

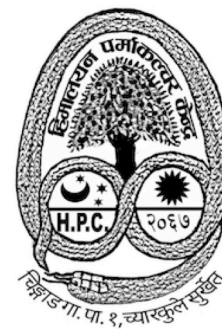
Himalayan Permaculture Centre

www.himalayanpermaculture.com

Building Livelihoods for Household and Community Resilience

6-month Report

Date of this report: May 2022



Introduction and background

The project was due to be completed in November 2021 but many activities have been delayed primarily due to Covid-related restrictions. Following a no-cost extension agreed by HPC's donor-partner, an extra 12 months has been provided to complete activities. This report covers the first 6 months of that extension, from December 2021 until May 2022.

Working Areas

An updated summary of groups' names, locations and demographics is given below.

		Households	Women	Men	Total
Surkhet	2 municipalities, 12 villages	213	608	668	1276
Humla	2 municipalities, 19 villages	572	1713	1785	3498
Total	4 municipalities, 31 villages	785	2321	2453	4774

These figures represent the demographics of the villages that have been registered with HPC as participating villages, including new villages that have requested participation since 2019, where HPC staff visit for surveying, and barefoot consultants have started to work (usually on training).

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Table 1

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Activities

1. FOOD SECURITY PROGRAM

1.1 Resource Centres (RCs)

RC production – Surkhet & Humla

As working farms also functioning as demonstration and training centres, the RCs are designed to be as productive as possible while showing a diversity of different techniques, including new and innovative methods still under research and development.

Surkhet's RC at Tadakhel in Chingad Municipality is in its 3rd year of establishment. In this period over 311kg of grain crops and vegetables have been harvested at the 0.3Ha /0.75 acre farm, including 200kg of rice (about half grown using the SRI method) harvested from last summer, and 70kg of wheat grown over winter. Vegetables make up the remaining 41kg including 20kg Slipper gourd, 5 kg Daikon radish and 3kg onion. These are all recorded as production and consumed on

the farm. Tree fodder and rice straw produced 384kg of animal fodder that was traded with the local community for compost, as the farm does not have livestock. For the stove, 40kg of firewood was harvested from young trees by coppice and pollard management. In the small demonstration fruit nursery 39 pear, almond and peach were grafted and 255 mulberry cuttings established; 2.6kg of tree and vegetable seed was distributed, 15 new herb plants established and ground apple and strawberry plants established in the demonstration kitchen garden. Establishment of vegetable, cereals and agroforestry systems is done by the farm manager with the help of trainees on courses and staff when not training and monitoring activities in the villages.

Other activities on the Surkhet RC over the past 6 months has included training courses in seed production and blacksmithing, a Training of Trainers course and a Local Seed Festival – all described below.

Meanwhile at the 0.1Ha Humla RC in Dapka village, Tanjakot municipality, 29kg of vegetable have been harvested including potato, garlic, cauliflower and green leaf vegetables. 2.3kg of vegetable seed has been produced and distributed to local groups free of charge and 141 herbs and medicinal plants established. Meanwhile 142 fruit tree seedlings have been sold and distributed from the farm

1.2 Farmers’ demonstrations

Over the past 10 years HPC has supplied various basic tools and resources to farmers’ groups enabling them to implement activities in their villages. These have included seed, seedlings, grafting knives, secateurs, irrigation pipe, sprinklers and plastic for hot beds and small polytunnels. Now HPC has set up the Agricultural Tools Marketing Cooperative (see below) farmers are transitioning to being expected to purchase from these Centres in Surkhet and Humla. The purpose of the demonstrations has been to show farmers the benefits of using such tools and methods, backed-up by their availability on the open market. With the absence of roads in the region, tools’ availability has been a limit, especially with expensive transport costs. As roads have entered the region this has enabled markets to open up, combined with farmers’ increased knowledge of and familiarity with the agroecological techniques and approaches espoused by HPC. These factors, combined with a general move from a largely subsistence economy to one where money is more of a form of wealth means that more farmers have more purchasing power so are more able to acquire technologies that help them improve their livelihoods and landscapes sustainably.

