

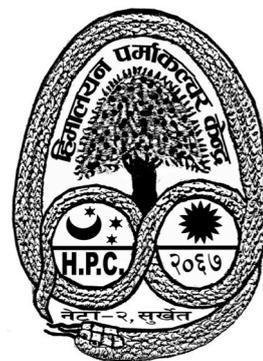
Himalayan Permaculture Centre

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Building Livelihoods for Household and Community Resilience

Interim Report

Date of this report: April 2016



Introduction and background

This is the first report of the **Building Livelihoods for Household and Community Resilience** program, which follows on from 4 years of capacity building and Resilience-building programs. As such, it continues to build on successful past activities while having an emphasis on building livelihood strategies for villagers in the working areas. These strategies are also aimed at being a model for wider replication and application of HPC's working methods and approaches.

Details of achievements over the current reporting period from November 2015 to April 2016 are provided.

Problems affecting activities

Problems for HPC over the past 6 months have been dominated by 2 issues. Firstly, the national NGO registration body, the Social Welfare Council (SWC) have required all NGOs to re-register with full details of programs, budgets, donors etc. that while not a problem in itself has taken several months during which HPC have been restricted by the SWC in implementing programs and spending its budgets until registration is complete. The registration process itself is complicated and unclear, but even when HPC had supplied all the documents required, such as new audit, log frame (in a complex format, not easy for grass roots NGOs to understand) and programs/budgets specific to each working district, the time taken to process these and provide registration was long. Had HPC been willing to provide bribes to government officials it would have been speeded up, but they were unwilling to do this. HPC finally received their approved registration documents on 29th March. The direct result of this is that many programs and spending has had to be postponed. HPC has partially dealt with this by implementing programs on a "do-now, pay-later" basis (i.e. on credit) and by focusing on activities that can be done more with local human resources of staff, farmers' groups, etc. However there still remains a large under-spend of the first 6 months' budget. Once budgets were released in the last month there have been efforts to make up for lost time with acquisitions of hardware, but many of these, while purchased, have not had time to be implemented and evaluated in the field.

The second major problem has been the embargo placed on Nepal by India from September to January, and related strikes and unrest in Tarai districts. This has had the result of further restricting all movement of personnel and purchase of many goods. Again, HPC has focused on locally resourced programs to keep working during this very difficult period.

In addition to the 2 problems above the country, and western Nepal in particular, has still been in drought conditions following the early cessation of the monsoon. In many areas rain has not fallen in sufficient quantities since August, and winter rains have largely

failed. Southern Humla was particularly badly hit. As a result farmers are very distracted with basic food security being their main concern: failure of winter crops, and ability to plant Spring crops now being at risk. The coping mechanism for this can only be short term food relief combined with longer term crop diversification focused on strategies such as developing more drought resistant crops, conserving and regenerating water sources, and an emphasis on protection and building organic matter content of soils.

Working Areas

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

		Households	Women	Men	Total
Surkhet	2 VDCs, 10 villages	170	515	587	1102
Humla	3 VDCs, 11 villages	269	798	801	1599
Total	5 VDCs, 21 villages	439	1313	1388	2701

These figures represent the demographics of the villages that have been registered with HPC as participating villages. They do not include the new villages that have requested participation, where HPC staff and barefoot consultants have started to work. Details of the new villages are as follows:

		Households	Women	Men	Total
Surkhet	2 VDCs, 4 villages	100	289	311	600
Humla	1 VDC, 7 villages	306	854	877	1731
Total	5 VDCs, 11 villages	406	1143	1188	2331

Activities

1. FOOD SECURITY PROGRAM

1.1 Resource Centers

The Resource Centres (RCs) have always been at the heart of HPC's program, with their focus on Demonstration, Training and Resource provision (seed, seedlings, educational resources), with an additional Research function, where techniques need testing and development, and on these subsidised farms can afford to fail or under-perform. And while it is HPC's aim that "every farm can become a resource centre" the farms it runs remain a key part of its identity.

