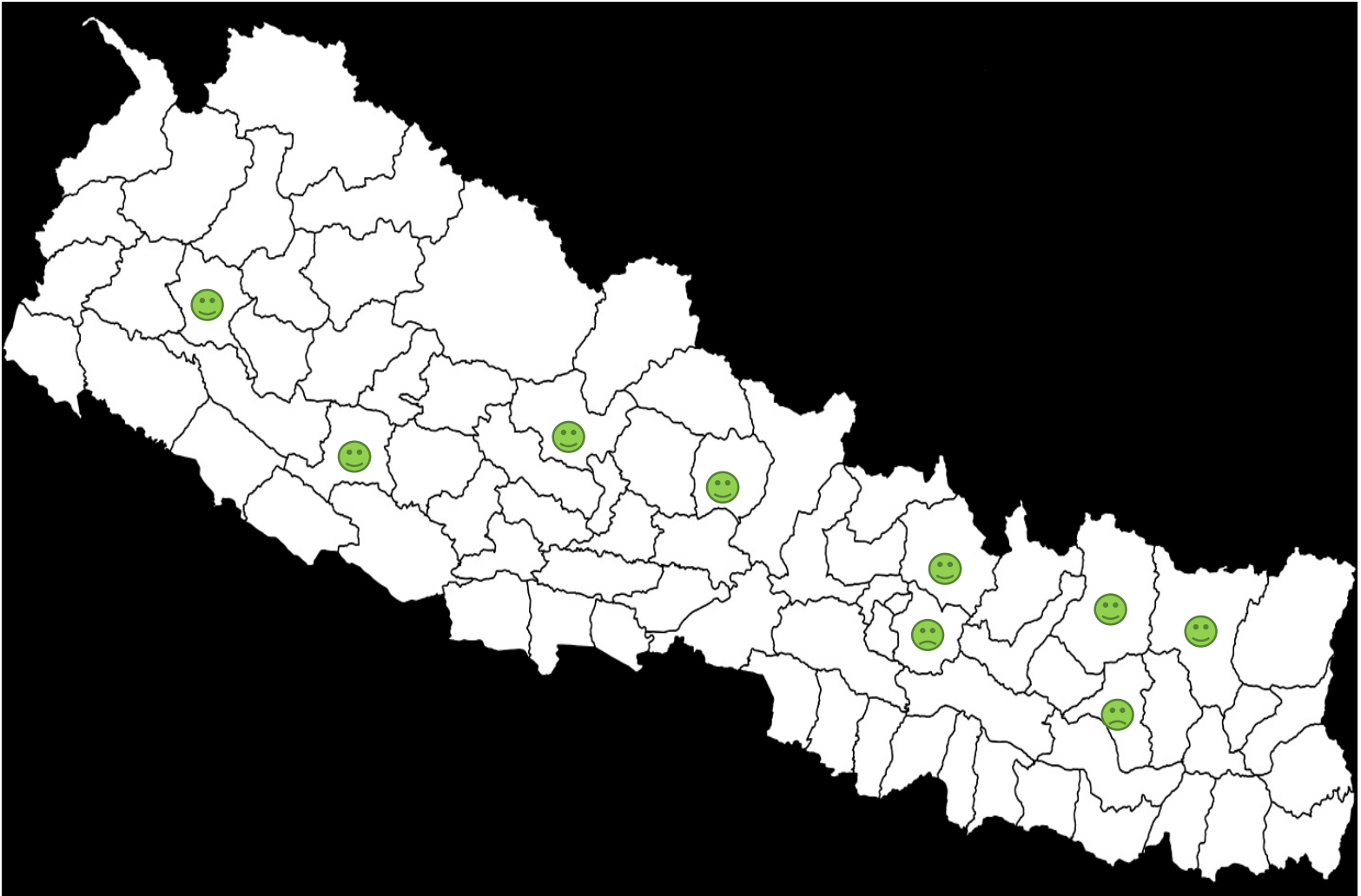


Figure 1: [EcoHimal Nepal's](#) Project Areas



Dear Funding Partner, Collaborator, Supporter, Well-wisher and Friends,
Namaskar!

We are pleased to share our half yearly updates on our work to support rural communities with health, Nutrition, education, environment, WASH, livelihood, reconstruction of school buildings and COVID-19 relief. We wish and pray for your safety and wellbeing. We are delighted with your support and continuous guidance.