Farmers making integrated demonstrations

As a result of demonstrations at the RCs and in farmers’ fields, and various training opportunities at the RCs and in situ in the villages (see below 1.3), groups are involved in implementing by themselves and at their own cost various types of practical work in their houses and fields to increase household self-reliance. A summary of all practical work carried out in the groups from December 2021 to present is as follows:

Practical Activities	Dec 2021-May 2022		
	Surkhet	Humla	Total
No: households implementing	213	572	785
House hygiene	212	566	778
Stove	91	568	659
Toilet	212	556	768
Grinder	211	562	773
Water pot	212	565	777
Hay box	0	1	1
Sweepings	198	559	757
Waste water management	168	564	732

Plate/pot rack	210	534	744
Compost	111	9	120
Fodder trough	39	8	47
Salt lick	66	40	106
Kitchen garden/vegetables	205	175	380
Mulching	31	1	32
Liquid manure	29	38	67
Hot bed	15	38	53
Leaf pots	54	46	100
Home nursery	86	449	535
Fruit nursery	58	56	114
Air nursery	18	8	26
Off season onions	0	15	15
Grafting	15	89	104
Budding	0	0	0
Top grafting	5	19	24
Air layering	26	7	33
Pot irrigation	9	49	58
Orchard	143	91	234
Agro-forestry	42	12	54
SRI	0	0	0
Green manures	0	0	0
No till	0	0	0
Bamboo cuttings	0	0	0
Improved plough	212	152	364
Fruit tree Pruning	89	128	217
Greenhouse	2	32	34
Biomass compost	16	0	16
Double digging	0	17	17
Urine collection & use	9	37	46
Seed production	194	30	224
Fruit planting	26	119	145
Water Filter	182	256	438
Jam/juice making	2	0	2
Solar Drier	10	19	29

Most of these activities are illustrated in the [Farmers' Handbook](#), a key training tool used by HPC.

Demonstration farmers

Farmers that are innovative and active in applying and adapting the techniques demonstrated are provided with incentives to do more especially involving training other farmers in their communities and beyond. The best women and men farmers are selected to work as “Barefoot Consultants” (**BCs, see p.13**) where they will be given specific design (PDC and follow-up training), teacher training (ToT, see below p.12) and group facilitation skills, to enable them to train others from their own experience.

There are 3 levels of demonstration farmer. In the 1st level farmers have attained the following:

- Taken Farmers' Training
- Competent at grafting and fruit nursery management
- Able to make smokeless stoves
- Have planted at least 15 fruit trees on their land, and be competent at pruning

- Have planted at least 60 multi-purpose trees and shrubs of at least 10 different varieties in an agro-forestry design on their land
- Are using SRI in paddy areas
- Are growing vegetables and saving vegetable seeds
- Are able to manage poly-tunnel and off-season production
- Are using at least 25 other techniques from the Farmers' Handbook

The criteria for 2nd and 3rd levels are similar, but to a lesser degree. All farmers need to have passed through the basic farmers' training and be implementing techniques on their own land. Some are just starting. The current list of demonstration farmers identified since the start of the project is as follows:

	A		B		C		Total f	Total m	Total
	f	m	f	m	f	m			
Surkhet	1	13	2	11	2	5	5	29	34
Humla	11	20	14	24	10	22	35	66	101
Total	12	33	16	35	12	27	40	95	135

Fruit and multi-purpose tree propagation and production

HPC has always given emphasis on growing more fruit and for this to be possible on a large scale farmers need to be able to propagate species and varieties that are suitable to their climate and context. They also use a range of propagation techniques to enable the greatest diversity of fruit to be grown. Apart from the dietary benefits of the fruit, the perennial nature of the plants allows a low-input high output agriculture that is more climate-resilient. Additionally farmers are able to sell fruit and fruit trees – a benefit that has earned many households especially in Humla district a complete livelihood.

Grafting and top working of fruit trees

The grafting season is over winter when many species are dormant. Details are below:

Species	Apple	Pear	Peach	Plum	Apricot	Walnut	Almond	Cherry	Damson	Total
Surkhet	0	18	39	11	5	154	11	3	0	241
Humla	40,727	90	107	95	18	1122	1439	4	35	43,641
Total	40,727	108	146	106	23	1276	1450	7	35	43,882

In addition a total of **342 seedlings** have been produced by air-layering, most popular with various citrus varieties, and also including pomegranate, plum and pear. Finally, there are **2,836 cuttings** in nurseries (2,084 in Surkhet and 752 in Humla) including mulberry, Napier grass, sugar cane and Kiwi fruit. These results have all been with no cost to HPC other than initial training and follow-up support, and provision of grafting knives and other horticultural equipment.

