



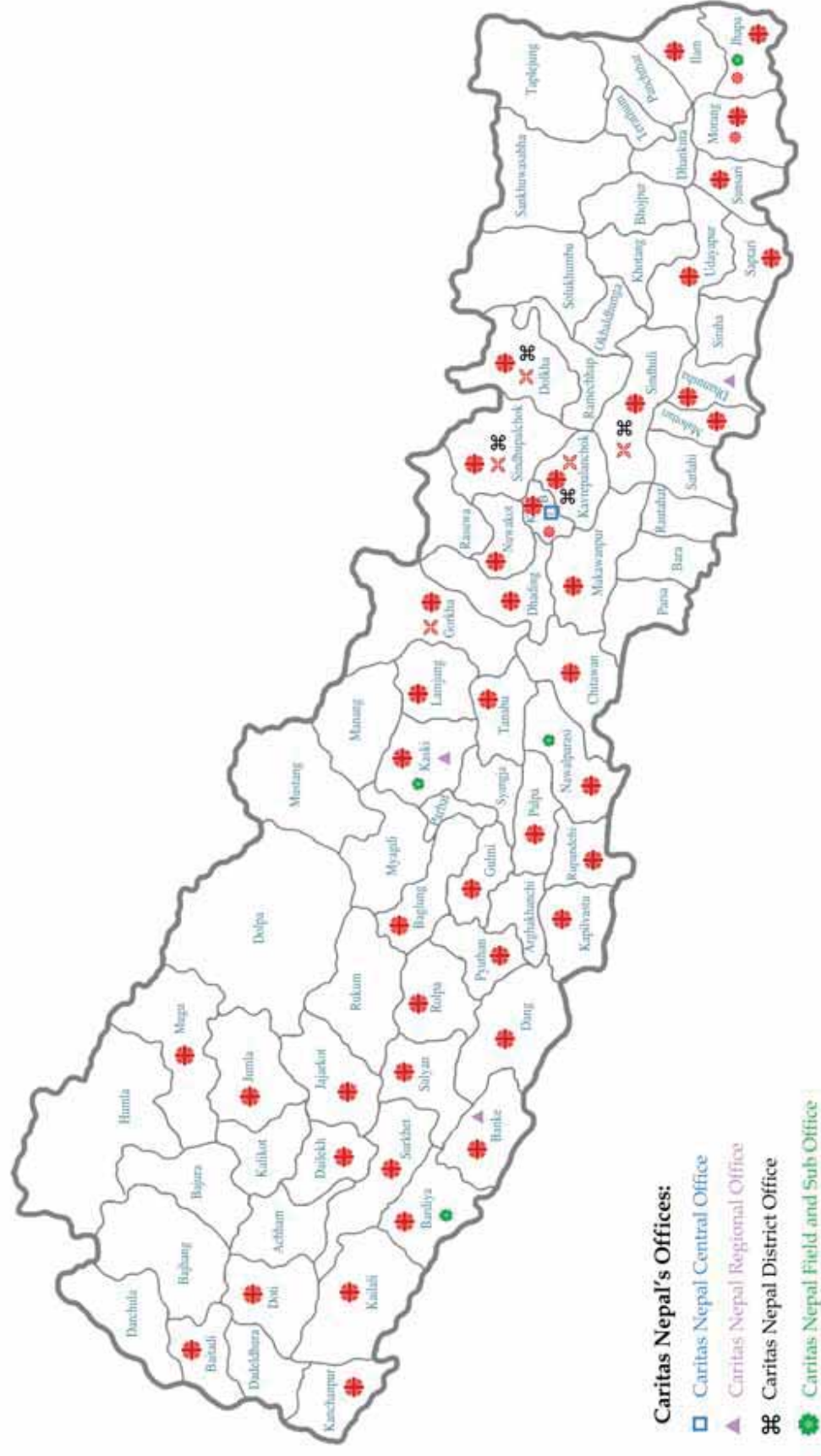
# Caritas Nepal



## *Anniversary Commemorative Booklet*



# Programme locations of Caritas Nepal until 2019



*Caption of photos presented on the front page:*

*Street drama about drug abuse performed in Lalitpur in 2018.*

*Farmer at the Machhapuchhre homestay, inaugurated in 2017. Girl carries relief items distributed by Caritas Nepal after the earthquake in 2015.*

