



ECOHIMAL NEPAL
QUARTERLY E-NEWSLETTER (Kartik 2078 to Poush 2078)
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“Reach the Unreached”



Vol 3
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Dear Funding Partners, Collaborators, Supporters, Well-wishers, and Friends
Namaskar!

We are pleased to share the quarterly updates on our work in supporting rural communities with health, nutrition, education, environment, WASH, livelihood, and reconstruction of school buildings and COVID-19 Relief. 11 projects are currently being implemented in remote regions of Solukhumbu, Khotang, Sindhupalchowk, Achham and Kavrepalanchowk. This volume has a special photo story presentation. EcoHimal strategic focus has been on following 5 **thematic areas**:

1. Climate Change, Adaptation, Natural resources Management and Rural Livelihood

- **5,306 KGs** of vegetables produced from 158 kitchen gardens; **3,754 KGs** self-consumed and **1,552 KGs** sold in Duguna Village of Sindhupalchowk,
- **21,430 vegetable seedlings** produced and distributed by Agro Forest Resource Centres (21,070 from Deusa Agro Forest Resource Centre (DAFRC), Thulung Dudhkoshi RM and 360 from Mandan Deupur Agro Resource Centre (MD-AFRC), Kavrepalanchowk).
- **27,000 tree crops seedlings** produced at 16 nurseries at DAFRC and distributed to local farmers
- **14,985 high value winter tree crop** seedlings distributed to the local farmers of Duguna, Mandan Deupur Municipality (MDM) and Khotang.
- **78 trainings organized and trained 1,687 farmers;**
 - ✓ 25 trainings on Growing bio-intensive technologies and trained 533 farmers (430 farmers through 20 trainings in Khotang, 103 farmers through 5 trainings in Duguna).
 - ✓ Trained 118 farmers, carrying out 7 trainings on Bordeaux paste preparation and use in Khotang.
 - ✓ 24 trainings on tree crop and improved farming technologies and trained 382 local farmers in Solukhumbu.



- ✓ 654 local farmers skilled in 22 trainings (8 on organic farming, 3 on pest management, 5 on climate change, 1 on fruit orchard, 1 on negative impact of pesticides, and 4 on agroforestry garden) in Kavrepalanchowk.
- **Two school-based trainings** on agro-forestry garden management conducted and educated **46 students** in Kavrepalanchowk.
- **5 Eco Child Clubs** were formed and mobilized in 5 secondary schools in Khotang.
- Supported **10 he-goats and 5 buffalo calves** to poor families in Duguna, trained them on improved breed rearing facilitated by Panauti Municipality, Kavrepalanchowk. In addition, 12 buffaloes and a cow vaccinated for Foot and Mouth Disease (FMD).
- **6 pre-fabricated houses installed** for office and training (4 in Khotang and 2 in Mandan Deupur Municipality) are completed and ready to be operational.
- An assessment on land and crop suitability was studied carried out in Khotang by a Permaculture expert.

2. Health And Education

- 70 local focal teachers (47 male and 23 female) from 32 schools educated on Adolescent Sexual and Reproductive Health (ASRH) in Turmakhand and Dhakari Rural municipalities, Achham.
- 1,300 adolescents (1078 in Achham and 222 in Mandan Deupur) educated on ASRH knowledge and formed adolescent girls' SRH groups as promoters and facilitators. The first ASRH meet¹ was also organized in MDM.
- 18 model Girls' Comfort Rooms (GCRs) in 18 schools were established - 10 in Turmakhand and 8 in Dhakari Rural Municipalities (RM) of Achham as safe place for girls to manage menstrual hygiene.
- 19 one-day long psychosocial counselling were organized (4 in Khotang and 15 in Kavrepalanchowk). 99 teachers & health workers from Khotang, and 464 school children from 15 schools of Kavrepalanchowk were trained.
- 26 school representatives were trained in disaster risk management training carried out in Kavrepalanchowk.
- Provided Self-Generated Scholarship (SGS) to 240 poor school going children, reducing the school dropouts in Kavrepalanchowk.
- Provided suggestions to include sexual reproductive education and the idea of GCRs in every school during **the School Curriculum Development** workshop organized by Mandan Deupur Municipality in Kavrepalanchowk.

3. WASH and Renewable Energy

- The drinking water system at Duguna gadi has been completed, **99%** providing twenty-four hour running water for **201** households.
- **39%** of toilet construction at Duguna Gadi was completed providing 85 households' access to newly constructed toilets with sanitary facilities.
- **205** local people trained on handwashing, personal hygiene, environmental sanitation, and kitchen hygiene in the Duguna village.

¹ ASRH meet is a program organized for adolescent children to share their ideas, talents, and creativity in a big platform among their fellow students.



