Himalayan Permaculture Centre



Capacity Building Towards Household and Community Resilience

**Final Project Report**

**Date of this report: 25-03-12**

**Summary**

HPC has achieved its stated goals for the year in that it has increased awareness at village and district level in the issues of peak oil and climate change, and made transparent the strategies, approaches and techniques it will use to address these and other development issues. Further, it has created a capacity to demonstrate and train in a wide range of technologies integrated together to improve household and community resilience through increased food security, greater use of local resources, and reduced cost in terms of time, labour and money. This increased capacity has taken the form of a human resource base where farmers and staff have gained skills in observation, training, organisational self-management, project planning, implementation, monitoring and evaluation as well as in technical aspects such as establishing and maintaining nurseries, orchards, vegetable gardens, smokeless stoves and improved composting. These multiple outputs are manifested in a pro-active training program based from 2 fully equipped training and demonstration centres and over 35 village level demonstration plots that have helped to train 849 farmers and plant over 2000 fruit and multi-purpose seedlings in just 6 months.

The stage is now set for phase 2of the program where demonstration, training and resource production will increase and reach out to a greater number of farmers as well be as a model for other organisations to share with.

**Introduction**

This project, started in April 2011 and lasting for 12 months, aimed at building up the capacity of HPC and its pilot village groups to enable them to implement wider programs in the future. As such it is termed Phase 1, while the wider, scaled up program that is hoped to start in October 2012 will be termed Phase 2. Phase 1 has been supported by 2 main charities: the Kadoorie Charitable Foundation (KCF) from Hong Kong, and the Network for Social Change (NSC) from UK.

Phase 1 of the project has 3 main objectives:

**1. Raising awareness of**

1. Peak Oil and Climate Change;
2. Development issues in general, and
3. HPC values, working approach and activities,

to village groups, and village and district level government in HPC’s working areas of Surkhet and Humla in Western Nepal.

**2. Increasing Demonstration and Training Infrastructure for HPC to provide effective services**

**3. Capacity building for HPC board, staff and members of aligned village groups in organisation development and project planning, design, implementation, monitoring and evaluation**

This report is adapted from the final report to KCF, provided in March 2012.

# Activities

## **Objective 1: Raising Awareness**

**1.1 Awareness raising training.**

To raise awareness of Climate change, peak oil and development issues in general, and to introduce HPC program goals and activities, workshops have been completed at village, VDC and DDC level. In this reporting period a VDC level workshop was provided in Surkhet to Neta VDC staff and stakeholders. Participation in these workshops is as follows (including those in the previous reporting period):

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Level | No: workshops | Participants | Total | Target |
| Men | Women |
| Village | 11 | 100 | 46 | 146 | 200 |
| VDC | 2 | 57 | 5 | 62 | 40 |
| DDC | 2 | 46 | 1 | 47 | 40 |
| Total | 15 | 203 | 52 | 255 | 280 |

Outside of these specific workshops, awareness-raising of the program, including peak oil and climate change issues, has continued during the various **Farmers’ Trainings** (see below 2.3) as a statuary part of the course/HPC introduction to participants, and through slide shows and videos shown during courses.

**1.2 Farmers’ Field Trip**

In November **13** farmers (including 3 women) and 2 staff from Humla made a trip to HPC areas in Surkhet. Participants were selected according to their achievements as group members, how many techniques they had implemented at home and how they had contributed to their group’s development as well as to the program as a whole. In Surkhet they visited the Baragaun Resource Centre and all 5 member villages, meeting with the members of local groups and viewing their activities, including house hygiene, nurseries, compost making, agroforestry, etc. Before they returned to Humla after 7 day stay they each made plans for implementing new projects as a result of their experiences in Surkhet. Five of the participants remained at Baragaun for the Training of Trainers (ToT) course (see below 3.2)

* 1. **Schools program.**

As described in the previous report HPC started a program with **Madanadev High school**, Madana in Humla district. This school has sincedevolved its primary school classes to other villages in the area, and HPC has provided assistance to one of these, **Kailesh Dev** primary school in Saathi village, to help build its new school.

Due to long term political action taken by teachers throughout the country against wages and working conditions, HPC has been unable to provide classes to students at the schools in Humla and Surkhet. However as it had already reached an understanding to implement this activity with school staff, this work will continue in the second phase of the program.