RC production – Surkhet & Humla

Management and development of the RCs continues as established systems mature and diversify with new elements of technique and species.

At the 1700m altitude **Surkhet RC** in Baragaun village, establishment started in 2010 with the acquisition of an acre of land and building of the farmhouse. This reporting period has been characterised by a lack of rainfall following the early cessation of the summer monsoon last year. In new planting, **14 grafted fruit trees** (Apricot, Plum, Pomegranate, Pecan, Persimon and Ground apple) have been planted along with **47 medicinal herbs** including Aloe vera, Mints and other local varieties. Over **50kg of fodder, 60kg of firewood and 62kg of various vegetable crops** has been harvested, and **250 varieties of grafted fruit and fodder plants** have been distributed to local groups. A

further **55 new fruit trees** have been grafted and **16 fruit trees top worked** onto wild varieties established throughout the farm.

At the **Humla RC** (2300m) in Dapka village of Madana VDC, the drought situation is even worse. The World Food Program (WFP) has described the VDCs in southern Humla as “severely food insecure” following a short monsoon and subsequent failure of winter rain and snow. At the RC, **19 grafted fruit trees** and various multi-purpose trees and shrubs have been established and over **23kg of vegetables** harvested. From the fruit nurseries **102 grafted plants and 40 perennial shrubs and vegetables** have been distributed. A further 46 fruit trees have been grafted and

Sunrise Farm

Sunrise Farm (SF) is a half-acre privately owned farm and RC in Kathmandu. When it was founded in 1990 following local permaculture trainings in the area, the edge of the main city was still over 2 km away. Nowadays the urban sprawl of Kathmandu has spread to encompass the farm that has become a jewel of greenery amidst a concrete jungle. Over the past 25 years, the farm has welcomed thousands of visitors from all corners of Nepal and internationally to observe, learn and volunteer. The farm has also been a marketing hub for farmers from HPC areas in Surkhet and Humla, selling their products such as honey, pulses and garlic.

Sunrise Farm was badly damaged in the earthquakes of April and May 2015, and farm crops were further damaged by the huge influx of people escaping falling masonry. During the days following the first earthquake dozens of families camped under tarpaulins provided by the farm. The food grown there was able to sustain the family, and the farm’s biogas unit provided cooking gas when markets operated for over a week as the city began to recover. Since September a [crowdfunding appeal](#) has raised most of the funds needed to rebuild the farm. Work started in November to reconstruct the main farmhouse and livestock barn and add a new training hall, with a target of completion by June 2016. Despite the damage and focus on rebuilding, SF has managed to host 2 trainings on Permaculture diploma (8 people) and creative writing (7 people), host **31 day-visitors** from 14 different countries and **69 residential visitors** (staying 1 night or more, usually in tents, until buildings are safe to live in) also from 14 different countries. It has planted **108 fruit and multi-purpose trees and shrubs**, and harvest **83kg of organic vegetables** and **900kg of firewood** from its mature agroforestry systems. It has also established new fruit tree nurseries alongside techniques such as SRI rice, no-till *Fukuoka* rice/wheat, no-till mixed vegetable beds and agro-forestry.

1.2 Farmers’ demonstrations

HPC supplies various basic tools to farmers’ groups enabling them to implement activities in their villages. These include grafting knives, secateurs, irrigation pipe, sprinklers and plastic for hot beds and small polytunnels.

As a result of demonstrations at the RCs and in farmers’ fields and various training opportunities (see below 1.3), groups are involved in implementing 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 November to April is as follows:

