



ECOHIMAL NEPAL QUARTERLY E-NEWSLETTER

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“Reaching the Unreached”

Vol 4
IN THIS ISSUE
Current Projects Updates



Dear funding partners, collaborators, supporters, well-wishers, and friends
Namaskar!

We are pleased to share with you the quarterly update of our work in health, nutrition, education, environment, WASH, livelihood, and reconstruction of school buildings to support the rural communities. We currently have 12 projects in remote regions of Solukhumbu, Khotang, Sindhupalchowk, Dolpa and Kavrepalanchowk.

EcoHimal's basic focus has been on the following thematic areas:

A. Climate Change, Adaptation, Natural Resources Management and Rural Livelihood

• Kitchen Gardens

- **2,086 kgs of vegetables** produced of which 150 kg sold and 1,936 kgs self-consumed (1,000 in Duguna, 978 in Deusa and 108 in Kavre)
- **24,150 vegetable seedlings** produced and distributed (21,250 in Deusa and 2,900 in Kavre)
- **20,228 seedlings** produced at 16 nurseries in DAFRC and are ready for distribution (5,228 tree crops, 5,000 forest, and 10,000 fodders)
- **4,559 high value winter tree crop seedlings** distributed (679 in Kavre, 1860 in Sindhupalchowk and 2020 in Khotang)

• Organized 51 trainings and 2 discussion workshops: Educated 1190 farmers

- 16 trainings on Growing Bio-intensive technologies: Trained 304 local farmers (174 farmers in Khotang, 70 farmers in Solukhumbu and 60 farmers in Kavre)
- 10 trainings on cutting and pruning techniques: Trained 210 local farmers (18 in Solukhumbu, 71 Kavre and 121 in Khotang)
- Specialist training in Khotang and Solukhumbu: Trained 255 farmers (3 two days trainings on cardamom farming techniques; 3 two days trainings on environment and biodiversity conservation; and A 3-day training on coffee farming technologies)



- A 5-day training on permaculture and farm design techniques organised in Khotang: Trained 21 farmers and agriculture technicians
- Six trainings conducted on different aspects of climate smart agriculture (*organic farming, climate change adaptation, spices intercropping, tree cropping, mushroom farming, bee keeping/pig rearing*): Trained 161 farmers in Solukhumbu and Kavre
- District level workshop on citrus greening and its impact organized in participation of 51 local farmers and stakeholders in Khotang
- Workshop on Szechuan pepper preservation and bio-diversity conservation organized on 21st March 2022. 31 local farmers including 13 representatives from all rural municipalities (RM) empowered to execute action plan for Szechuan pepper protection, promotion, and marketing.
- A 2-day workshop on "Cardamom processing, value chain and marketing, challenges & opportunities, way forward and bio-diversity conservation" conducted in Besisahar, Lamjung on March 19th and 20th 2022 and benefited 41 local cardamom producers.
- **7 school-based trainings** conducted: Educated 231 students in Kavre (Five on Agro-forestry Garden management, one on climate change adaptation and one on bio-intensive techniques)
- Conducted **8 trainings** on poultry disease management: Capacitated **133 farmers** of Duguna village
- **29 greenhouses** provided to the local farmers of Duguna village for vegetables production on the dome of biogas plants. (*9 households already constructed greenhouse over biogas dome and are producing green vegetables*)
- **Five Hi-Tech greenhouses installed** in 4 AFRCs in Khotang for seed and seedling production
- On International Women's Day, bio-intensive plantation techniques demonstrated to educate 67 local women of Kavre.

B. Health and Education

- Need assessment survey of health facilities' under Rural Health Support Project (RHSP) in Mahakulung RM completed and report submitted to the donor and the local government. Based on findings, 34 types of medicines and 6 types of medical equipment supported in 6 health institutions.
- A 7-day *basic computer skills training* was provided to 7 health workers of local health institutions of Mahakulung RM.
- Supported the health equipment to Solukhumbu District Hospital and Sotang Primary Health Care Centre (1 Paediatric to Adult Ventilator, 2 Portable Adult Ventilator, 1 Blood Gas Analyser, 1 Patient Monitor (7 Parameters), 2 Patient Monitor (5 Parameters) and 1 Portable X ray) and trained the health workers on operation and handling.
- Organized Heart Health Camp in Solukhumbu District Hospital in cooperation with Rotary Club of Durbarmarg and Shahid Gangalal National Heart Centre and provided services to 322 heart patients from Solukhumbu district.
- 11 trainings on family planning devices, sexually transmitted diseases and reproductive health carried out in Kavre and educated 425 school going adolescents.
- Conducted 3 trainings on Uterine prolapse and family planning devices: Trained 51 women and 5 men