CURRENT PROJECTS UPDATE:

District	Municipalities/ Rural Municipalities (RM)	Name of Project	Funding Partner
Kathmandu	Kathmandu	EcoHimal Academy	EcoHimal Nepal ,
Solukhumbu Khotang Kavrepalanchok, Sindhupalchowk	Mahakulung RM, Aiselukharka and Rawabeshi RM	Relief during COVID 19 pandemic	Kindermissionswerk Germany , Nepal Hilfe Bonn , EcoHimal
Kavrepalanchok	Mandan Deupur Municipality (MDM)	Post-Earthquake Rural Education Support Project-PHASE II Reconstruction of School Building	Kindermissionswerk, Germany
	MDM	Agroforestry Resource Centre	The Glacier Trust ; Marr-Munning Trust
Sindhupalchowk	Bhotekoshi RM	Dugunagadi Community Sanitary Project	Rotary Club of Durbar Marg/Rotary International
		Water, Sanitation and Hygiene	EcoHimal Austria
		Community led Agro Forestry Initiatives (CAFI)	EcoHimal Austria , Hamasil Foundation
Solukhumbu	Thulung Dudhkoshi and Mapya Dudhakoshi RM	Integrated Agroforest Resource Centre and Sustainable Tree Cropping Project	The Glacier Trust UK
	Mahakulung RM	Integrated Rural Development (IRD); Drinking water Construction; Internet installation	Nepal Hilfe Bonn Germany
	Mapya Dudhakoshi RM	Gender Friendly School construction	Lufthansa Help Alliance in cooperation EcoHimal Austria
Achham	Turmakhand and Dakari RM	Access of School Going Adolescent Girls On Sexual Reproductive Health (SRH) Education	Province of Salzburg in cooperation with EcoHimal Austria
Lamjung	Marsyangdi RM	Spice 4 Health	Lufthansa Help Alliance in cooperation EcoHimal Austria
Myagdi	Beni Municipality		
Solukhumbu	Thulung Dudhkoshi RM		
Sankhuwasava	Bhotkhola RM	Bhotkhola Rural Drinking Water Construction	Province of Bolzano and EcoHimal Italy
	Bhotkhola RM	Environment Conservation through Indigenous Community Empowerment (ECOICE)	IPAF under IFAD in coordination with Tebtebba Foundation
	Bhotkhola RM	Improved Cook Stove Promotion for Rural Resilience on Climate Change	EcoHimal Munich , Germany



Relief during COVID-19 Pandemic

The nationwide lockdown due to the COVID19 pandemic restricted the physical movement for every citizen of Nepal, but we tried at our best of capacities to address our responsibilities towards community. The local government were in desperate need of both preventive and protective support, which we attained diligently. In addition, Social Welfare Council (SWC) had appealed national and international non-government organizations to contribute and implement the programs on relief and responses for COVID19 prevention and control in specified priority remote areas marked by the Government of Nepal (GoN) and Ministry of Health and Population (MoHP). Understanding the urgency of the rural community support, Kindermissionswerk Germany, NepalHilfe Bonn Germany, and EcoHimal Austria provided great assistance, allowing us to intervene in the following areas:

- Providing health protective materials as well as infrared thermometer, Oximeter and Protective, Preventive equipment (PPE)
- Providing materials for COVID-19 virus control including face masks, face shields, gloves, and hand sanitizers
- Providing rapid antigen test kit and reagents etc.
- Providing COVID-19 treatment support materials including oxygen, cylinders, liquid oxygen, oxygen concentrators, ventilators, X-ray machine etc.
- Providing health materials to resume the halted health services delivery programs
- Support in establishing quarantine and isolation centres; and their management materials.



*Khotang, Solukhumbu, Kavrepalanchok, Sindhupalchowk district are the focus areas of the organization for the COVID-response. We have been successful in delivering Nepali Rs.33.575 million worth of support till date covering 29,061 HHs of 132,830 populations. Still there is urgency and high need of support and pre-preparation for the 3rd wave. **For details and donations, please visit [EcoHimal Nepal](https://www.ecohimalnepal.org). We are committed to serve people without organizational overhead and staff salary. Every single penny contributor's offer goes directly to the beneficiaries.***

Post-Earthquake Rural Education Support Program PHASE II

Focusing on children and preventive health and education on post-earthquake situation, a project is ongoing in MDM. Adolescent Sexual and Reproductive Health (ASRH), scholarship, capacity building of teachers and students, School Management Committee (SMC), Parents Teachers Association (PTA), Sex and Relationship Education (SRE), girls' safety and radio learning are the major activities in implementation. School based ASRH is promoted empowering teachers, girls, SMC, PTA and mothers. The issues are included in the classroom and daily learning is promoted organizing girls in groups.