**Objective 2: Increasing Demonstration and Training Infrastructure**

**2.1 Training capacity development**

*Proposal Acquisition of training materials – projector, solar system, books, etc.*

In addition to the developments detailed in the previous report, the following additional training infrastructure has been acquired for use at the resource centres and in the field in Surkhet and Humla:

* A further **pico projector** for use in the villages of Humla
* A further **Laptop and Netbook** (1 each for Humla and Surkhet)
* A further **printer** for Humla as it has been seen that the printer offered for use at the High school as previously reported was unreliable
* Further **training** materials (whiteboard, paper, books, etc.)
* In Humla a **training hall and dormitory** is nearing construction, built by a private individual on his own land within the area of the resource centre. HPC will rent the facilities during trainings.

Both resource centres (RCs) are now fully equipped and have stated to provide a range of short and long-duration residential and non-residential trainings using their facilities, including observation of systems developing on the RCs, practical work on the land, theoretical in-door sessions, and audio-visual presentations.

**2.2** **Sustainable Agriculture and Appropriate Technology Demonstrations**

**2.2.1 Resource Centres (RC)**

Farms are being established in Surkhet and Humla at the resource centres described above in 2.1. In addition to the activities described in the previous report and above in 2.1 the following has been established:

* A polytunnel at Baragaun RC
* **40** fruit trees planted on the Dapka RC (apple, peach, plum, walnut) (total for the year **277**)
* **98** fruit and multi-purpose trees planted on the RC at Baragaun (total **471**)
* Crop production and diversity at Baragaun RC has increased from **38kg** (2 crops, wheat and potatoes) before the RC was established **to 180kg (12 crops)** over the last 9 months
* **2009 seedlings of 12 varieties** of fruit and multi-purpose seedlings currently in 5 nurseries at Baragaun RC
* Enforcement of no-grazing restriction continued successfully
* New agroforestry, fruit tree, fodder grass and vegetable nurseries established
* Further acquisition of agricultural tools

**2.2.2 In-situ demonstration plots**

In Surkhet 5, and Humla 6 villages have formed groups to work with HPC. Details of group names and members were provided in the previous report. They have been provided with materials and initial training to establish their own demonstration plots on their own private and/or community land. In addition to the materials provided in the first 6 months and reported in the previous report, the following activities have been carried out:

* In Humla **62** participating farmers have planted **275** fruit and multi-purpose trees and shrubs, while in Surkhet **1759 seedlings of 30 species by 91 participating farmers** have been planted (in addition to **710** seedlings reported in the previous report)
* In Surkhet **73** farmers have created **74** fruit, multipurpose and vegetable nurseries, while in Humla **41** nurseries have been established.
* In Humla local group members have grafted **1389 fruit seedlings** of 7 varieties of fruit (apple, peach, plum, pear, apricot, almond, walnut) for local planting and sale/distribution and have sold **986 grafted fruit seedlings**, providing an income of **29580/-** (US$370). This is the first time income has been earned from sale of seedlings from the area, and has provided great incentive to villagers to create their own nurseries.
* In Surkhet farmers have grafted **260 pear scion** onto wild pear trees growing in degraded forest areas. In Humla **459 scion** have been similarly top-grafted.
* In Humla 2 no-till and 4 SRI demonstration plots have been established (SRI is seasonal, while no-till plots are aimed to be perennial)
* Further vegetable and tree seed distributed
* In addition to tree planting, village group members have started to implement various other activities on their home farms guided by HPC that are aimed at enhancing use of local resources and increasing domestic farm productivity. These include improved stoves, kitchen hygiene, sweepings pits, toilet construction and SRI.Practical activities have continued on farmers’ own plots as a result of the farmers’ training program. These are summarised below.