*Credit: CN staff*

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## Message of the Honourable Bishop Paul Simick



I am glad to know that Caritas Nepal is completing 30 years of its existence. Born three decades ago in response to the humanitarian emergency caused by the natural calamities, Caritas Nepal has significantly progressed in its journey on this mission of mercy and charity amidst many challenges.

It is worth noting that in these years Caritas Nepal, with God's mercy, has succeeded in reaching out to the most needy, the weak, the poor, the marginalized, the voiceless, victims of natural and man-made disasters, and also animating and sensitizing the local community to build a more balanced and tolerant civil society.

It is also a time to journey forward with a sense of confidence and responsibility, with renewed vision rededicating to reach out in a closer companionship with people from all walks of life, irrespective of caste and creed.

On behalf of the Apostolic Vicariate of Nepal, I express my deep appreciation for the generous acts of mercy and charity carried out by Caritas Nepal under the guidance of Late Bishop Anthony Sharma, the first President of Caritas Nepal and all Executive Directors of the past years. I likewise extend my warmest wishes to Rev. Fr. Lalit Tudu, the present Executive Director, the Board Members, the Members and the staff of Caritas Nepal on completion of thirty years of its dedicated service. I also express my gratitude to all Caritas Federations and Funding Partners for their generous financial contributions, cooperation, assistance and encouragement Caritas Nepal received in its endeavours.

I pray that Caritas Nepal will continue to serve the people of Nepal in the light of the Gospel and in the spirit of Church's social teachings.

**Bishop Paul Simick**  
Patron of Caritas Nepal

# Message of the Executive Director

Caritas Nepal has grown with the increasing liberalization and progressive development in the country. Its birth was during the time when multi-party democracy was just formalized in 1990. Grasping the opportunity for wider service delivery by NGOs, Caritas Nepal began to serve Nepal with humanitarian and social development services. Over the three decades, Caritas Nepal has journeyed with Nepalese people helping them to face economic, socio-political and natural challenges. As we celebrate 30 years of devoted service to our nation, we present to you this document on achievements of Caritas Nepal that highlight the holistic and innovative development approaches applied by us to bring about change.

We believe Caritas Nepal is a learning organization that tries to learn from its work and the work of other relevant organizations and institutions, trying to improve service delivery in its priority sectors. These are: sustainable livelihoods, social justice, disaster risk reduction and humanitarian assistance.



As we celebrate the 30<sup>th</sup> Anniversary of Caritas Nepal, we again emphasize our vision, 'a peaceful, equitable and just society where there is solidarity among people and respect for human dignity'. To realize this vision, our elders, late honorable Bishop Anthony Sharma (founding president of Caritas Nepal) and late Mr. Ashish Gurung (first Executive Director of Caritas Nepal) established Caritas Nepal. Realizing this vision for all Nepali people, regardless of caste, creed, ethnicity, and religion is the main concern of Caritas Nepal.

As we celebrate 30 years of the founding of Caritas Nepal on September 3, 1990, we want to give our heartfelt thanks to Caritas Internationalis, Caritas Organizations, Caritas Asia, and other agencies such as Catholic Diocese Offices and organizations such as Misereor, Missio, and Kindermission who have supported us to provide much needed humanitarian and development services to the people of Nepal.

We give our heart-felt thanks to the Government of Nepal, its Ministries, Social Welfare Council, National Reconstruction Authority, District Government Bodies, and Local Governments for their supervision, guidance and support for the interventions of Caritas Nepal.

We especially thank the vulnerable people and rural masses who enthusiastically took part and led our projects and programmes, making them successful and sustainable. Our interventions have always supported Government of Nepal's priority for building a socio-economically prosperous and resilient Nepal. Our local partners have helped us reach far-flung locations and we are truly grateful to them as well.