- 158 households constructed solid waste management pits and 132 households have started using pits in Duguna.
- **19 households** of Duguna have constructed the biogas plant and 9 biogas plants are operational, 10 have just completed and 21 are in under construction phase.

4. School Buildings' Reconstruction

- The reconstruction of 2 schools (Shree Dwarpareshwor Secondary School and Shree Dedithumka Secondary School) and a gender sensitive toilet completed and handed over to the respective school management committee, whereas the handing over process of Shree Tapeshwor Secondary School is due.
- 50% of the retrofitting work, column work, and wall construction were completed in Shree Indrawati Secondary School (SS), Kavrepalanchok.

5. COVID-19 Relief and Response

During the difficult phase of the COVID-19 pandemic, EcoHimal team were very consistent in providing support to the government. The isolation centers were built in cooperation of Aiselukharka and Rawabesi Rural Municipalities which is in use. To prevent the spread of COVID-19, preventive and protective materials (PPEs, masks, sanitizers, hygiene kits, etc) were supported to two RMs of Khotang (Aiselukharka and Rawabesi) and two RMs of Solukhumbu (Necha Salyan RM and Mapya Dudhkoshi RM) benefitting 3,735 school children and 187 teachers from 39 local schools.

A digital health application was developed along with training to the users and compatible health equipment are provided to 13 health institutions in cooperation with the local government to ease and functionalize the digital health system in Aiselukharka and Rawabesi RMs. In addition, required medical devices were supported for stable and enhanced telemedicine services.

The nutrimix flour was distributed to **1,200 beneficiaries** (1,117 poor family background children (520 Rawabesi and 597 Aiselukharka RM), 73 lactating mothers, and 10 pregnant women), which relieved and enhanced their immunity. Furthermore, the revolving fund worth of NPR. 250,000 each under the ownership of Parijat Women Group and Lamidanda Women Group (WG) for continuation of nutrimix flour production and distribution was established. In addition, Lamidanda WG has invested the seed money in agricultural production.

Almost 100% of children continued learning during the second wave pandemic by creating alternative teaching and learning environment and radio school programs in cooperation with the local government.

Projects to be started for this phase:

1. Reconstruction of Shree Pashupati Basic School of Waku
2. The drinking Water Project in Bhotkhola, Sankhuwasabha
3. Kalikot spice program
4. School building construction in Dolpo for the differently abled children



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PHOTO STORY

Climate Change, Adaptation, Natural resources Management and Rural Livelihood



Figure 1: Vegetables produced from kitchen garden



Figure 2: High value winter fruit seedlings distribution in Duguna



Figure 3: High value winter fruit seedlings distribution in DAFRC



Figure 4: Assessment on land and crop suitability by Permaculture expert



Figure 5: Bordeaux Paste preparation training



Figure 6: Demonstration plot showing to farmers for bio intensive pit



Figure 7: Application of Protein Bait in infected plants & trees



Figure 8: Local farmers training in Growing bio intensive technologies



Figure 9: Bio intensive pit demonstration to farmers of Khotang



Figure 10: Farmers receiving winter plants seedlings



Figure 11: winter tree crops distribution to local farmers in Kavrepalanchok



Figure 12: winter tree crop plantation



Figure 13: Eco Child Club formation in local schools



Figure 14 : Agro Forest Resource Centre built in Dubekoldanda



Figure 15: Pre-fabricated houses built in Kavrepalanchok for office and training purpose

WASH and Renewable Energy



Figure 16: Toilet construction completed in Duguna Village



Figure 17: Drinking water taps constructed in Duguna Village



Figure 18: Training on Improved farming technologies



Figure 19: Kitchen Garden establishment training in households of Duguna Village

Health and Education



Figure 20: School children training in ASRH



Figure 21: Teachers training in Disaster Risk Reduction



Figure 22: Girls comfort room established in Acchham



Figure 23: Teachers training in ASRH



Figure 24: Self-generated scholarship provided to needy school children



Figure 25: Psychosocial Counselling training to teachers and health service provider of Khotang

School Building Reconstruction



Figure 26: Dwarpareshwar Basic School Building handover to School Management Committee



Figure 27: Dedithumka Secondary School Building inauguration ceremony



Figure 28: Retrofit ongoing in Indrawati Secondary School



Figure 29: Retrofit work monitoring



Figure 30: 1st floor roof slab casting in Janajagaran Basic School



Figure 31: During monitoring after slab casting in Janajagaran basic School

COVID-19 Relief and Response



Figure 32: Printer supported to local schools for learning & teaching process



Figure 33: Preventive & Protective material handed over to Rawabesi RM



Figure 34: Nutrimix Flour supported to lactating mother



Figure 35: Nutrimix Flour supported to children aged under 5 years



Figure 36: Telemedicine service installation training to local health service providers and IT personnel's in Khotang