Farmers making integrated demonstrations

	Nov 2015-April 2016
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Practical Activities	Surkhet	Humla	Total
No: households implementing	170	269	439
House hygiene	169	215	384
Stove	8	214	222
Toilet	20	267	287
Grinder	167	173	340
Water pot	167	267	434
Hay box	3	0	3
Sweepings	62	138	200
Waste water management	64	249	313
Plate/pot rack	71	184	255
Compost	30	0	30
Fodder trough	1	0	1
Salt lick	30	2	32
Kitchen garden/vegetables	57	126	83
Mulching	4	26	30
Liquid manure	27	33	60
hot bed	29	62	91
Leaf pots	23	86	109
Home nursery	19	118	137
Fruit nursery	43	117	160
Air nursery	7	13	20
Off season onions	1	77	78
Grafting	65	93	158
Budding	0	0	0
Top grafting	15	73	88
Air layering	51	44	95
Pot irrigation	18	112	130
Orchard	23	79	102
Agro-forestry	7	41	48
SRI	0	0	0
Green manures	0	0	0
No till	0	0	0
Bamboo cuttings	20	0	20
Improved plough	170	40	210
Fruit tree Pruning	69	179	248
Greenhouse	0	9	9
Biomass compost	1	9	10
Double digging	1	0	1
Urine collection & use	1	27	28

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

Demonstration farmers

HPC has provided materials for farmers to create demonstrations on their own land, based on skills' training delivered at the RCs and in situ in the villages (see below 1.3).

Materials such as seed and seedlings, grafting knives, secateurs, plastic for polytunnels and hot beds, drums for making liquid manure, and pipe for irrigation have been provided

to groups so that they can establish their own demonstrations. Farmers that have become skilled over the past 4 years of training and support, and have taken the permaculture design course and a trainers' training have been involved in training to new villages both within and outside of HPC's working area as "Barefoot Consultants". They have been graded according to their experience and skills as follows:

	Category 1	Category 2	Category3	Total
Humla	15	21	21	57
Surkhet	17	24	31	72
Total	32	45	52	129

Fruit and multi-purpose tree production

Over the winter **1775 grafted fruit seedlings** have been planted in 21 villages of Surkhet and Humla, and a further **2260 grafted seedlings** distributed outside of this area to nearby villages and other districts. Species include apple, walnut, pear, almond, apricot, persimmon, cinnamon, orange, damson and cherry. Similarly over **700 multi-purpose agroforestry** trees and shrubs including comfrey, lemon grass, perennial kale (Daubenton's kale), mulberry, willow and oak. A further **3500 fruit and fodder cuttings** are currently growing in nurseries, including mulberry, willow, plum, grape, napier grass, pear, broom grass and sugar cane.

Grafting and top working of fruit trees has been a particularly popular skill to learn, with dozens of farmers becoming competent, and supplied with good quality grafting knives have achieved the following results in Surkhet and Humla working villages:

Species	Apple	Pear	Peach	Plum	Apricot	Walnut	Almond	Cherry	Total
	1318	519	934	606	294	525	274	9	4479

In addition **176 wild trees** have been top worked with improved varieties, **257 fruit trees** have been air layered and **754 fruit trees** have been pruned.

SRI Rice Farming

The rice season has just started though many farmers are currently waiting for much needed Spring rains to come before establishing rice plant nurseries. This year numbers of SRI farmers are expected to increase, however, up from 81 farmers (Surkhet 49, Humla 32) recorded last year.

Community Funds

HPC supports community groups to create and operate their own micro-finance systems from community funds set up for that purpose. These funds are collected usually on a monthly basis from each member, and used to provide loans for small business initiatives and in some cases emergency relief where needed. HPC provides training to all its groups in establishment and maintenance of their village micro-credit funds. It also provides passbooks for group members to keep funds' records in, and provides an auditing service.

This reporting period's audit is summarised below:

	Loans given	Expenses	Cash	Total NRs	GB£
Humla	80000	0	58774	138774	5935

Surkhet	875281	13312	31461	920,054	895
Total	955281	13312	90235	1,058,828	6830

1.3 Farmers' Training

Different formats of farmers' training have continued since the last reporting period. There are 3 main formats: residential 5-day farmers training held at the Resource Centres (RCs); mobile 3-day trainings held in the villages, and short single-topic trainings of 30 minutes to a few hours, which may be held at the RC or in the villages. Topics are decided depending on season and stakeholder needs. Mobile trainings may be general or for specific topics such as livestock health (see below 1.4) or women's health (see below 2.1). A training summary is below.