As clarified in this document, we acknowledge our humble achievements, and commit to learn from our experiences and move forward by developing innovative projects and programmes in the future. We give heart-felt thanks to Honorable Bishop Paul Simick (Patron of Caritas Nepal) for his kind patronage and guidance. We want to thank past Executive Directors Fr. K. B. Bogati, Fr. Pius Perumana, and Mr. Pekoe Moktan for their leadership in bringing Caritas Nepal to its present state. We also thank very much Caritas Nepal's present and past Executive Committee members and the General Body members who have guided us to remain accountable to the social teachings of the Church while doing selfless humanitarian and social development services to the most marginalized people in Nepal.

Finally, we want to thank the team of Caritas Nepal, long term serving permanent officials, and the many youth who have served as temporary staff in project/programmes and moved on. All of you have made the ideals of Caritas Nepal come true in the hearts of Nepalese people. Thank you!

A handwritten signature in black ink, appearing to read 'Lalit Tudu', written over a stylized, abstract graphic element.

**Fr. Lalit Tudu**  
Executive Director  
Caritas Nepal

## Message of the President



With great pleasure and sense of achievement, I would like to take this opportunity to thank the general and board members of Caritas Nepal, all past and present staff, all others though not directly involved but have contributed all the same, all our past and present national partner organizations, our national and international networks and all CIMOs. 30 years of service to the nation and the needy is in itself an occasion to celebrate. But in this celebration, we should not forget the efforts so many people have put in to bring Caritas Nepal to where it stands at the moment. This would not have been possible had it been an individual effort, but I would like to remember one such individual, the visionary behind Caritas Nepal, our Late Bishop Amulyanath Sharma. He helped establish the organization and led it well over 2 decades, contributing immensely to where CN stands at the moment. Thus, I would like to take this opportunity to remember

him and thank him immensely for all his contributions. Once again, thank you all and best wishes to everyone as I congratulate you for this achievement. I assure you all my support and prayers. May we all be blessed to continue the work of serving our motherland, Nepal and all her disadvantaged citizens in the days to come.

**Fr. Ajay Pradhan**

President  
Caritas Nepal



## Executive Committee Members



**Sr. Monique Magdelene  
Uphadhaya Niraula**  
Acting President



**Mrs. Rama Parajuli**  
General Secretary



**Mrs. Culeshna Subba**  
Joint Secretary



**Mr. Gyan Prakash Rai**  
Treasurer



**Mr. Charles William Mendies**  
Member



**Mr. Joseph Brahmin Niraula**  
Member

## General Body Members

Mrs. Sanu Amatya  
Mrs. Anjali Tamang Bista  
Mr. Babukaji Dharsandhari  
Mr. Rajan Ghimere  
Mrs. Jyoti Khanal

Mr. Terence Lama  
Fr. Benjamin Marandi  
Mr. Pekoe Moktan  
Mr. Ganesh Parajuli  
Mrs. Aruna Rai

Mr. Bhimsen Rai  
Mrs. Rupa Rai  
Mrs. Sujata Rai  
Mrs. Susan Rai  
Mr. Chirendra Satyal

Sr. Cecilia Durga Sherstha  
Mr. Heerakaji Shrestha  
Mrs. Anu Sitling  
Mr. Atma Amar Thapa



# Introduction

Caritas Nepal is celebrating 30 years of devoted service to our beloved nation - Nepal. In the last 30 years since Caritas Nepal was created, a lot has changed in Nepal and around the world. Our vision, however, remains the same over the years: a peaceful, equitable and just society where there is solidarity among people and respect for human dignity. Based on this vision, Caritas Nepal has applied holistic and innovative approaches to provide services to the people affected by humanitarian crisis, social injustice, and poverty.

Our work is guided by the Catholic Social Teachings (CST) and Caritas Internationalis (CI) Confederation's "Strategic Framework 2015-2019: One human family, caring for creation" which is rooted in the vision of Pope Paul VI to build a "civilization of love and peace". Caritas Nepal provides humanitarian and social development services to people and communities without any discrimination in terms caste, ethnicity, gender, and religion.