Air Layering

Another fruit tree propagation method is through “Air Layering”, used mainly for citrus and other evergreen varieties. In this period 342 seedlings have been produced by air layering including lemon, lime, orange, mausam and pomegranate.

Most seedlings are produced in private nurseries belonging to farmers that have learned about propagation (by seed, cuttings, grafting, air layering or whatever) directly from HPC (exceptions are those produced on the RCs or on school land). Farmers will plant a certain amount on their own land as per their needs, and the rest are either sold, traded or given away for free. Grafted fruit trees for example are usually sold, whereas vegetable seedlings such as onions, or roots such as comfrey are often given away or swapped. Some types such as “super Napier” are purchased from outside of the area, a limited number distributed as mother plants, and then the growers encouraged to propagate more than they need for sale to new areas.

Planting

Fruit trees

Fruit trees are generally propagated in private village nurseries using a variety of techniques taught over the years, usually by grafting, budding, air layering, cuttings or seed. In total **over 11,200** fruit trees have been planted this winter, as below:

Surkhet	Humla	Total
293	10,933	11,226

Species include winter dormant/deciduous species such as apple, pear, walnut, peach, plum, almond, apricot and Kiwi, and also evergreen species such as orange, lemon, lime, banana (actually a “grass”), pomegranate and lichi, though the evergreen plants are also planted in the summer monsoon season.

After Care: Pruning

As fruit trees grow pruning can help keep the productive, removing dead or diseased branches and allowing light and air flow into the canopy. After training how to prune farmers are able to prune their own trees at home or for others in their community. In this period there have been **18 pruning workshops** for **139 farmers** (60 women and 79 men), and **2,274 trees** have been pruned, half of which were apple and many other deciduous fruit (pear, plum, peach and almond). Evergreen fruit such as citrus varieties can also be pruned over winter though it is normal in the summer as well.

Multi-purpose trees, shrubs and grasses

Other “non-fruit” trees, shrubs and grasses are grown in local nurseries for planting usually on farmers’ own fields in agroforestry plots – around the houses, kitchen gardens and field boundaries. These are grown for a variety of functions mainly fodder for livestock but also firewood, timber, mulch material (biomas), medicines and bee forage. Species include various *Ficus*, *Bauhinia*, *Leucaena*, mulberry, Napier grass, comfrey, broom grass and willow.

Surkhet	Humla	Total
930	160	1090

In addition there are **2,836 cuttings** in nurseries (2,084 in Surkhet and 752 in Humla) including mulberry, Napier grass, sugar cane and Kiwi fruit.

Fruit Production

HPC are recording fruit output by its groups. In this period **32,353kg** of fruit has been produced. The value of this is around **NRs 1,186,660/- (GB£7,900)** though of course much of the fruit is eaten at home. Total fruit production to date in Phase 4 is over **361,000kg**, produced by around **785 households**.

Community Funds

HPC trains village groups to keep micro-enterprise funds (as part of the Farmers' Training) that can be used for low-interest loans. The loans are used for various needs such as health treatment, school tuition fees, buying livestock or investing in small business. Loans are always repaid into the fund.

This reporting period's audit is summarised below:

	No. H'holds	Loans given	Expenses	Cash	Total NRs	GB£
Humla	42	397,000	23,820	41,755	462,575	£3,084
Surkhet	115	598,033	18,945	9,370	626,348	£4,176
Total	157	995,033	42,765	51,125	1,088,923	£7,260

1.3 Farmers' Training

Along with demonstration of agroecological methods, WASH and regenerative business models, HPC's training program and resources are similarly diverse to reflect the diverse needs of the cultures and societies it works in. Longer residential and immersive trainings are held at the Resource Centres (RCs) while shorter technical trainings are also held *in situ* in the villages. Shorter courses mean farmers don't have to take significant time from their busy schedules. In this period 76 different trainings have been completed for a total of 710 farmers (360 women and 350 men). Short technical trainings have included