Surkhet	No: Trainings	Days	Participants		
			Women	Men	Total
Residential Farmers' Training	1	5	5	16	21
Organisational Capacity training	1	4	2	11	13
Mobile Farmers' Training	4	12	39	44	83
Technical Trainings	40	15	73	103	176
Total	46	36	119	174	293

Humla

Residential Farmers' Training	1	5	10	12	22
Mobile Farmers' Training	7	23	64	58	122
Mobile Livestock training	1	3	2	17	19
Technical Trainings	15	47	443	370	813
Total	24	78	519	457	976
Total All Areas	70	114	638	631	1269

Slide and Film shows

In Surkhet and Humla staff have been showing slides and films in the villages using solar-powered pico-projectors. Over the past 6 months a total of **25 films and slide shows** on a range of topics including Agroforestry, Soil Management and Regeneration, Seed Saving, Integrated Pest Management, Green Manures, SRI and Child Marriage. In total **567 villagers** (273 women and 294 men) have viewed the shows.

1.4 Livestock

HPC's Livestock program encompasses 3 main areas: farmers' training, stock treatment and provision of improved breeds. Training has been on-going as part of HPC's integrated farmers' training (5 days), as part of 3-day mobile training and as specialist 1 to 3 day courses. These courses are now largely taught by barefoot consultants that have been trained in livestock health.

During this period 1 Livestock mobile training has been carried out in Humla. Meanwhile HPC's "Barefoot Vets" have been providing basic health treatment for farmers' livestock

during surgeries where villagers bring their animals to pre-arranged places for vaccination and check-ups. In Humla a total of **982 livestock** have been treated for a range of ailments. A summary is given below.

Worms				Mange	External parasites			Total
Sheep/ goat	Cow/ Ox	Buffalo	Horse/ mule	Sheep/ goat	Sheep / goat	Cow/ Ox	Buffalo	
211	336	6	6	166	129	127	1	982

In Surkhet **9 goats** have been castrated by barefoot vets there.

Improved breeds of livestock are planned to be acquired but due to delays caused by strikes and registration this activity will be reported in the next period.

1.5 Irrigation

Surveys are being carried out in Surkhet working areas but acquisition of hardware (pipe etc.) has been delayed due to strikes and delays in registration.

1.6 Appropriate Technology

In this program new technologies that aim to reduce labour/increase productivity are being acquired and tested by HPC's farmers. They include a foot-pedalled millet-hulling machine, a foot-pedalled rice/wheat thresher, 2 types of hand-operated maize huller, and a jab planter for planting maize through mulch. For reasons provided above, acquisition and provision of these tools has been delayed. They are being acquired as this report is being written but have not yet been distributed to village groups for testing and evaluation.

2. HEALTH PROGRAM

2.1 Women's Health Program (WHP)

HPC's Women's Health Program works around 3 main activities: training, health camps and networking. Women's Health Training (WHT) takes place through residential 5-7 day trainings at the resource centres and mobile 3-day courses run in the villages. Short half to 1 day trainings and workshops are also provided.

Women's Health Camps (WHCs) have taken place each year in both districts and involve a trained team of specialists providing diagnosis, counseling, treatment and referral services as well as educational classes to attendees of the camps.

The Women's Health Network (WHN) involves meetings between women active in the trainings and camps where they discuss issues, develop strategies and plan events including the WHTs and WHCs

Women's Health Training (WHT)

During this reporting period a 5-day residential WHT has been held in Surkhet for **14 women**. A further **94 women** were trained in **4 mobile trainings** in various villages. In Humla, **117 women** were trained in **6 mobile trainings**.

Women's Health Camp (WHC)

In March a Women's Health Camp was organised by HPC in collaboration with the district and VDC Health Offices. The camp was held at Neta VDC Health Post, about 2 hours walk from HPC's RC at Baragaun. The VDC also provided health workers and volunteers to support the camp. In total 140 women received diagnosis, treatment and counseling from HPC and VDC staff, as detailed below.