Below is a summary of these activities and achievements over the entire reporting period:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Activity** | **Unit** | **Surkhet** | **Humla** | **Total** |
| Improved Stove | number | **38** | **89** | **127** |
| Toilet | number | **87** | **76** | **163** |
| Sweepings | households | **84** | **27** | **111** |
| Cover silouta | households | **70** | **0** | **70** |
| Cover water vessel | households | **81** | **38** | **119** |
| Daily hygiene | households | **83** | **39** | **122** |
| Kitchen garden | households with | **81** | **107** | **188** |
| Waste water | households with | **20** | **66** | **86** |
| Compost | number | **86** | **15** | **101** |
| Fruit nursery | number | **74** | **41** | **115** |
| Seedlings planted | number of plants | **1759** | **275** | **2034** |
| Grafting | number of plants | **279** | **1389** | **1668** |
| Orchard | households with | **13** | **12** | **25** |
| Agro-forestry | households with | **4** | **20** | **24** |
| SRI | number of plots | **2** | **4** | **6** |
| Path cleaning | households doing | **63** | **0** | **63** |
| Air layering | number of plants | **367** | **8** | **375** |
| Top working | number of plants | **260** | **459** | **719** |
| Air nursery | number | **37** | **0** | **37** |
| Hot bed | number | **5** | **11** | **16** |
| Community fund NRs | current balance | **330992** | **31200** | **362192** |
| Farmers Training | no: of participants  | **41** | **41** | **82** |

As can be seen many households have established at least several techniques and these can all be seen as demonstrations – the total number of plots would be **over 120**. In terms of most/all techniques established and farmers proactively using their land as whole-farm demonstration, there are **35** farms that could be described in this way (**Surkhet 11, Humla 24**).

**2.3 Integrated Farmers’ Training**

Farmers’ training activities started in the second 6-month reporting period. HPC provide 2 types of farmers’ training: an integrated multi-topic training held over 3-5 days and covering a range of issues and techniques, and short technical trainings ranging in duration from an hour to a day. The integrated training is delivered in two ways, either as a residential 5-day course at the Resource centre, or as a mobile training in each village lasting 3 days. In total **4** residential farmers’ trainings have been carried out for **82** participants (**42** women and **40** men). In the mobile farmers’ trainings provided *in situ* in **11** villages, **141** women and **67** men were trained. A total of **63** short technical trainings for **339** men and **220** women were held. A summary of farmers’ training achievements is as follows:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Training | No: Days | Participants | **Total** | Target |
| Women | Men |
| Residential | 20 | 42 | 40 | **82** | 80 |
| Mobile | 33 | 141 | 67 | **208** | 160 |
| Short technical | 42 | 220 | 339 | **559** | 160 |
| **Total** | **95** | **403** | **446** | **849** | 400 |

Division of training between Surkhet and Humla is as below:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|   | **No: Days** | **Women** | **Men** | **Total** |
| Surkhet | 35 | 195 | 226 | **421** |
| Humla | 60 | 208 | 220 | **428** |
| **Total** | **95** | **403** | **446** | **849** |

**2.4 Community Design course**

In the previous report the CDC in Surkhet for 23 participants was described. Following this a similar training was held in Humla for **17** men and **4** women at the RC in Dapka village. Training topics included:

|  |  |
| --- | --- |
| * Erosion and spirals of degradation
 | * Village design criteria/building block
 |
| * Observation of natural systems
 | * Design process: dream, discover, design, deliver (from Appreciative Inquiry)
 |
| * Community mapping
 | * Design implementation
 |
| * Sustainable development principles
 | * Design exercise
 |
| * Gender and development
 | * Making action plans
 |

**2.5 Women’s Health Program**

**2.5.1 Women’s Health Centres (WHC)**

A Baragaun RC’s women’s health counselling and treatment centre during this reporting period **14** women have been counselled and treated for women’s health ailments such as menstrual disruption, 1st, 2nd and 3rd degree prolapse, uterine wound, excessive bleeding, and white discharge. Counselling includes recording of life histories and providing positive advice on their problems, as well as treatment. In total over the first 9 months **22** women have been treated and counselled at the centre. In addition **14** people (4 women and 10 men) were provided first aid treatment for a variety of ailments such as wounds, fever, diarrhoea, worms and skin parasites. This give a total for the year of **43** people treated (21 women and 22 men).

In Humla a micro-clinic was held following the women’s health training (see below 2.5.2) where **28** women received counselling and treatment.

**2.5.2 Women’s Health Training (WHT)**

In Humla 21 women from 6 village groups were provided with a 5-day Women’s Health training at the RC. Topics included:

|  |  |
| --- | --- |
| * health status of women
 | * women’s right and legal protection
 |
| * women’s reproductive physiology and functions
 | * self diagnosis
 |
| * prolapse – reasons and treatment
 | * services available in VDC/district
 |
| * education on domestic violence
 |  |

**2.5.3 Women’s Health Network (WHN)**

Members of the Women’s Health Network (WHN) formed in Surkhet met to review their activities according to action plans they had made as described in the previous report. The network comprising 13 women from the 5 groups has met 3 times at Baragaun RC. In their 5 groups they have provided workshops ranging from 1 hour to half a day to **107 women** comprising mothers’ groups, adolescents and women’s groups on subjects such as menstruation, uterine prolapse, vaginal discharge, contraception and side effects, breast cancer and testing, post-natal care, hygiene, making super flour and nutrition, and domestic violence against women (VAW).