Menstruation taboos often disturb girls' schooling at least for 4 - 5 days. As girls' security, resting room (Red Room) concept is developed and established in 11 basic and secondary schools. The rooms are secure space for girls during their menstruation period as it provides facilities of hygiene and sanitation, changing space, resting room, learning etc. These rooms are under the jurisdictions of Adolescent Girls Group where they act as an ambassador to support their peers and spread awareness in menstrual hygiene practice among women and girls of their community. We firmly believe that "Children inspire their mothers", so girls are actively engaging their mothers in the sexual and reproductive health awareness together with project staff where knowledge of Uterine Prolapse, Menstruation, Family Planning, Sexual violence etc. are shared and discussed.



Self-Generated Scholarship (SGS)



Self-Generated Scholarship (SGS) refers to scholarship provided to the poor and underprivileged children addressing their financial need. The scholarship fund is created in collaboration with school in the share of 75% and 25% project and school respectively. The scholarship management committee is formed in each school as a responsible body comprising of head teacher, a female teacher, a focal teacher and representatives from students, SMC and PTA. The committee formulate a regulation for the scholarship fund management, distribution, and monitoring. Based on the regulation, an agreement is conducted with each beneficiary student/ parents to ensure proper use of the fund. 175 poor and needy school children are supported from the SGS program in 11 schools and the support is continued focusing on facilitating more children. Most of the scholarship

amount invested on animals such as goat, buffalo, cow, chicks etc. Considering the risk of loss all animals are immediately insured bearing the insurance premium by the project. The students therefore started generating income and utilizing it in their education resulting in reduced school dropouts and increased trend of enrolment.

- Considering the foundation Early Child Development centre (ECD) has been supported with variety of learning and recreational study material to make effective learning regularize child in the school. Parents are oriented on child health, childcare, healthy eating habit, etc. for the better growth of child.

Reconstruction of School Building

A safe physical infrastructure is basic precondition for safety of students and their quality education. After completing 3 school buildings in the 1st phase, the construction of 3 schools in 2nd phase is ongoing:-

- Shree Tapeshwor Secondary School
- Shree Dedithumka Secondary School and
- Shree Dwarpaleshwar Secondary School is near to complete. Retrofitting strength study, design, drawing, and cost estimation for Shree Indrawati Secondary School is completed.



Mandan Deupur Agro Forest Resource Centre

- The program is focusing on organic farming establishing an Agroforestry Resource Centre as a model hub.
- MD- AFRC, Jyamdi Satellite Nursery and Kalika Devi Organic Farmers groups are registered and working as sister organisation of the centre.
- 3 Organic villages are established and working for organic vegetable production. 19 local lead farmers are trained on organic certification process to declare the village as organic village.
- 90 secondary level students are trained on "Impact of Pesticides on Environment and Safety Measures".
- A 4-day long training for 61 farmers was conducted on Cardamom Cultivation Technology.
- Trainings on issues like Bordeaux paste preparation for fungal diseases control, poly tunnel construction, nutrient management and plant pruning, application of fertilizers, climbers and creepers vegetables farming and compost manure preparation, kitchen gardening, etc. has been conducted covering 236 farmers.
- For sustainable income and utilization of barren and wasted land, 319 plants of fruits and nuts were distributed to 52 households during winter season and 1,801 fruits, nuts and citrus plants distributed in summer season. The survival rate of plant is about 90% which is encouraging for all.
- 10 varieties of summer season vegetable seeds distributed to 73 farmers and trained them for better cultivation.





- Agricultural tools were distributed to 47 farmers to support the cultivation of off-seasonal vegetables and pruning training of fruit plants.
- Poly tunnel, plastic for pond, water can, pruning saw, sketcher, sprayer, and grafting knife (263 sets total) were distributed and farmers were trained for its installation and use.
- 225 kg ginger and 20 kg turmeric seeds were sown as inter crop and their germination and growth is amusing.
- Created a revolving fund of Rs. 570,000.00 under the jurisdiction of AFRC management committee and oriented executive members for its utilization for the sustainability of the centre.
- 95% construction works of building and fencing in Chandeni Mandan Satellite Nursery, MDM-12 in partnership with municipality is completed.
- Fruiting of Apples, Grapes, Mangos, Peaches and Nectarine have started within two years of its plantation. Some of the fruits have also been gifted to municipal personnel as promotion of organic produce.



