

HPC Report May - October 2017  
Photo Gallery – Humla



*Left* - Plums ripen on the tree at the Resource Centre in Dapka. Some 2700kg of plums were produced in Humla this season, which were either eaten, made into juice and jam, brewed, or left to rot and be eaten by birds and insects!

*Right* - Jaya Buddha uses all local resources of sticks, bamboo and twine to make a chicken coop for use in the kitchen garden



*Left* - A fruit and vegetable plot of Ange Aidi of Bhadaura village. Behind Paumal is a bed of grafted almond seedlings that were grafted in February this year and have put on 10-20' of growth in 1 season.

*Right* - Planting SRI rice on land belonging to HPC Humla coordinator Paumal Aidi. Single, young (2-leaf stage if possible) seedlings are planted at relatively wide spacings (up to 30cm). In Humla the number of SRI farmers has almost doubled over the last 2 years.



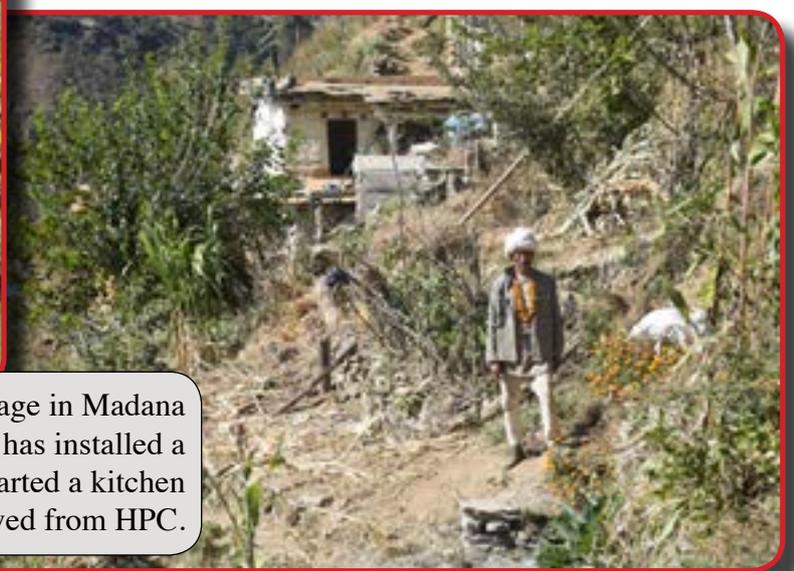
*Right* - Fruit nursery plot of a new demonstration farmer Nandabir Rawal of Bhadauda village (Bahubaikalpik Krishi group). Growing are apple root stock seedlings some of which will be grafted this winter and some the next. *Below* - Mrs Kaili BK of Satti village, Pragatshil Krishi group, in her fruit nursery, showing beds of grafted apple of different ages – 1 year to the right, 2-year to the left.



*Right* - Participants on a farmers' training in Madana learn about urine collection and use. Urine is a rich source of nitrogen for gardening. *Below* - Mrs Nanimaya Buddha of Telgaun, Sirupata village (Adanchuli Krishi group) demonstrates a peach seedling she has budded (budding plastic can be seen at the base of the stem she is holding)



*Right* - Hari B. Buddha is a shaman from Lotpata village in Madana and a new member of Janadisa Krishi group. He has installed a pond, planted many mulberry trees, fruit trees and started a kitchen garden as a result of training received from HPC.