The WHN members reported that their workshop participants have found the information about prolapse prevention, white discharge treatment using **neem**, and breast cancer testing most useful. They also report that the biggest challenges they faced were men not allowing the women to participate, a reluctance of women to open up about reproductive health problems, and the need for more training materials.

**2.6 Technology demonstrations and research**

HPC is researching various technologies to help save time/resources and/or improve quality of locally produced crops. In addition to technologies reported in the previous report, the following have been acquired and are undergoing testing in the field:

* **Scythe blades**. Following donation of 2 scythe blades, a local blacksmith in Surkhet successfully replicated one type. In March, volunteer Alexander Vido from Scythe Works in Canada visited the project. He brought with him further blades and a snathe (handle) that farmers have been able to replicate. This was followed by a program of introduction and practice of using and maintaining the scythe to cut the spring wheat crop in Surkhet in March and early April. A total of 11 farmers participated and 2 farmers have been selected to teach maintenance and use of the scythes in other areas during the wheat harvest.

**2.7 Surveys for phase 2**

HPC’s goal is to implement more extensive development projects following this capacity building phase. To this end it is conducting surveys to assess viable and appropriate projects, including for drinking water, mills and livestock improvement. In addition to 7 surveys reported in the previous report, the following surveys have been completed in Humla:

* Drinking water, Lotpata
* Multi-purpose hydro-mill, Seri
* Multi-purpose hydro-mill, Majpur
* Drinking water and irrigation, Seri
* Drinking water for school, Bhadaura
* Irrigation, Dapka
* Irrigation, Saathi

**Objective 3: Capacity building in NGO and CBOs**

**3.1** **PRA and village survey training**

HPC staff have provided 20 village group representatives with basic training in how to conduct PRA in their respective villages. This will enable them to gather information in a participatory way so as to involve the stakeholders themselves in the identification, planning and implementation of development initiatives and interventions.

**3.2 Trainers’ training**

While imparting new and innovative technical skills to beneficiaries in its working areas, HPC is also prioritising the facilitation of stakeholder representatives to be able to carry out their own training courses so that they can pass on learned knowledge and experience to their peers in a way that can be replicated. To this end the learning of training skills is an important component of capacity building, so trainers can give their knowledge in the most effective and participatory way possible.

In January a trainers’ training was provided by Mr Gopal Khadga of NEST-Nepal of Pokhora to **24** staff and group representatives (5 women and 19 men) including 3 staff currently working in Humla, at Baragaun RC in Surkhet. The ToT lasted for 7 days and was especially designed for farmers’ leaders and HPC staff who are/will be responsible for expansion of HPC’s programmes in both Surkhet and Humla districts.

ToT topics included:

|  |  |
| --- | --- |
| * Rapport building
 | * Gender and development
 |
| * Training needs assessment
 | * Setting training objectives
 |
| * Training design
 | * Teaching methods
 |
| * Preparing training sessions
 | * Training tools
 |
| * Appreciative Inquiry
 | * Training games
 |
| * Facilitation skills
 | * Presentation skills
 |
| * Micro-session preparation and delivery
 |  |

**3.3 I.T. training**

To enable HPC staff to use basic computer software including word processing, spreadsheets, email and internet, basic training has been provided to 4 staff in these subjects.

In addition, staff have been trained in use of the digital projectors for training purposes, and provided with digital cameras to enable them to create their own picture shows for use in training.

HPC’s website [www.himalayanpermaculture.com](http://www.himalayanpermaculture.com) has also been continually updated and has had **27000 hits** since it was established. More recently images from Google Earth have been added showing project areas in Humla and Surkhet, and it is possible to download a rudimentary tour of the area in Surkhet.