- A 5-day psychosocial counselling organized in cooperation with Centre for Mental Health and Counselling Nepal for 38 students of Brahmayani Secondary School and 12 students from Radha Krishna Ghanashyam Basic School
- The existing adolescents Girls Group reformed, and 9 membered Psychosocial Care Group formed in Brahmayani Secondary School
- Mrs. Manrupa Dorji, a woman from Dolpa District - trained on reusable sanitary kits production and supported with interlock machine and raw materials for sample kits production and distribution in coordination with Women Empowerment Centre, Dolpa.
- International Women's Day and World Health Day, 7th April celebrated organizing recreational activities related to personal hygiene in Kavre and Sindhupalchowk

C. WASH and Renewable Energy

- 100% construction and supply of drinking water in Duguna village completed: *201 local households and 1 school beneficiaries*
- 100% construction of Bokchen Drinking Water Supply completed: *48 households and 1 school beneficiaries*
- 83% of toilet construction at Duguna Gadi completed (*183 households out of 218*)
- In Duguna village, 335 local people capacitated on improved sanitation hygiene (*personal hygiene, environmental sanitation, kitchen hygiene, handwashing*).
- 161 households are practicing waste segregation and management in the waste management pits
- Installed water drainage systems in Chyomi area in Duguna Gadi and benefited 39 households (*26 occupational castes and 13 Janajatis*).
- 19 biogas plants constructed (*9 are operation and additional 10 just completed*) Cow dung feeding in newly constructed 10 digesters is under plan. 23 households are preparing land for biogas plants installation.
- Accomplished and handed over Khiraule Drinking Water Project to Users Committee on 2nd March, 2022 providing safe drinking water to 86 local households covering 451 population of Khiraule village of Mahakulung Rural Municipality of Solukhumbu.

D. School Buildings' Reconstruction

- 67% of reconstruction work of Janajagaran Basic School, Kavreplanchowk completed
- 100% retrofitting works of Block A of Indrawati Secondary School completed and block B retrofitting is ongoing in Kavreplanchowk. (*On 29 March 2022, the Mayor of Mandan Deupur Municipality inaugurated and initiated the retrofitting process by laying the foundation stone*)
- Construction of 2 school building of Dhurba Tara Basic School for differently able and underprivileged children is on-going.



Projects to be implemented for next phase:

1. Spices for Health- Phase II in Kalikot District
2. Drinking Water Project in Bhotkhola, Sankhuwasaba
3. Reconstruction of Pashupati Basic School, Waku, Mapya Dudhkoshi RM.

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PHOTO STORY



Figure 1 Apple Fruiting



Figure 2 Grapes fruiting at MDAFRC



Figure 3 Mango Fruit



Figure 4 Peach fruit at MDAFRC



Figure 5 Local seeds collection in Khotang



Figure 6 Guava Flowering



Figure 7 Bio intensive Training in DAFRC



Figure 8 Grafting training in DAFRC



Figure 9 Castration of He goat in Dugunagadi



Figure 10 Coffee beer tasting in Maseph, Deusa



Figure 11 Cardamom Quality inspection of by TAAN and Nepal Tourism Board



Figure12 Demonstration of farm design training



Figure 13 Fruit seedlings distribution



Figure 14 Hi-Tech tunnel set up at Aiselukharka



Figure 15 Kitchen garden established in Duguna Village



Figure 16 Green peas produced in Aiselukharka AFRC



Figure 17 Vegetable farming by local farmer in Khotang



Figure 18 Resource centre presenting farm design



Figure 19 Mushroom farming training in DAFRC



Figure 20 Pest management training



Figure 21 Permaculture farm design training



Figure 22 Szechuan Pepper conservation training in Myagdi



Figure 23 Biodiversity conservation training



Figure 24 Environment Conservation training



Figure 25 Citrus greening workshop in Diktel-Khotang



Figure 26 Cardamom farming training in Aiselukharka



Figure 27 Indrawati Secondary School BLOCK A after retrofitting



Figure 28 BLOCK A and BLOCK B of Indrawati SS at a glance



Figure 29 School building under construction in Dolpa



Figure 30 Janajagan BS under construction



Figure 31 Biogas plant construction in Duguna



Figure 32 Single compartment with handwashing facility



Figure 33 Beneficiary using newly constructed tap at Bokchen



Figure 34 Khiraule Drinking Water project handed over to local government



Figure 35 Reservoir Tank constructed in Bokchen



Figure 36 Taps construction completed in Bokchen



Figure 37 newly constructed double compartment toilet at Duguna



Figure 38 Taps construction at school of Bokchen



Figure 39 Health equipment handover to Phaplu Hospital



Figure 40 Basic computer training to health workers of Mahakulung RM



Figure 41 Health equipment handed over to health facilities of MRM



Figure 42 Training in Uterine Prolapse & Family Planning



Figure 43 Psychosocial Training inauguration program in Kavre



Figure 44 Orientation to parents about the importance of education



Figure 45 World Health Day celebration in Kavre



Figure 46 Participant excelling their knowledge in using Firefox



Figure 47 Participants during school based psychosocial counselling conducted in Kavre