A training summary is below:

Surkhet	No: Trainings	Days	Participants		
			Women	Men	Total
Mobile Farmers' Training	4	12	47	19	66
Livestock Mobile Training	4	12	55	24	79
Technical Trainings	18	12	80	103	183
Seeds Production Training	1	3	7	11	18
Blacksmith training	1	3	0	5	5
TOT training	1	7	10	10	20
Total	29	49	199	172	371

Humla	No: Trainings	Days	Participants		
			Women	Men	Total
Residential Farmers' Training	1	5	10	9	19
Jam juice making training	1	3	12	5	17
Technical Trainings	45	27	139	164	303
Total	47	35	161	178	339

Total all areas	76	84	360	350	710
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Slide and Film shows

In Surkhet 10 slide shows have been provided for 83 participants and in Humla 5 shows for 36 participants, totalling 114 women and 88 men. Topics included HPC's introduction video, Effects of agro-chemicals on the soil and body, making liquid manures, agroforestry and the work of Barefoot consultants.

1.4 Livestock

Livestock training

In this period trained barefoot consultants (BCs) supported by HPC staff have provided livestock health training in 4 villages of Surkhet to a total of **79 farmers** (55 women and 24 men). Topics revolve around livestock diet and stall hygiene for preventative health, diagnosis of ailments, and use of local herbs for treatment. Participants are also advised on use of modern medicines, and trained for basic treatment such as providing worm medicine, dealing with skin parasites and wounds.

Livestock health

As well as training, HPC runs mobile camps/surgeries for treatment of common ailments that farmers are not able to treat themselves, and castrates males when requested by farmers. In this period **950 livestock** including buffalo, goats, sheep, cows, pigs, poultry and horses have been treated. A summary is given below:

	castration	Worms	Skin	Wounds	Digestive problems	External parasites	Total
Surkhet	39	11	42	85	57	226	460
Humla	3	251	190	0	0	47	490
Total	42	262	232	85	57	272	950

Livestock stall management

In this program support has been given to farmers to build improved stalls using cement to create mangers and hard floors for easier hygiene and collection of manure and urine. Other farmers have built the improved stalls themselves and received a grant towards a chaff cutting machine. In this period 21 farmers have received small grants of 40% subsidy and made stalls, while 11 farmers not receiving the subsidy have been provided 50% subsidy of a chaff cutter. The local village group committee decides who can qualify for the stall support, depending on them having buffalo and being able to complete the works by themselves. Those not qualifying but still wanting to construct a stall can then apply for the chaff-cutter subsidy, which is also decided by the local group. In total, **45 households** have made improved stalls and **19 chaff-cutters** have been provided. Cutting chaff and feeding in a manger uses less fodder to feed livestock, as it is easier to digest and also wastes less and keeps fodder cleaner off the floor of the stall.

Meanwhile in Humla, blacksmiths having received the blacksmiths' training (see below) have produced 6 home-made fodder-cutting anvils at a cost of NRs 2,000/- each for distribution to groups.

Irrigation

HPC provides materials for farmers to improve irrigation facilities on their farms and communities. In this period in Humla 10 village groups have been provided with 14 30m rolls of garden pipe and 26 sprinklers mainly for kitchen gardens and nurseries in the village. They have also been provided with 10.5m of plastic for making hot beds, for early-season vegetable seedling production.

1.6 Appropriate Technology

HPC is trying out new technologies that can save time in farming activities be it in growing, harvesting or post-harvest processing of crops. In this period 1 foot-pedalled wheat thresher has been provided to Pragitshil Krishi group of Gurung Gaun (joined 2015), 1 hand-operated maize de-huller to Hajaridada Krishi group of Pakhe village (joined 2021) in Surkhet.

2. HEALTH PROGRAM

2.1 Women's Health Program (WHP)

Women's Health Training (WHT)

At Surkhet RC a 5-day residential Women's Health training has been provided for 26 women, 2 from each of 12 groups. Meanwhile mobile 3-day trainings have been provided *in situ* in 4 villages to a total of 70 women and 7 men.

Women's Health Network (WHN)

Meetings are held between members of the Women's Health Networks in Humla and Surkhet. In this period the Humla WHN have met once to discuss house hygiene in villages, planning mobile WHT, and the importance of organic farming.

