

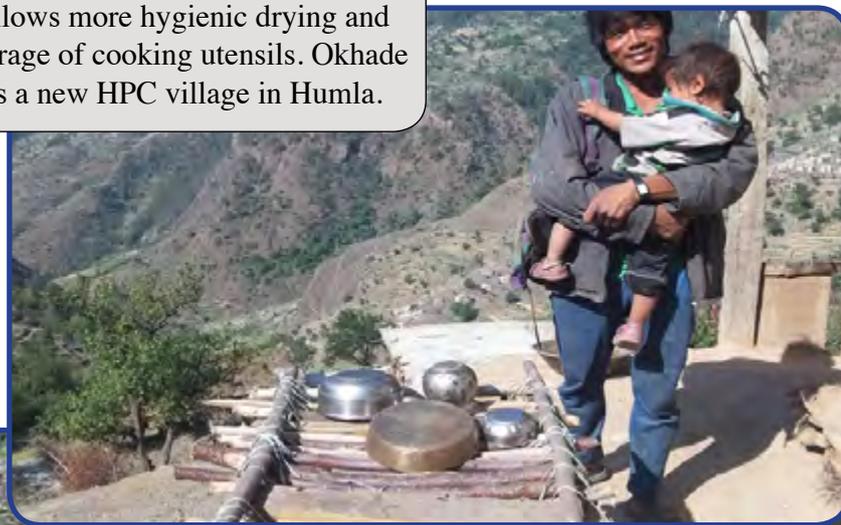
HPC Report May - October 2016

Photo Gallery – Humla



Left - HPC technician Hangse Buddha with a new Pecan seedling sent to Humla from Kathmadu. This is the first one in the district.

Below - Mr Mangal Buddha, resident of Okhade in Kalika VDC with his newly made drying rack. This allows more hygienic drying and storage of cooking utensils. Okhade is a new HPC village in Humla.



Left - Mr Sujete Tamata's plot with off season onions. in Lamahi village of Kalika VDC. Lamahi is a remote Dalit (low caste) village that receives training from HPC's Humla barefoot consultants as a new village in the program, one of 7 in Humla. *Below* - Mr Tamata's kitchen garden.



SRI rice being planted on Ram B. Aidi's land in Barigaun. Ideally seedlings in the 2-leaf stage (*above*) are planted individually at wide spacing as here (*right*), giving them the best chance of producing optimal yields.



Left - Ram B. Aide's SRI one week later, after drying of the paddy. This promotes roots to grow as they seek water, which would not happen if plants are kept submerged in water as in the traditional/conventional system.



Right - A plastic-lined water tank for small irrigation made in Satti village. The tanks are gravity fed by spring water, and distribution done by siphoning the water to gardens below the tank. The area has been suffering from extended droughts over the past 2 years and tanks like this are making a huge difference in the ability to irrigate parched crops.



Left - HPC technician Sagun Bohora (striped shirt with green hat) facilitates an observation of natural systems as part of an integrated farmers' training in Humla. Participants understand ecological principles during the observation that they then go on to apply in permaculture design.

Right - landslide that hit Gallabada village in early August 2016, destroying extensive areas of paddy.





Left - Hommaya Gurung (far left) facilitating a class during the Gender training held at Dapka RC in July 2016. *Below* - Women discuss issues at the women's health training held at Dapka in June, following the health camp.



Above - women queue to register at the women's health camp held in Madana in June



Above - the first woman doctor ever to visit southern Humla, Dr Aradana Bichya of Janakpur on the Tarai in Eastern Nepal treats a patient, one of over 200 women she provided diagnosis and treatment for at Madana Health Post in June 2016. *Left* - Dr Bichya (right), with a visiting nurse (left), taking their leave at the end of the Women's Health Camp.





Left - lead BC Hommaya Gurung (blue coat) facilitates a 5-day women's health training in May for Kamala Foundation, a Canadian NGO providing hostels and schooling for orphans.



Right - women on the WHT for Kamala Foundation play a game during the training. Their resource centre, Almost Heaven Farm, is in the far east of the country in Ilam district.



Above - HPC technician Hangse Buddha joining pipe for the improved flour mill constructed by members of *Kailash Dev* group in Chihi village. *Right* - inside the new Chihi flour mill. The improvements are an iron mill wheel and shaft with bearings to enable the mill to work on a smaller water flow as there is less friction to overcome.



Left - cold store built from local resources at the resource centre (RC) at Dapka village in Madana VDC of southern Humla. *Below* - inside with shelves for storage.





Left - Mrs Bunti Syanku of Janadisa group in Lotpata with her new solar lighting system. In total 53 households have been supplied this year with more planned over the next 2 years to provide all households with lighting

Right - visitors to the 2nd annual Agricultural Festival held in Madana VDC of Humla bring their exhibits to be judged. Examples of grains, fruits, vegetables and hand-crafts are exhibited and prizes awarded for the best items.



Left - Examples of plants in the “root crops” section of exhibits - potato, radish, turnip, yam, taro, carrot, sweet potato.

Right - women dance at the HPC Teej festival. This is the 3rd year Teej has been celebrated in this way in Humla. Women now say that even if HPC leave they will still celebrate – as they do in much of the rest of the country.





Left - members of the Women's Health Network visit a tree nursery near Pokhara on their field trip. *Below* - the field trip was made easier by hiring a vehicle that could take them where they planned to go.



Left - HPC staff and board members visit an organic tea plantation in Ilam district as part of their field trip to visit like-minded projects throughout the country

Right - At the same time as the staff field trip women representatives from the women's health network also went on a field trip. Here they visit experienced permaculture farmer Surya Adhikari in Begnas near Pokhara. He started regenerating a bare hillside in 1988. Now he has diverse income including ginger, coffee, cardamom, oranges and many other fruits as well as fuel wood and fodder.

