

**HPC Report October 2012 - March 2013**  
**Photo Gallery - Humla**



*Left* - Phase 2 of HPC's "Building Household and Community Resilience" Project started in Humla with a review of Phase 1 capacity building and hopes for the next phase, where group members had a chance to state their views at HPC's Resource Centre in Dapka village, Madana VDC.

*Right* - Mrs Vimkala Bhuddha, one of the group members of "Laligurans Fruit Farmers" group in Dapka village takes the polythene cover off to inspect vegetables growing in her hot bed, designed to be able to grow even when snow is on the ground. Green, fresh vegetables are not traditionally available in these areas because of the severe weather at 2400m but the hot beds raise the temperature enough to give seedlings an early start.



*Left* - on the Resource Centre in Dapka Ms Dhupi Buddha plants a fruit tree grafted and grown in their own fruit nursery



*Right* - camp kitchen in the snow, preparing a meal for participants on a Farmers' Training held in Humla



*Left* - participants on a short technical training learn about pruning fruit trees at the Resource Centre in Dapka. Pruning helps to produce healthier more productive trees by removing dead and diseased branches, and reduce crowding of branches, allowing more sun and air into the crown. It also produced firewood as a yield.



*Right* - HPC coordinator Bhuwan Khadga demonstrates air layering to participants on a farmers' training. Air layering is a method of propagating high quality fruit trees.



*Left* - Participants on a Farmers' Training learn how to successfully plant fruit trees with plenty of compost and mulching, enabling them to stay healthy and grow rapidly. Trees will later be surrounded with companion plants of comfrey, mints, garlic, marigold and the like to assist them while also provide other yields.

*Right* - this is officially the highest SRI (System of Rice Intensification) plot in the world. At 2650m altitude in Dapka village, Farmer Hanse Buddha was inspired by SRI to try, even though traditionally rice is not even conventionally grown here. The crop thrived however, planted with young (2-leaf) seedlings at wide spacing.



*Right* - Hangse Buddha in an innovative farmer who will try anything that sounds interesting. Here he is with a “perennial cabbage” - possibly Daubenton Kale - that grows for several years producing constant yields of green leaves, thus the ultimate in low-input vegetables. This plant was originally grown from a cutting in Wales!



*Left* - Hangse Buddha again, sowing wild peach seeds as root stock in one of several fruit nurseries on his land in Dapka village. He grafts his own trees which he then plants on his land or sells for valuable income.

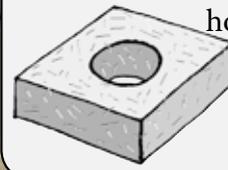
*Right* - Hangse’s wife Dhupchaya is also an innovative farmer - here she is with various techniques in a small space on HPC’s Resource Centre in Dapka village. On her left is a hot bed, and on her right an air nursery on stilts, with leaf pots in racks tied to the air nursery’s stilts, growing beans and pumpkins for transplanting into vegetable beds (these do not normally transplant unless in pots)



*Left* - participants of a women’s Farmers’ Training held at Dapka Resource Centre take home a leaf pot seedling and mulberry cutting each for planting at home. There was initially resistance in the villages to allow women to go on trainings, let alone run a course just for women, but gradually the resistance was overcome by education (and stubbornness by the women) and now it is well accepted that women have just an important part to play in development as men.



Left - preparing bricks for making the chimney component of smokeless stoves. The bricks are made by filling a form with mud. In the middle of the form is a round piece of wood that leaves the hole. The bricks, after 48



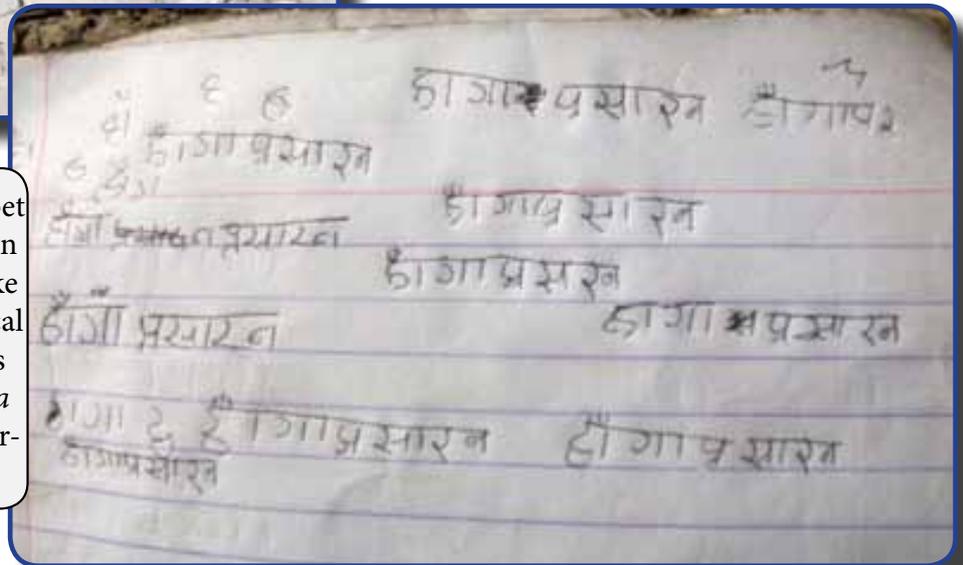
hours drying in the sun, are then stacked on top of each other to form a chimney.

Right - A team of women trainee stove-builders practice constructing the smokeless stove in Humla. Here they are making the base of the stove which will be built up of mud and rocks around a fire box, with a chimney (see bricks, above) and 2 holes for cooking pots. Enclosing the fire reduces fuelwood used while the chimney takes the smoke out of harms way.



HPC plans for the women stove trainers (left) to go into surrounding villages (not in HPC's working areas) to teach villagers how to make the stoves, which HPC have trialed for several years in Humla and Surkhet, and have found that they significantly reduce fuelwood used as well as creating a healthier environment through less smoke.

Right - after learning letters of the alphabet (see pictures for Surkhet), participants on HPC's Practical Literacy classes can make up words that are related to some practical activities they have been doing - on this page they have written "cuttings" (*hanga prasaran*) after they have planted mulberry and willow cuttings in a nursery



*Right* - a woman is examined during the Women's Health and Advice micro-Camp held in January in Madana, Humla. The camp was held for 1 day 64 women were given diagnosis, advice, and where appropriate treatment or referral to other health centres. Women were counselled and treated with herbs and conventional medicines for a range of issues, including prolapse uterus, menstrual problems and vaginal discharge.



*Left* - having registered, women from the local villages wait for a turn to be examined at the health camp. HPC ran the camp in cooperation with government healthworkers and nurses from PHASE Nepal who work in the neighbouring VDC of Maila.

*Right* - members of the local Women's Health Network (WHN), part of HPCs program in Humla, meet to discuss problems, strategies and activities in the local Women's Health Program



*Left* - participants of the Women's Health Training