Menstrual pad-making

As a result of the training in menstrual pad-making women in Surkhet and Humla have started to make at home as a part-time livelihood. To help get started, as part of Women's Health Training follow-up, HPC have provided a small grant of 5000/- and 25m of cotton cloth to each district.

2.2 Drinking Water

HPC taps local springs with low-technology stone and wood-built intake and break tanks, piping clean water to either communal or household taps using minimal or no cement.

In total **6 drinking water systems** have been completed in this period: 3 new ones and 3 repair/maintenance of previously built systems, benefitting **61 households**, 205 people (95 females and 110 males) and 406 livestock having access to drinking water. In Surkhet, HPC has provided 500L drinking water storage drums to Gagane Health Post in Chingar municipality. In Thulo Khaltakura 24 households of Ujwal Krishi group have been provided with a 500L drum each to enable them to store drinking water from a small source as it collects overnight and during times of no use. Meanwhile in Humla HPC has supported maintenance of an existing system supplying drinking water to 21 households, by providing 50m of new piping. In all communities where water-related programs are run, the local village group will form a sub-group to manage the activity in particular to ensure local contributions of labour are shared, and also to raise funds to enable maintenance if materials are needed to be purchased. They are also trained in systems' maintenance. All labour inputs are contributed for free.

3. EDUCATION PROGRAM

3.1 Practical Literacy Classes

HPC provides PLCs to adults in Humla groups. Classes last for 9 months during which participants are taught using Freirian literacy approaches and the Farmers' Handbook (FHB), an easy-to-read literacy and technique learning tool developed by the Jajarkot Permaculture program (grandparent of HPC) in 2001. Reprinted in 2014 and 2018 the FHB has been pivotal in HPC training program for literate and low-literate farmers as well, having large writing, simple language and lots of illustrations.

HPC is taking advantage of an extra year to provide 2 new classes in Humla to beneficiaries in Lamahi and Tallo Barigaun villages (Masta Dev Krishi and Phulbari groups) for **40 adult women**.

Schools' Program

In this period in Surkhet horticultural tools and Perspex roofing sheets have been provided to Ganesh Primary School in Thulo Khaltakura. HPC has also provided a 500L drum for storing drinking water to Indreni Mid-school in Gogane village.

4. LIVELIHOODS PROGRAM

Beekeeping

In Surkhet and Humla materials including gloves, queen gate, bee veils and honey extractor have been distributed to groups. In this period in the working area a total of 86 improved hives and 681 traditional hives (hollowed logs or holes in house walls) are housing bee colonies that have provided a flow of Spring honey totalling over 1250kg. Most of this has been sold to entrepreneurs visiting villages to purchase. The average improved (framed) hive produced an average of 3.8kg honey compared to the traditional hives that produced an average of just 1.4kg per hive. This is largely due to the bees not having to re-build the honey comb after extraction.

Vegetable seed production

Farmers are provided training in seed saving, collection and storage for any new varieties, mainly of vegetables, while for their traditional varieties they have the indigenous skills required. In this period **172kg of 16 varieties** of seed has been produced in 22 village groups, the big producers being coriander (58kg), broadleaf mustard (36kg), Daikon radish (30kg), broad (fava) bean (20kg). Smaller amounts include bitter gourd, chilli, cucumber, cauliflower, broccoli, pumpkin, snake gourd, slipper gourd, Swiss chard, fennel and lettuce.

Seed Festival

In February HPC collaborated with a partner organisation the Social Work Institute (SWI) to attend a Seed Festival in Ghatgaun of western Surkhet district, one of SWI's working villages. HPC sent 3 representatives to attend the gathering, where 72 varieties of grain and vegetable were displayed. This led HPC to run its own seed festival at the Surkhet RC in March, where **73 farmers** (30 women and 43 men) from 12 groups attended and **152 species** of grain and vegetable were displayed to promote local biodiversity.

Cotton Growing & Processing

Although organic cotton growing was started in 2016 in several HPC working areas, experimentation has shown that the areas are at the upland limit of the varieties tested and while small amounts of seed are being saved from these original villages, more successful production is happening at lower altitudes on the plain of the Bheri river. In Gurdakot municipality, around the new Shrijanshil Permaculture Resource Centre, farmers have grown **35kg of organic cotton** and produced **12kg of seed** for distribution and planting this year.