Duguna Gadi Community Sanitary Project

- Biogas digester as eco-friendly alternative energy is installed in 9 households where 6 digesters are generating gas and is used for cooking on a day-to-day basis.
 - The biogas plant is covered by the green house and promoted for the kitchen garden. The green house supports to diffuse heat to the digester. The land above digester is used as garden to produce vegetables as the digested waste is good source of manure for vegetable and crop production.
 - 75 farmers are trained on bio-intensive plantation, liquid manure, compost manure preparation and its applications. Farmers planted 350 fruits plants applying bio-intensive technique.
- To encourage people in kitchen gardening and green consumption 150 people are trained and provided with different varieties of vegetables and seedlings.
- Out of 60 planned toilets, 5 are under construction.
 - Considering the environment, need of fodder, forage, and trees, massive plantation has been initiated and about 19,500 different varieties of plants are planted.
 - As a model a **Rotary-Eco Forest** is established planting about 2,000 forest tree plants utilising the barren lands.



WASH Duguna Gadi, Sindhupalchowk

Survey, design, approval from the local government, procurement of external and local construction goods, construction committee formation and responsibility handing over for construction work has been completed.

Despite adverse effects of the 2nd wave of COVID-19, travel restrictions and lockdown, the construction of drinking water systems and toilets are continued with safety measures of workers in place.

4 intake, 4 reservoirs tanks (RVTs), 3 brake pressure tanks, 188 taps, 188 gray water filter system and 50% work of 50 household toilet, septic tank, and bathroom have been constructed.

13,180 meters pipeline for the main line is excavated and 2,925 meters individual house connection line excavation and refilling is in its final stage.





Community led Agro Forestry Initiatives

- The project nature, modalities, planned activities and budget have been shared with the Chief of the local government, Mr. Raj Kumar Poudel and Ward number 3's Chairperson Mr. Kailash Poudel of Bhotekoshi RM. Agreement with the local government is under process.
- Due to 2nd wave of COVID-19 and prohibitory orders, the project's start has been delayed.
- EcoHimal Board of Directors meeting decided to proceed project for approval process from SWC on 2021.03.11.
- Coordination was carried out with Gaurishankar Conservation Area (GCA) and management section of Department of National Park and Wildlife Conservation (DNPWC) for approval.
- Project personnel recruitment and need assessment on layer cropping at community level is completed.
- Training manual has been drafted on multi-layer cropping, organic farming, bio intensive plantation techniques, and preparation/use of farmyard and compost manure, organic pest and disease control, poultry farming, and improved animal shed management. It is under editing for final printing.



Integrated AFRC and STC Programme

- In total 58,274 seedlings (12,395 vegetable, 15,879 fruits and 30,000 fodders and forages) were produced in the centre. Despite the pandemic and nationwide lockdown, sales of different seedlings worth NPR. 895,285.00 was realised.
- From the training and guest hospitality DAFRC realised the gross income of NPR 279,065.00
- 83 local farmers of Waku village and 38 local famers of Deusa have been trained in bio-intensive plantation.
- Under the financial support of the local government a "Cooperative Management and Bookkeeping Training" was conducted for 20 participants in coordination with the District Cooperative Association.
- 3,000 Kiwi scions brought from the horticulture centre, Phaplu and grafted with the root produced in the centre.
- 5 days "Bee keeping Training" was conducted in financial support of the local government where 26 local farmers trained. Likewise, 200 local farmers of ward no 8 were supported with 400 sets of improved beehives.
- 19,780 seedlings of fodders and forages were planted in marginal land in Deusa village with the support of INHURED international. Seedlings were supported by DAFRC.



Integrated Rural Development

- 40 farmers are cultivating seasonal and off seasonal vegetables inside the poly house. Production, consumption, and income from surplus vegetable is reasonable with annual production of about 3 tons of vegetables in the poly house.
- The diversity of vegetable cultivation has increased due to project initiation as 68 households have cultivated 11 varieties of vegetables in poly house and kitchen garden. About 2.24 tons of vegetables have been produced from January to June.
- 44 local farmers are cultivating 15,598 seedlings of 28 species of tree crops in their farmlands.