Diagnosis	No: patients
Prolapse	6
pruritus vulva	5
vaginal thrush	2
pelvic inflammatory disease	38
cervicitis	3
Urinary tract infection	14
Dysmenorrhoea	19
Visual inspection & acetate acid test	53
Total	140

Women's Health Network (WHN)

Members of the Women's Health Network (WHN) have been active in both districts. In Surkhet they provided volunteer assistance during the Women's Health Camp (see above) and in general formulating plans for better networking, dissemination of educational materials and holding of training and workshop programs.

WH Field trip

From HPC's WHN representatives have recently set off on a Women's Health Field Trip to visit other inspirational sites around the country. There are 4 women from Humla and 9 from Surkhet, plus 2 male staff. As it is still in process, details will be provided in the next report.

Gender trainings were due to be held but due to delays caused by strikes and registration this activity will be reported in the next period.

2.2 Drinking Water

Surveys are being carried out in Surkhet working areas but acquisition of hardware (pipe etc.) has been delayed due to strikes and delays in registration.

EDUCATION PROGRAM

3.1 Practical Literacy Classes

This activity involves running practical literacy classes in Humla and Surkhet. The PLCs combine Freirian literacy principles with HPC's unique collection of practical activities based on the Farmers' Handbook (FHB), an easy-to-read compendium of over 40 farmer-friendly methods to increase domestic household and farm productivity. PLC participants learn letters and words, and later sentences, that form topics from the FHB such as stove, nursery, toilet, hygiene, diet, fruit tree grafting, etc. At the same time as developing their literacy skills, they also apply the methods in their own houses and fields.

Four PLCs are currently operating, 2 in each district, for 79 participants. The summary is:

	women	men	total
Surkhet	38	0	38
Humla	35	6	41
Total	73	6	79

3.2 Schools' Program

In Surkhet classes have continued to be provided at **Sidheswori Primary School** in Baragaun, as well as Subbatol, Phakhapani, Chaurgaun, Khaltakura and Sano Khaltakura schools. The student population of these schools totals **432**, comprising **207 girls** and **225 boys** between the ages of 5-11. Over this reporting period **33 short educational sessions** ranging from 30 minutes to half a day have been provided to pupils. Topics include self hygiene (hand washing), nutrition, maintaining a healthy workplace (school tidying & cleaning, waste management & recycling), fruit tree planting, vegetable gardening, pruning, grafting, waste water management & irrigation and seed saving. In total **54 hours of classes** have been provided to **574 students** (291 girls & 283 boys).

School grounds are further being designed with vegetable gardens and orchards. From November to April **23 grafted fruit trees** have been established in 4 of the 6 schools. At Baragaun's school **33 seedlings** have been **grafted** in their nursery and a further **24 fruit trees** have been **top worked** on wild root stock planted previously. Also here pupils have pruned **20 existing fruit trees**.

3.3 Education materials

In this reporting period a further **100 Farmers' Handbooks** have been purchased for distribution, and 1000 copies of the **Herbs for Women's Health** book and poster published last year have been distributed throughout the Women's Health Network (the latter has been completed under the Women's Health program).

LIVELIHOODS PROGRAM

Having spent the last 4 years establishing viable demonstrations on its RCs and in its working villages, and building capacity of the organisation and village groups to provide training and support, in this new 3 year program HPC is focussing on demonstrating sustainable livelihoods that are based on local skills and resources, and that can increase economic opportunities while regenerating ecological and social systems. In this sector there are a mix of activities that have shown success from previous programs, and new innovative ideas.

4.1 Beekeeping

Over the past 6 months the drought has affected bees throughout HPC's working area, while farmers continue to receive training in bee management. In HPC's 10 Surkhet groups a total of **411kg** production of honey was recorded (170kg from local log/wall hives and 240kg from improved Newton hives) which was marketed for **2,05,500/- (about £1350)**.