Mills

HPC provides support to build hydro-mills for grain milling and vegetable oil production, including improving, retro-fitting and maintaining existing mills. In this period in Surkhet **4 mills** have been retro-fitted and improved. In Salgadhi village (Pragatshil Krishak group) their mill has been refurbished with 70m of new cement plastered mill race to enable it to run on less water, for longer into the dry season. Himal group of Ghatutol village have had 43m of new 120mm pipe fitted; Hajari Danda group of Pakhe village have a new iron shaft fitted to their mill to replace the old wooden one (the iron shaft also runs on less water than the wooden shaft) and Pragatshi group of Gurung Gaun have had new pipe fitted to their mill. Meanwhile in Humla a further 2 mills have been improved: Bhaubaikalpik group in Bhadauda village and Himal Namuna group of Bahulina village have each had a new iron shaft fitted onto their existing mill. In total these projects have directly benefitted **107 households** comprising **309 women and 336 men** for these villages, with many more benefitting from other nearby villages.

Mill income from the 3 mills in Pakhapani, Salgadhi and Ghatutol villages has earned the communities **35,793/-** from **14, 206kg** milled (rice, wheat, corn and millet).

Herbs' development

As part of on-going increase in medicinal herb growing, a total of 646 new plants of 14 different species of medicinal herb have been established in 12 villages. Favourites include *Aloe vera*, *Paris*

polyphylla (Nep. Satuwa, Herb Paris), *Valeriana jatamansi* (Nep. Sugandhawal, Valerian), *Acorus calamus* (Nep. Bhojo, Sweet Flag), and mint.

Weaving & Fibre Processing

In this period a total of **100kg of nettle fibre** has been processed, that will be spun into thread for weaving. It is hoped that the thread will be spun locally and woven on looms made in Salgadhi village (Pragatshil Krishak group) and new equipment is needed to do this, as the nettle cannot be woven with the same equipment as for cotton, which the handlooms were originally made for.

Cold Store

A cold store is currently being constructed in Mavidanda village, near the RC in Surkhet and is expected to be complete before the monsoon starts in June.

Solar drier

In Humla 2 new solar driers have been constructed by local craftspeople. A total of **29 solar driers** have now been made and are in use to dry many types of crop including turmeric, ginger, cardamom, corn, daikon radish and amala (Indian Gooseberry).

Biogas

In Surkhet, 5 new biogas plants each of 6cu.m. have been constructed with technical assistance from Manikej Industries in Birendranagar. A total of **15 units** have now been installed and are in use.

Sugarcane Processing Machine

From the sugar cane juicing machine provided last year over 100 litres of juice has been extracted and processed to make 50 litres of “khudo” or jaggery that can be stored/transported.

Community agro-vet centre operation

In this program veterinary medicines and resources are sold through a cooperative, bought in bulk and sold at just above cost price. In this period nearly **1,800 livestock** have been treated using this service.

Farm tools community sales centre

In this activity useful tools and hardware are purchased in bulk by a local cooperative, similar to the agro-vet operation, and sold to group members at above cost price, but still cheaper than the wholesale rate on the bazaar, and saving the travel costs. Income is saved to purchase new materials. In this period **66 households** have benefitted from this service, purchasing hardware such as nails and screws, raw iron (that local blacksmiths are then able to process), shovels, sprinklers and garden pipe.

Local chicken rearing partnership

In this activity selected low-income farmers are given support to invest in local chicken-rearing enterprises. In this period **13 new farmers** have been selected and each provided with sets of chicken wire fencing and a pair of chickens to start. In total **28 farmers** are taking part in this activity and 25 of them are already earning income. In this period **NRs 170,710/-** has been earned from meat and **16,380/-** from eggs making **NRs 187,090/-** for this period. Since the program started 3 years ago farmers have earned a total of **NRs 284,095/- (GB£1833)**.

Sewing training

Training in sewing has ceased however income is still being recorded. In this period 5 sewing trainees in Surkhet and 2 in Humla have earned a combined total of **NRs 38,560/-** from sewing **229 items** including new clothes as well as repairing old ones. Full details are provided in **Annex H worksheet 22**.