The three strategic objectives of Caritas Nepal's present Strategic Plan (2017-2021) in brief are as follows: (a) promote sustainable livelihoods and adaptation to climate change; (b) undertake social empowerment for social justice and disaster risk reduction; (c) provide effective humanitarian services to people affected by disaster and crisis. This publication describes the achievement made by Caritas Nepal until date for each strategic objective in terms of outreach numbers and impact described in the form of Case studies.

The time-line provided narrates how Caritas Nepal has been strong and responsive to the myriad of situations and challenges the country has faced in the past 30 years. Instead of shying away in the face of grave situations, Caritas Nepal has had the courage and commitment to find peaceful, effective, and efficient ways to deliver its humanitarian, peace building, and social development services.



Caritas Nepal's work in all sectors are based on the belief that people and communities when animated are able to address their challenges and move towards social and economic prosperity. This is why Caritas Nepal has always provided services with high level of participation and leadership of the communities it is serving. Methods applied are owner driven and people, user groups and cooperatives lead approaches.

One of our signature programmes, the Bhutanese Refugee Education Programme, which started in 1991, now is moving towards closure due to the resettlement of most Bhutanese refugees in third countries. The programme was implemented through thousands of Bhutanese youth who were trained to be teachers to their fellow siblings in the camps in East Nepal. To address the illiteracy situation in the 1990s, Caritas Nepal trained hundreds of local women to be adult literacy teachers. These women educated to the basic level a whole generation of other women who had not had opportunity to obtain proper school education.

After extensive relief efforts undertaken in the basins of Rapti and Babai rivers in the mid 1990s, socio-economic rehabilitation programmes were implemented. Communities animated through these programmes have established forests to protect riversides and have been running significant cooperatives that are promoting rural enterprises successfully. In this way, wider development in the villages were brought about by local cooperatives that were established by joining the many women and farmer groups in the rural locations.

In the first decade after the millennium, Caritas Nepal empowered communities to move ahead with reconciliation by respecting the rights of the thousands of internally displaced families to live and prosper in their home communities. Even until day, Caritas Nepal is promoting a culture of tolerance, inclusion, and peace in many of these communities with the participation of child and youth clubs. The conflict affected communities were encouraged to take part in the formal political processes that led to the declaration of the new constitution of Nepal in 2015.

Caritas Nepal has tried to learn and improve its service delivery by doing pilot projects on innovative approaches and expanding them, if successful. Accordingly, some Farmer Field Schools with trials in Integrated Pest Management (IPM) in

*Compressed stabilized earthen brick (CSEB) being produced by Dalit community (Thokarpa, Sindupalchowk) The brick was used to construct 120 houses in Thokarpa.*





*Saurya Bhanjyan Drinking Water Supply System (Hariharpur Gadhi, Sindhuli) uses solar powered pump to pump water from a low lying source to the main reservoir tank.*

vegetables and IPM in rice were undertaken in the years of 2003 and 2004. Upon its notable success on enabling small-holder farmers to improve yields and reduce pesticide usage significantly, Caritas Nepal then expanded this programme into a nationwide campaign in the rice belt and vegetable cultivation areas of Nepal. Smallholder farmers that had formed Farmer Field School Groups have moved ahead by forming wider IPM Networks and Cooperatives, and are claiming and realizing their rights over production resources and to receive support from the Government of Nepal. Additionally, farmers who were helped to take up climate change adaptation trials have now adopted suitable crop varieties, alternate irrigation practices, and improved farming practices. Much recently a farming community has successfully promoted 'home stay based rural agro-eco tourism' for income generation.