4.2 Vegetable seed production

Farmers are continuing to produce copious quantities of vegetable seed. Some of this HPC is purchasing for distribution to other groups and some the farmers' groups are marketing independently. A summary of seed production in Surkhet over the past 6 months is below.

Coriander	Broad leaf mustard	Radish	Fenugreek	Broad bean	Total
71.3	1.5	60.5	1.0	22.4	156.7

In Humla a further **7.5 kg** of vegetable seed comprising radish, broadleaf mustard, carrots spinach and beans has been purchased from groups for distribution and sale.

4.3 Cotton Growing & Processing

In one of HPC's most ambitious new programs a pilot program has begun to teach demonstration farmers how to grow organic cotton, with a view to processing and marketing under a Fair Trade label. An expert in organic cotton growing and Fair Trade accreditation has been working with HPC and a small group of demonstration farmers to initiate crop growing this season. So far 2 visits have been made, the first in November to raise awareness of the benefits of growing organic and the process of Fair Trade accreditation. During this visit participating farmers were chosen, comprising 8 women and 9 men from Sano Khaltakura and Sagadhi villages, and 2 women and 2 men from Gumi village. Their land was surveyed and demonstration plots chosen. The second training was in March when more technical information was given about land preparation and seed establishment in preparation for the coming growing season. Farmers were also taught how to observe insects in crops and to know which are beneficial or pests.

The next visit will be to be with farmers while they are sowing or in early stages of crop establishment. The exact time of sowing is dependent on rain and due to the drought occurring in Surkhet (as much of Nepal) it is likely that this will be delayed from the original expectation. A further 2 visits are planned during crop maturation (August) and at crop harvesting time (October/November).

Assuming crop production goes to plan, the next stage will be processing of the cotton. While the raw ginned (has seeds removed, which accounts for 40% of the weight of the harvested crop) cotton has a good market value, even more benefit accrues when the cotton is carded, spun, dyed, woven and tailored into clothing. HPC plans to implement as many of these value-added activities as possible over the coming years in order to provide local employment. It will start with acquiring a ginning machine and baler in the autumn.

4.4 Mills

Surveys for water-powered flour and multi-purpose mills are being carried out in Surkhet working areas, but acquisition of hardware (pipe etc.) has been delayed due to strikes and delays in registration.

4.5 Oil Processing

Under this program 5 hand operated [oil expellers](#) have been acquired and are being tested in Surkhet and Humla villages. The expellers can extract up to 85% oil from a variety of seeds found in the areas, including wild apricot, wild almond, walnut, sunflower, mustard and pumpkin. Current/traditional technology involves women hand squeezing oil cake, which is very laborious and only recovers about 20% of the oil content.

4.6 Herbs development stage 2

In this program HPC is looking to continue research and development of locally grown herbs for medicinal, food and commercial value. During the previous program farmers in Surkhet were introduced to **Cardamom farming** and this has taken off as a significant livelihood activity in Surkhet, with 6700 cardamom plants being established and 150kg produced last year with a market value of **NRs 211,400/- (about £1320)**. This year development has continued with a further **50 plants** established and **203kg** cardamom produced earning a healthy **NRs 304, 800 (nearly £2000)**. Meanwhile over **3300 cardamom seedlings** are growing in nurseries waiting to be established.

In further development of this program, Surkhet farmers have established a further 48 medicinal herb plants including *Bhuichampha*, *Aloe vera*, *Menthus*, *Dioscorea bulbifer* and *Lindera nessaina*.

This program also includes development of a herbs processing centre in Surkhet. Surveys siting this are being carried out in Surkhet working areas, but acquisition of hardware (distiller, etc.) has been delayed due to strikes and delays in registration.

4.7 Weaving & Fibre Processing

This program aims at acquiring further textile processing machinery for hemp, nettle, Sisal and Agave processing into thread but acquisition of hardware (spinning wheels, etc.) has been delayed due to strikes and delays in registration and will now be carried out during the next reporting period.