Blacksmith training

In this activity novice and advanced training are given to apprentice blacksmiths, who are then able to repair and make new tools for their respective communities. A new 3-day training has been provided to 5 aspiring blacksmiths in Surkhet, held at the RC. Income for 11 blacksmiths (6 in Surkhet and 5 in Humla) that have received training from HPC is recorded in this period as **NRs 274,900/-** from making or repairing **2,200 tools** for their respective communities. Since the program started 3 years ago blacksmiths have earned a total of **NRs 601,105/- (GB£3880)**.

Leatherworking Training

In Humla 4 Dalit-caste and 1 Chhetri farmers that were provided a training in leatherworking have continued their part-time work of shoe repair, mending 53 pairs for a combined income of NRs 2,650/-.

Furniture making training

In Surkhet and Humla 11 participants of the previous Furniture-making/carpentry training have earned a combined total of **NRs 237,700/- (GB£1,500)** from making various items including door/window frames, tables, drawers and bed frames.

5. CAPACITY BUILDING PROGRAM

Trainers' Training

In Surkhet a 7-day Training of Trainers (ToT) course was run from the RC for 10 women and 10 men. This training was aimed at BC capacity building so providing trainee BCs with basic group teaching and facilitation skills: confidence and competence in teaching their own practical skills to other groups. Topics included:

- Training cycle
- Training design
- Constructing sessions
- Basic training principles
- Effective facilitation
- Teaching practice
- Training methods
- Training management
- Training tools

To date, BC's teaching skills have been assessed by the number of techniques their trainees implement at home that is monitored during follow-up visits into the villages.

Organic Certification

Since 2019 HPC has been researching ways of organic certification for farmers' produce, and in 2020 started a partnership with the Social Work Institute of Kathmandu to be able to certify as organic under IFOAM's Participatory Guarantee System (PGS). SWI is continuing to provide PGS training and implementation of a **community organic certification program** until 2023, by which time it is aimed to have products certified and ready for sale at market. At present HPC is continuing to gather data on farming practices and crop details from all groups in Surkhet and Humla. Apart from the benefit to local farmers in being able to secure premium prices for their products, this will also be a model for other farmers and institutions in Karnali Province that want to take advantage of the "Organic Karnali" brand being advocated by the Provincial administration.

Farmer-Farmer extension

Meetings between farmers' leaders, staff and BCs happen regularly to share experiences, review activities and plan future programs. In this period 6 gatherings have occurred, 3 in each district, to discuss issues such as the PGS organic certification process, HPC festival, Blacksmith training and making fodder-cutting machines, Local Poultry enterprise, and the Cooperative management of the Agro-vet and Farm tool distribution Centres.

Barefoot Consultants

As described above under Demonstration Farmers, those farmers that are especially competent at implementing the various technologies espoused by HPC have the chance to go on to become “barefoot consultants” by receiving, as well as their technical training, further skills in group facilitation and teacher training. This allows them to become trainers and designers for use both within the project area and also expansion of the activities into other areas. In this period 3 BCs have been used in Surkhet to deliver trainings in Biofertilizers, Livestock Health and general farmers’ training (BC details are provided in Annex B). In phase 4 overall **39 BCs** have been employed within HPC working area and in other districts for other organisations.

Festival

In March HPC held its annual festival near the RC in Tadhikhet. Support for this event was provided by the local Municipality

Video film making

Following initial training in 2016 and subsequent follow-up training HPC have produced several videos available to view from [HPC’s website](#) and Youtube. A new introductory video has been produced in this period that can be viewed on Youtube at this link: <https://youtu.be/bN6j9A3B4hs>

Community contributions

Community contributions to activities in Surkhet and Humla over the past 6 months show a total contribution of **2,302 person-days** with a monetary value of **NRs1,151,000/- (GB£7,623)**. Activities include maintaining community infrastructure (paths, bridges, water courses, mills, schools and community learning centres, solar systems), and direct contributions to HPC programs such as portering of equipment.

HPC Website

HPC’s website, www.himalayanpermaculture.com was created February 2009. Since the last report in November 2021, 461 **new** hits have been recorded. Data from the visits prior to this has been lost due to migration to a new platform, but the previous report tells us that **308,470** visits were recorded up to November 2021.