- A tea orchard has been established with 10,511 seedlings of 4 tea varieties: Gumchi, Triyasi, Athahatar & PhukChhiring is under ownership of Paurakhi Agro Farmers Group.
- 5 kg seeds of the Jumla Marsi rice are in trial cultivation phase in coordination with the local farmers in Jumla and are waiting for its yield and suitability. Also, two local farmers of Khiraule have been trained on rice seed sowing and transplantation.
- 2 agro-forestry resources centres (Godim and Thondo) have been established with the aim of providing training and resources service to the villagers and surrounding villages. In total, 296 mother-plants of fruits and nuts are planted for resilient test and are growing well.

Khiraule Drinking Water Supply



Khiraule village is rich in water source but lacks the clean/safe drinking water. To provide safe drinking water to all, EcoHimal has constructed one tap in one house covering the school, Gumba and health clinic.

- Physical structures including 3 intakes, 4 distribution chambers, 6 reservoirs tanks, 3 intermittent chambers, 12 brake pressure

tanks and 90 water taps are constructed.

- In addition, a water **feeding manger** in the animal grazing land is constructed in Virthapla together with two water taps.
- In the rural gravity flow system, there hardly exist water filtration system. To make water safer, a combination of chlorine dosing and Reverse Osmosis Filtration System (ROFS) of 5000 litre per hour's capacity is installed with technical support of JP Steel & Engineering Pvt. Ltd.
- A drinking water system operation and maintenance guidelines has been drafted by the user groups and is in the process of approval from the beneficiaries' mass meeting.



Internet Facilities Installation

Internet facilities' installation in Khiraule village for the improvement of education and communication is process. An agreement between EcoHimal and SWIFT NET is made for tower installation and the ground work has been started.

Gender Friendly School and Girls Training

The physical infrastructures of school which were damaged by the 2015 earthquake's reconstruction is one of the major activities of this project. Through this project construction of 5 seismic resilience buildings of two room each and 4 gender friendly toilets have been completed.



- All 5 schools are supported with furniture, white board and posters that have informative, educative and communicative messages on SRH.
- Early child development class are upgraded with recreational materials to increase children's interest in learning.
- RED Room in 2 secondary schools are established ensuring privacy of adolescent girls during their menstruation period and to build confidence to attained school regularly.
- All 5 schools supported with drinking water through maintaining an existing system or constructing a new system wherever necessary.
- Installation of ROFS in 3 schools to provide safe drinking water to students.



- 13 lead teachers and 270 adolescent children trained on ASRH. Training manuals are prepared and provided to teachers and library of Kaku and Jubu Secondary School.

EcoHimal Academy

EcoHimal Academy is supporting the education of poor, orphan, and deprived children. The project is in its final phase. It was started with 35 children.

Till date:

- 26 students completed the school level study and are pursuing their higher education
- In this academic year, 4 students passed Secondary Education Examination with good grades
- 6 students are now employed in Kathmandu and in their village
- At present, 6 students are studying under this program (2 children are studying in grade 10, 2 children in 9 and 2 children in grade 8)
- Anil Gurung one of our student graduated in Junior Technical Assistant (JTA) in Agriculture and is working in our AFRC Khotang as an on the job trainee.



Sustainable Agro Forest Resource Centres in Mountain Areas of Nepal

Climate change and its effect in the local community and adaptation measures are communicated to local community through Agroforestry initiatives. Making use of the experiences from the success of DAFRC, the concept has been replicated in Khotang. We now facilitate local farmers on techniques of environment preservation and production focusing on organic and nature-based farming to lessen greenhouse gas emission. The AFRCs will become the main hub for education, resources, and training, enabling sustainable rural livelihoods through the promotion of tree cropping and organized marketing of the produce. To establish the AFRC centers and expand its services, land acquisition has been done and management committee is formed. The following activities have been carried out:

- Regular cooperation and coordination with the local governments of both RMs
- A rapid assessment and detailed need assessment of both RMs by the senior management
- Land levelling, planning and plantation of different mother plants for nursery establishment
- 4 pre-fabricated houses for office and training purpose transported to construction site
- Fruits, nuts, forage and fodder plants totalling a number of 6,031 are planted in 4 centres.
- 15 farmers in each centre trained on Bio-intensive technique of fruit and vegetable plantation.
- A free plant health camp for control of diseases and pests has been organized in coordination with Nepal Plant Disease Associates (NPDA) covering both RMs. About 127 samples were examined during the camp and provided immediate solutions to the farmers.



