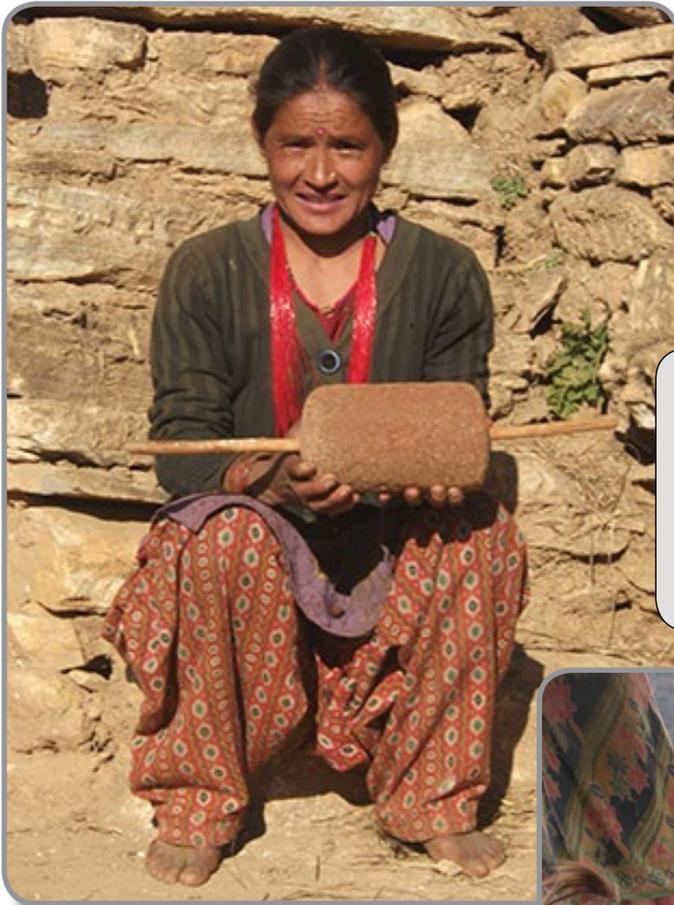


HPC Report October 2013 - March 2014
Photo Gallery – Humla



We apologise for not being able to show you many photos of Humla in this report, due solely to the loss of the camera which broke (it has recently been replaced).



Left - Mrs Nanimaya Buddha of Adanchuli Krishak Group in Sirupata, Madana VDC made a salt lick for her cattle. Salt and local herbs such as wild garlic mixed in local clay, the salt lick provides an easy way of providing essential supplements to the livestock.



Right - participants in a recent Women's Health mobile training learn to make "superflour" from roasted barley, soy beans and corn mixed with warm water (or milk if available). It's a high protein supplement, particularly for infants, good for building strength to resist and recover from illness



Left - the roasted grains are ground up using a traditional hand mill. Even though simple to prepare and with local grains, there is still much resistance to new techniques. Making them habitual is the job of the local groups and even individuals that decide to take the plunge. The mobile training is given by local staff and farmers' leaders that travel around the 11 villages of the project area. More training is planned to be handed over to locally trained and employed barefoot consultants

Right - crowds at the recent launch of "smoke-free" zone for wards 7 and 9 of Madana VDC, due to 100% coverage of HPC's smokeless stove. The inauguration was in cooperation of the local Water Resources Office that was simultaneously launching their "open toilet-free" zone. All wards in Madana are now smoke-free, the remainder still to have their official launch



Left - The facilitators at the start of a short training for children in Madana, opening up about often taboo issues of adolescence, puberty, gender rights, hygiene and diet. The children in these classes are normally between the ages of 9-13. By this age girls are often prepared for marriage - in terms of culture, but not in terms of education, physiology or equality.

Right - members of the local Women's Health Network for Madana VDC (HPC's main area with 8 of the 11 villages) meet to share experience and review and plan activities on the roof of Dapka Resource Centre



Left - KCF consultant and ex-Gurkha Yam Gurung (2nd right) on his visit to see HPC's programs in Humla - a plane ride and 2 day walk from Nepalganj in the Tarai. He toured several villages and met with participating farming families.

Right - of a similar altitude and climate to Humla, but very different culturally are the Eastern mountains of Solukhumbu, the district where Mt. Everest lies. Here is an on-going farmer-to-farmer training where HPC's barefoot consultants are working with a school in the monastery village of *Phungmuche*. In this picture they are making double-dig beds filled with local bio-mas and compost. The students and teachers in the school here especially want to learn about growing off-season vegetables in a polytunnel or greenhouse



.... For this they receive practical training in soil improvement, composting, polyveg gardening, liquid manure, water conservation and management, pest management etc. The facilitators have been **Prabina Shrestha** of Sunrise Farm in Kathmandu and **Tek B. Buddha** of Sal Kharka in Surkhet. They facilitated the first training together in September, and 3 months later Prabina visited for follow-up. Tek B. is due to go back for the 2nd follow up in April.

Right - quite quickly they can see the benefits of using the microclimate of the greenhouse and strong sunshine to grow a great range of nutritious food both before, during and after the long harsh winters experienced at high altitudes. For outside greens like mustard, spinach and chard, there is just a 4 month growing season, which even an unheated and poorly insulated, rock-walled polytunnel structure can double.