Need for Humanitarian services in the country reached a peak with the major earthquakes that occurred on April 25 and May 12, 2015. In response, Caritas Nepal provided emergency relief materials to 168 villages (past VDCs) in 15 districts of Nepal. With continued support of Caritas Internationalis (CI), Caritas Organizations and other international partners, Caritas Nepal then developed a holistic reconstruction and recovery programme that was implemented in 16 locations (Past VDC / Municipality). Caritas Nepal supported villages of Orang (Bigu-2, Dolakha) and Kalika (Sunkoshi-3, Sinduplachowk) were the first and second villages to complete shelter reconstruction work in 2018, out of more than 600 villages damaged by the earthquakes. Local masons trained to build earthquake resistant houses by Caritas Nepal led the reconstruction efforts. Like the trained Masons, other villagers who were provided with earthquake recovery services have shown significant camaraderie even at a time of crisis. They have worked together with other families in the villages to reconstruct houses, build drinking water systems, strengthen cooperatives, and expand livelihoods. In this way, 16 village

communities now have realized a holistic recovery and are moving towards development.

Caritas Nepal has paid due attention to provide services by integrating social and technological innovative approaches. These include: application of earthquake resistant technologies for house construction; organizing communities to build back better by producing Compressed Stabilized Earth Bricks; solar powered lift pump based drinking water systems constructed through water user groups; fire-lines and lighting arresters established by communities to reduce disaster risks; IPM practices in farming; and business plan based enterprises to promote high value products such as off-season vegetables and fisheries. In this way, enabling communities to address their challenges in a holistic manner by integrating suitable socio-technical innovations has been a focus of Caritas Nepal.

The approaches that Caritas Nepal has applied are in line with the policy and plans of the Government of Nepal in various sectors. For example, Caritas Nepal has enabled communities to reach the 'open defecation free status' and is leading communities towards a wider 'total sanitation status' as per the plan of the Government. Similarly, Caritas Nepal has helped communities to pursue local disaster risk reduction planning. Caritas Nepal has received important guidance and supervision from concerned Ministries of the Government of Nepal, such as the Social Welfare Council, the National Reconstruction Authority, District Coordination Committees, District Administration Offices, and Local Government offices.

As part of our 30<sup>th</sup> anniversary celebrations, we present this publication that highlights the important achievements of Caritas Nepal until date, and gives voice to the people Caritas Nepal is working for. Building on these learnings, we look forward to continuing our devoted services to Nepal in the coming years.