Access of School Going Adolescent Girls on SRH Education

- Girl's education on ASRH is important to eliminate the social taboos associated with reproductive health, menstruation, and discrimination of young girls attending schools. Girls and lead teachers are made aware of the RED room and a plan to establish it is under process in Turmakhand and Dakari Rural Municipalities of Achham.
- A trainer has been fixed, the training manual prepared and is ready for printing. But the project area is under lockdown, so the training had to be postponed. Yet,





regular coordination with district and local government as well as the schools is maintained.

- A staff member is in the project site for assessment of the situation, and we are seeking different options for project implementation.

Spice for Health

- Monitoring and field observation of the project progress was done by the senior management in Magdi and Lamjung.
- 4 women's groups are facilitated with revolving fund NPR 100,000.00 and orientation on sanitation and hygiene in cardamom orchard.
- Due to travel restriction number of planned trainings could not be achieved. Mobilizing the local facilitators, 185 farmers are trained in cultivation, harvesting techniques, quality improvement, processing, grading, packaging, pre and post harvest precaution etc.
- A comprehensive plan of field observation, conduction of orientations/trainings and assessment of technical knowledge has been worked out in coordination with Mr. Padam Prasad Adhikari, former chief of Cardamom Development Center, Ilam and expert in horticulture and cardamom production.
- Deusa Agro Forest Resource Centre (DAFRC) in Solukhumbu is promoted as spices cultivation and promotion along with the construction of Display Centre for spices.
- Supported a Szechuan pepper collection and storage building in Myagdi.
- Mimira Integrated Agro-Forest and Livestock Form has been established and promoted as training institute to train the local farmers on Szechuan pepper conservation and environment and biodiversity protection and revolving fund NPR 100,000 established to operate training institute.



Bhotkholra Rural Drinking Water

The project is completed providing safe drinking water to 116 local households ("one tap one house") covering 616 population of indigenous communities. The main objective was to improve access to quality and sustainable water supply to local indigenous communities of 4 villages and to build institutional capacity with regards to drinking water supply system operation and maintenance.

The project was implemented in close cooperation with local government and Makalu Barun National Park (MBNP).

The project was incorporated in local government plan and co-finance all 4 projects by the local government providing NPR 2 million. In the time of nationwide lock down due to COVID-19, the construction works carried out without any delay. Contribution from local communities in construction was appreciable. EcoHimal provided technical support, external and local construction materials and skilled labor wages, rest works were carried out by local communities.

Easy access to sustainable drinking water and sanitation services to the local households of 4 villages (Chothanga, Dhemuchi, Pharang and Chumsur) ensured through construction of drinking water structures.

All 4 water schemes were handed over to the user committees providing a maintenance fund, required tools for maintenance and training. The committees have started to collect water use fee with the beneficiaries following the approved guidelines.





Environment Conservation through Indigenous Community Empowerment

The project was implemented in Rukuma and Chepuwa village of Ward no 2, Bhotkhola Rural Municipality, Sankhuwasava District is successfully completed in June, 2021. 151 Improved Cooking Stoves (ICSs) fabricated, installed and are in use.

2 villages (Chepuwa and Rukuma) declared as Villages with Smoke Free Kitchen to strengthen resilience of local population and reduce vulnerability to the adverse impact of climate change. The improvement in the indoor air pollution resulted decrease in Respiratory problem cases 30.27%, Eye irritation cases by 41.22 %, frequent headache cases by 32.74 % and frequent coughing cases by 16.99 % which is a great relief to mothers and children. Similarly, the firewood consumption is decreased by 51.43%.



The project is the award winning in the photo story presented to IFAD

https://www.ifad.org/en/web/latest/-/smoke-free-kitchens-in-nepal?p_l_back_url=%2Fen%2Fweb%2Flatest%2Fphotos

Improved Cook Stove Promotion for Rural Resilience on Climate Change

EcoHimal Nepal implemented Improved Cook Stove Project in Chumsur village of Bhotkhola Rural Municipality, ward no 1, Sankhuwasava District replicating the success of former project. The aim of the project was to improve indoor air pollution, support women and children and conservation environment for great adaptation.

Despite of virus pandemic, difficulties of transportation, restriction of travel the project was completed within the time frame installing 24 cook stoves covering all households of the village. The target community received the service and abled to improve the kitchen hygiene, reduce indoor air pollution and brought happiness among women and children. It contributed to reduce respiratory tract infection and lessen the firewood consumption. That has contributed to lessen the workload of women's saving time for fetching fuel wood. It has supported to conserve forest and also supported to climate change adaptation.



Be a part of our family "Reaching the Unreached"
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