4.8 Cold Store

This program aims to constructing cold stores using passive cooling buildings for storage of vegetables, fruits etc. to prolong shelf life and thus extend the marketing season. Passive cooling technology looks to use natural landscape (north facing/shade), evaporation and ventilation of cool air for reducing temperatures inside a building. Construction of cold stores in Humla and Surkhet has been delayed due to strikes and delays in registration and will now be carried out during the next reporting period.

4.9 Solar drier

This program continues the theme of food processing by using simple passive solar dehydrating technology to dry out fruit, herbs and vegetables either so they can be stored longer for local consumption, or can be transported without damage to the market for sale. Two types are being researched: a manufactured solar drier that is made in Kathmandu, and a more home-made type where just plastic is provided and group member can make their own frame, rather like a vertical polytunnel. Hardware for both types is currently being acquired from the Department of Agricultural Research in Kathmandu but due to delays described below has not yet been transported to the field for construction and testing, so will be detailed in the next reporting period.

4.10 Apple drying Humla

This program looks to provide hardware and training for apple drying in Humla where good crops of apple are produced. It will be implemented during the next reporting period

4.11 Juice/Jam making

Another processing activity, this program also looks to provide hardware and training for juice and jam making in Surkhet and Humla where many crops are wasted due to distance

from markets and over-supply of fresh fruit. It will be implemented during the next reporting period.

4.12 Biogas

This program is researching a new type of biogas system that is made of a heavy duty polyvinyl bag in which vegetable waste and animal manure is digested to produce methane cooking gas and high quality fertiliser as a by product. HPC plans to establish 2 domestic sized systems in Surkhet and Kathmandu (Sunrise Farm) as pilot research units. The units are currently being imported from Kenya and in the future it is expected to be able to manufacture them wholly from elements available in Nepal. The activities will be described in the next report.

4.13 Solar electric

In this program solar lighting units comprising a solar panel, battery and up to 3 lights per household are being provided to each household in HPC's program area in Humla, except for 3 villages where hydro-powered lighting is already provided. Units have been ordered and paid for but not yet transported to the district. It will be detailed in the next report.

CAPACITY BUILDING PROGRAM

5.1 Permaculture Design Course (PDC)

This program is being implemented during the next reporting period

5.1.1 PDC Follow-up

This program is being implemented during the next reporting period

5.2 Trainers' Training

This activity has been delayed due to strikes and delays in registration (see below Section 2) and will now be carried out during the next reporting period.

5.3 Organisational development

This activity has been delayed due to strikes and delays in registration and will now be carried out during the next reporting period. In November an Organisational Development Training that was outstanding from Phase 2 (reporting period April-October 2015) was delivered by HPC's mentor organisation Sahakari Samaj. The training, held in Nepalganj, was attended by 6 staff (2 from Humla, 4 from Surkhet) and 5 board members. Topics included:

- Review of Activities
- Sustainability of Organisation
- Roles and Responsibilities of Staff & Board Members
- Project Management
- Working within Regulations
- Financial Management

5.4 Farmers Field trips

In December **12 farmers** (3 women and 9 men) and 1 HPC staff from Humla visited HPC centre and working areas in Surkhet. Participants viewed activities on the Resource Centre in Baragaun, and also toured several villages in HPC's working area to meet member farmers there and see what they were doing on their land. The following table describes what they saw and where.

Place visited	Demonstrations viewed
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Gumi (HPC Coordinator's home farm)	Living fence, cuttings nursery, livestock, mulberry agro-forestry, green manures, SRI, biogas, tree pruning, mixed vegetable growing (polyveg), cold store
Baragaun (HPC Centre)	Non-cement drinking water and irrigation, community labour contributions, forest protection and management plan, school improvement program, agro-forestry, cash crops (cardamom)
Salghari	Traditional homestead, nursery, fodder feeding method, compost
Khaltakura	Cuttings nursery, air nursery, waste water management, sprinkler irrigation
Thulo Khaltakura	Air nursery, sweepings pit, water management, handicrafts made from local resources
Salkharka/Bhalim	Potato tower (in doko/sweepings pit), plastic-lined irrigation pond, community building, salt lick
Pakhapani	Vegetable farming, improved livestock husbandry
Subbatol	Vegetable farming, citrus orchard, vegetable seed production
Chaurgaun	Chiuri planting, nurseries, compost, integrated drinking water/irrigation
Ghatutol	Cardamom farming, compost