## Timeline of Caritas Nepal (1990-2019)

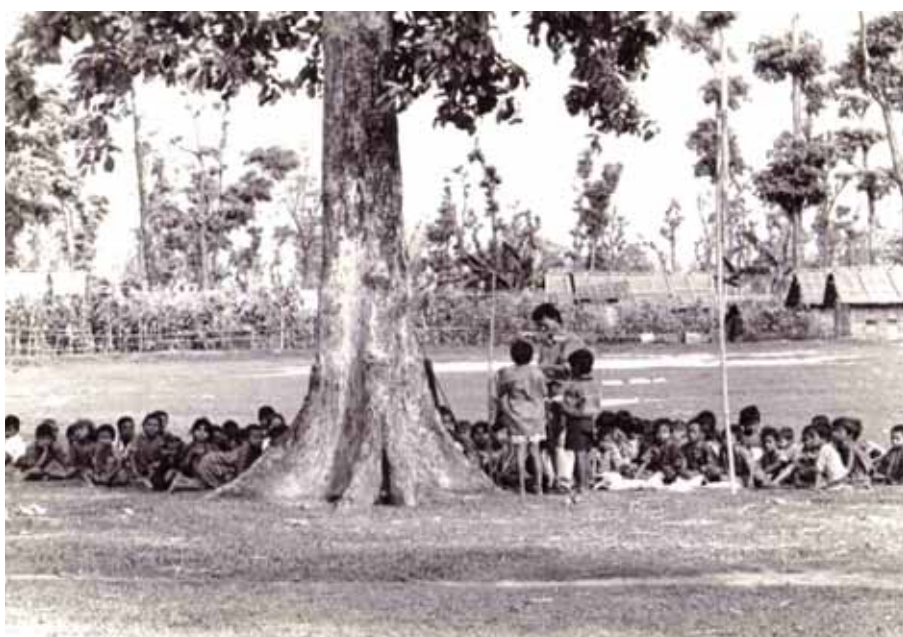


Period	Year	Main Facts
Infancy Period - Initial General Planning Period	1989-1993	<ul style="list-style-type: none"> <li>■ Preparatory work done to establish Caritas Nepal organization in 1989 by Church leaders and Mr. Ashish Gurung.</li> <li>■ Emergency relief efforts initiated after establishment of Caritas Nepal office in Kopundole, Lalitpur on September 3, 1990 under the leadership of Monsignor A. Sharma S. J. I, Chairperson; Late Mr. Ashish Gurung, Executive Director.</li> <li>■ First school called Panchaoti English School started with 15 teachers and 200 children under the Bhutanese Refugee Education Programme (BREP) in 1991.</li> <li>■ Socio-economic rehabilitation program initiated in 1993; provided emergency relief to the communities affected by Rapti River Flood in Chitwan; 2500 families reached. Collaborated with UNHCR to work on BREP.</li> </ul>

*Photo clockwise direction from top:  
Staff of Caritas Nepal in front of the  
old office building in 1995.*

*Late Mr. Ashish Gurung, First  
Executive Director of Caritas Nepal.*

*Bhutanese Refugee children studying  
under the shade of a tree in the early  
90's.*





Period	Year	Main Facts
Country Program Approach Period – First Phase.  This includes the year of significant growth and crisis: 1997.	1994-1997	<ul style="list-style-type: none"> <li>■ In 1994, Animation and integrated development projects given priority and implemented through local partners NGO. Up to 50 projects of the kind were undertaken each year from 1994 onwards.</li> <li>■ CN reached 2000 flood affected families from 17 villages of Bardiya in 1995 with a relief support. The effort was appreciated by Late King Birendra Bir Bikram Shah Dev and certificate of appreciation received from Chief District Officer of Bardiya .This relief effort was followed by a large socio-economic rehabilitation project undertaken with a local partner Rural Reconstruction Nepal.</li> <li>■ In 1996, 9 schools in all the seven camps of Bhutanese Refugees started serving up to 40,000 students in the following years.</li> <li>■ On January 28, 1997, Caritas Nepal loses its dynamic leader and founding director Mr. Ashish Gurung in a vehicle accident along with Secretary Mrs. Nina Rai and driver Mr. Hom Bahadur Khadga. Fr. P. S. Amalraj S. J. appointed as Field director of the Bhutanese Refugee Education. Fr. Oscar Pereira holds the position of Executive Director from September 1997-1998</li> </ul>

*Animation training given to community group members from Biajuari, Dang in 1996.*







South Asia regional meeting on prevention of trafficking held in Nepal in 1999.

Period	Year	Main Facts
Country Program Approach Period – Second Phase:	1998-2000	<ul style="list-style-type: none"> <li>■ Mr. Pekoe Moktan becomes Executive Director on October 1, 1998; Mr. Manindra Malla is appointed as Head of Programs in April 1998; review of Country Program Document and preparation of improved plan for coming three years.</li> <li>■ 1999, Asia Partnership of Human Development's Regional Assembly held in Nepal. The forum also discusses micro-finance service delivery in South Asia.</li> <li>■ In 2000, an approach to develop community owned cooperatives initiated by joining smaller animated groups present in the villages with the support of 20 staff.</li> </ul>

The first initiative cooperative development effort started with electing leaders of Suryodaya Saving and Credit Cooperative in 1998.