**3.4 Board management training**

This activity was detailed in the previous report

**3.5 Program planning, Proposal & Report writing training**

Following the training provided in Surkhet and detailed in the previous report, a similar training was provided by the Kathmandu Training Centre (KTC) to **23** staff and village group representatives (21 men and 2 women) in Humla. For each of the major topics (planning, proposal writing and report writing) 2 days were allocated. Training topics included:

|  |  |
| --- | --- |
| * Program needs analysis
 | * Program design and implementation
 |
| * Setting aims and objectives
 | * Monitoring and evaluation
 |
| * Setting priorities
 | * Proposal writing
 |
| * Using SMART objectives
 | * Writing accurate reports
 |

This was another key capacity building training as it helps both HPC and its aligned groups to manage their own initiatives and seek resources to support them independently, thus reducing dependency on outside organisations.

**3.6 Establishing village networks**

This activity has enabled farmers to network together facilitating exchange of experience. It has involved regular meetings between farmers at the RCs in Humla and Surkhet. Farmers gather to review what they have been doing, and discuss successes and challenges they have faced. They talk about what techniques have worked best and what improvements can be made. At later meetings group members have discussed what they want to do in the next phase of the project, and how they will help to spread to other villages through demonstration, teaching and sharing of resources such as seed, seedlings, etc. In Surkhet **143 farmers (24 women, 119 men)** met 5 times at Baragaun RC and in Humla a total of **159** farmers (**42 women, 117 men**) met 9 times

**3.7 Accessing VDC funds training**

This workshop has been provided to inform farmers groups on the funds available from government coffers through the VDC political structure for local development. The aim is that in the future village groups will be able to access these funds in order to carry out activities according to the models and resources that HPC has helped to embed in communities. This will help to reduce reliance on external donors for development, while proactively involving local government in the process. The workshop involved 2 activities: firstly showing a DVD (produced by Action Aid/MS Nepal) to village groups explaining local, district and national government, where funds come from and how local initiated projects can use the funds. Secondly, a representative from the local VDC committee for Neta (Surkhet) and Madana (Humla) was invited to the RC to talk about how funds can be used and what criteria need to be met. There was a question and answer session where farmers asked what sort of programs would be eligible for funding. In total **36** farmers attended the workshops.

**3.8 Community Contributions**

In addition to the activities described above, groups have communally contributed to improving their home and village environments in a number of different ways. This may have involved path making and improvement, creating a place to market farm products, bridge building, making a group meeting place, school improvement and making a communal seating place (Chautari). These program-related activities have been assessed and it is calculated that groups have contributed an incredible **14,196** person-days (81 women and 283 men for 39 days) of labour valued at a massive **NRs 2,839,200/- (GB£23,360).**

**4.0 Main problems affecting the program**

* There is still an issue of women’s involvement being less than men’s, and while the figures for farmers training show the percentage of women attending has greatly increased, their attendance of capacity building-type activities still remains less than acceptable. However, with a priority to increase this, and a plan to provide more female staff members it is hoped that over then next 2-3 years the trend will gradually be reversed. Gender discrimination is deeply ingrained in rural communities, especially in Humla, and this will not change overnight.
* Linked to the above, there has also been difficulty, particularly in Humla, in finding women that can take on leadership roles, especially in women’s health programs, but also generally. It is hoped in phase 2 to employ 2 or 3 professional health and development workers to train with HPC and then be based at the RCs to help support activities.

**Conclusions**

HPC has achieved its stated goals for the year in that it has increased awareness at village and district level in the issues of peak oil and climate change, and made transparent the strategies, approaches and techniques it will use to address these and other development issues. Further, it has created a capacity to demonstrate and train in a wide range of technologies integrated together to improve household and community resilience through increased food security, greater use of local resources, and reduced cost in terms of time, labour and money. This increased capacity has taken the form of a human resource base where farmers and staff have gained skills in observation, training, organisational self-management, project planning, implementation, monitoring and evaluation as well as in technical aspects such as establishing and maintaining nurseries, orchards, vegetable gardens, smokeless stoves and improved composting. These multiple outputs are manifested in a pro-active training program based from 2 fully equipped training and demonstration centres and over 35 village level demonstration plots that have helped to train 849 farmers and plant over 2000 fruit and multi-purpose seedlings in just 6 months.

The stage is now set for phase 2of the program where demonstration, training and resource production will increase and reach out to a greater number of farmers as well be as a model for other organisations to share with.

Report produced by

Chris Evans, Advisor

Prem Thapa, Advisor

Bhuwan Khadka, Director

Hommaya Gurung, Surkhet Coordinator

And all staff and group members of HPC