In this period a **Staff field trip**, comprising 14 men and 2 women from Surkhet and Humla to Eastern Nepal has also recently left to visit like-minded projects around the country – this has also been delayed due to strikes and delays in registration. As it is still in process, details will be provided in the next report..

5.5 Farmer-Farmer extension

2.6 Barefoot Consultants' Workshop

There are currently 8 BCs employed outside of their home area. In Humla 2 BCs are involved in training activities in 2 villages (Okhadi and Gotipata) of Kalika VDC, neighbouring HPC's working area. From Surkhet 3 BCs are currently employed by the Building Resilience through Recovery (RTR) program in Nuwakot (Kule village) and Kavre (Bhattedanda village) districts. RTR is a permaculture-related program working in earthquake affected villages with a partner [Abari](#). Abari is responsible for [reconstruction](#) of buildings damaged in the villages (the villages featured in the [video link](#) are both those that RTR is working with) – in both cases nearly 100% of houses were destroyed or damaged. RTR meanwhile is implementing land design and training for farmers alongside the house reconstruction.

A further 2 BCs from Surkhet are working as technical trainers with [Herb Nepal](#) near Kathmandu, and 1 other with an Abari project in Chitwan. The latter BC is due to complete their consultancy in the next weeks and travel to Kavre to join RTR.

5.7 Rice Breeding training

This program is being implemented during the next reporting period

5.8 Festival

This activity includes HPC's festival that has become a 2-day annual event, held in February at Baragaun near the site of HPC's Central Resource Centre and working farm. Around 300 people attended the festival. Activities included exhibitions of

farmers' produce (crops, seed, livestock and handicrafts), 9 types of traditional dance, "Permaculture theatre", inter-schools quiz and a sports tournament including volleyball, shot put and tug of war. The HPC festival in Humla, which was made for the first time last year, will be carried out in July.

5.9 Cultural Program

This program involves training of a team to produce and exhibit a cultural program through music and theatre to tour villages and institutions with an ecological/regenerative message. It is a way of conveying this message to raise awareness of issues including gender discrimination and environmental degradation in terms of problems facing communities, but also to illustrate the solutions through activities such as sustainable farming practices, land regeneration and ethical trade. Activities to date have involved touring schools to observe cultural show "auditions" with a view to selecting pupils that can be part of the overall team, after which the program will be assembled for performance by the team.

5.10 Video film making

This program augments the video film making that HPC have already been doing by providing additional follow-up support in filming and editing for production of short training videos that can be viewed and shared via mobile phones. HPC have now produced **4 videos** on smokeless stoves, nutrition, the importance of local seeds and biodiversity, and seed saving. This support was due to commence during this reporting period, but due to strikes and delays in registration it has been postponed and will now be implemented during the next reporting period.

5.11 Contact offices

Due to increased need to collaborate with district government offices, and create more opportunities for networking and experience sharing with other like-minded institutions, HPC has created "contact offices" in Surkhet & Humla district centres. Comprising of a contact with an existing office, they include an agreement to receive/convey communications as well as be able to communicate with other offices and networks.

Community contributions

Community contributions to activities in Surkhet and Humla show a total contribution of **506 person days** with a monetary value of **NRs 151,800/- (GB£1000)**. Activities include maintaining community infrastructure (paths, bridges, water courses, mills, schools and community learning centres), and direct contributions to HPC programs such as portering of equipment, and construction of PLC classrooms.

HPC Website

HPC's website, www.himalayanpermaculture.com was created February 2009. Up to the time of this report (April 2016), over **119,592** hits have been recorded.

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