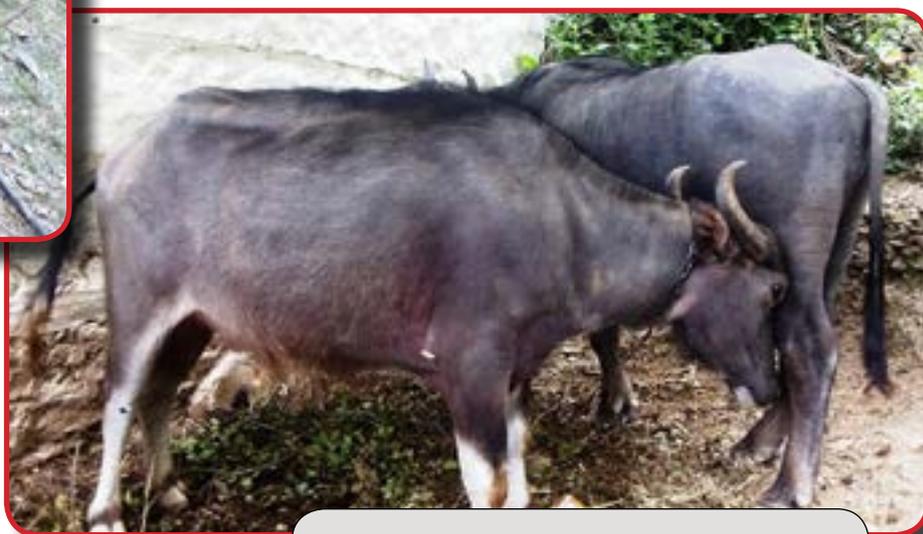
*Above* - Mrs Kalsari Nepali in her kitchen garden in Dalitbada village (Lokesh Janajyoti Krishi group). Dalitbada is a low cast village that still suffers from 'traditional' cultural marginalisation and discrimination.



*Right* - HPC Humla technician Sagun Bohora's land with irrigation catchment pond, fruit and multi-purpose tree nursery and agro-forestry planting.



*Left* - Villagers from Pragatshil Krishi group of Satti village, dig trenches for their drinking water system repair.



*Above* - Improved breed of buffalo provided to groups in Humla. Villagers have seen that improving the livestock gene pool helps to reduce illness as well as give better growth and a better price for their livestock. Stall management (hygiene and diet) further helps increase productivity.



*Left* - Well used smokeless stove in the house of Singha Buddha, a local teacher who has also been a BC for HPC in outer areas of Humla.



Above - Members of the Humla Women's Health Network gather for one of their regular activities' review, evaluation and planning meetings at Dapka RC in Madana.



Left - opening registration for the Women's Health Camp

Below - Dr Sitasma Dangi of Kathmandu examines a patient at the Humla Women's Health Camp in October. In total **227 women and 18 men** received treatment and counselling at the 2-day camp.



Left - Mrs Nyauli Kami attended the recent WHC in Humla as a volunteer, though she has her own story to tell. At a WHC 3 years ago she arrived with an un-treated, third degree pro-lapse, and after treatment and counselling with follow up, has made a full recovery



Right - Participants at the end of the mobile workshop for adolescent schoolchildren. Two such trainings have been given to 41 students.





*Left* - Women from Banadev Krishi group of Majpur village at the end of their 3-day Women's Health mobile training, each with a women's health herbal medicine poster

*Right* - Students of Sallagadhi Ma. Bi. school of Barigaun have benefitted from HPC support in building furniture for their classrooms.



*Left* - HPC technician Hangsa Buddha demonstrates seed saving from cabbage by slitting the top of the head (which allows the fruiting stalk to emerge) during a training in Madana.

*Right* - HPC coordinator Paumal Aidi shows radish seed production on the land of new group member Nandabir Rawal of Bhadauda village.





*Left* - Making jam and juice training in Humla – villagers have finally found a way to make use of and store large quantities of soft fruit (peach and plum) produced from the fruit trees planted over the years.

*Right* - A vertical solar dryer in Lopata, Madana – designed for household use. HPC has supplied the plastic and mesh for the shelves, and villagers make their own versions. So far 5 households have made the driers.

*Below* - A different version of the household solar drier, built at an angle in Bhadauda village. Trials are on-going to see which is the most effective in terms of function and cost.



*Right* - Mill race for a oil press supplied by HPC near Bhadauda village. The mill benefits all 6 villages of Madana - approximately 200 households and 1233 people. The mill presses local mustard and sesame seed.





*Above* - Exhibits on show at the 3-day farmers' festival in Madana, Humla.

*Right* - A technician joins up a villager's solar system before fitting it in their house. HPC has now provided 116 solar lighting sets to its groups in Humla.



*Left* - Farmers from Surkhet make the first farmers' field trip to Humla, focussing on viewing SRI but also seeing other activities – such as this home vegetable plot.

*Right* - Local group representatives gather at the Humla resource centre in Dapka village for the annual end-of-year program review and evaluation workshop.