*Cooperative formation in Mugu in 2000.*

Period	Year	Main Facts
Organizational and programmatic expansion period  First strategic plan period 2001-4	2001-2004  (Transition period)	<ul style="list-style-type: none"> <li>■ The first Strategic Planning approach was implemented by CN, facilitated by Fr. Ivon Ambroise. Regional Office in Pokhara was established on October 1, 2001 with Mr. Albert Giri as the Manager. Also, Field Office in the same year was set up in Bardiya to operate the National Cooperative Development Program.</li> <li>■ January 3, 2003, Fr. K. B. Bogati becomes the Executive Director. Caritas Nepal plays a leading / coordinating role in South Asia Regional Programs in Agriculture and Anti-trafficking within the Asia Partnership for Human Development.</li> <li>■ Mrs. Rupa Rai, Head of Gender Desk, coordinated the Asia level effort to prevent trafficking with the participation of Caritas Organizations in the region.</li> <li>■ Integrated Pest Management (IPM) approach initiated in 2003, to support sustainable livelihood of farmers through high value vegetable farming.</li> </ul>



*Woman from Parvat participating in literacy class in 2001.*

*Training of trainers organised by Caritas Nepal on Integrated Pest Management in 2005.*



Period	Year	Main Facts
Second strategic plan period 2005-8	2005-2008	<ul style="list-style-type: none"> <li>Two projects were launched in 2005: National agriculture program (with Farmer Field School approach for IPM extension) and National Program on Peace Building; 6 significant departments were formed.</li> <li>Regional office was set up in Nepalgunj on November 1, 2006 to support internally displaced people during the armed conflict.</li> <li>December 16, 2008 was the day when CN gained the ownership of the office building in Kohalpur. Also, Regional office in Janakpur was established to support the emergency response and disaster management projects which ended in 2012. 2,000 shelters constructed for the Koshi flood victims in the same year.</li> </ul>

*Boat and relief support provided to villagers of Thapapur and Joshipur in 2007.*







*Organic vegetables displayed for sell by the local FFS farmers.*

Period	Year	Main Facts
Third strategic plan period 2009-12	2009-2012	<ul style="list-style-type: none"> <li>■ New CN Central Office established in 2009; on September 12, the regional office shifted from Pokhara to Chitwan.</li> <li>■ By 2010, the number of staff members increased to 116.</li> <li>■ CN constructed its new building in Nawalparasi on May 23, 2011. Fr. Pius Perumana was appointed as the Executive Director on August 28. Caritas Nepal initiates research on climate change and special disaster risk reduction projects.</li> </ul>

*Animation based social development initiative program partners' meeting in 2010.*



Period	Year	Main Facts
Fourth Strategic Plan Period	2013-2016 (2015 Crisis period)	<ul style="list-style-type: none"> <li>Honorable Bishop Paul Simick appointed as the Patron of Caritas Nepal and bids heartfelt good bye to founding and long term President Bishop Antony Sharma who retired from his duties on June 28, 2014. Caritas Nepal celebrates its 25 years of devoted social services to the nation with 179 staff members on September 6. New projects implemented in the same year: 2 Recovery projects and 4 disaster risk reduction projects.</li> <li>In reaction to the major earthquakes of April 25 (7.5 magnitude) and May 12, 2015, CN immediately launched "Earthquake Emergency Response Project (EERP)" to save lives and give hope to people. 168 VDCs (7036 HH) were provided with various relief materials; seeds provided to 23,534 HH of 60 VDCs; WASH items provided to 37,690HH of 79 VDCs and CGI sheets provided to 24,584 HH of 43 VDCs. 168 VDCs supported where of most earthquake affected 15 districts. Coordination Committee and Country Forum set up on May 4, 2015 to support in effective management of relief efforts and coordinate with other actors; representatives of Caritas Internationalis were present in the meeting.</li> <li>Fr. K. B. Bogati appointed as Executive Director on February 29, 2016. In January 2016, CN launched NERP &amp; Gorkha Recovery Resilience Program to help earthquake affected families and communities to realize a holistic recovery. This includes intervention in Shelter, WASH, livelihood, DRR, social protection &amp; disability and psychosocial support sectors. Caritas Solidarity Conference was held on April 25 to share the achievements and learnings of the earthquake relief phase. SAFBIN II preparatory phase conducted on November 7, successfully developing a common framework to address food and nutritional security, and climate change challenges of smallholder farmers, blending Sustainable Development Goals (SDG) concerns.</li> </ul>



Mr. Sushil Gyawali, CEO of NRA, initiates housing grant distribution (2016) in Singati, Dolakha. Caritas Nepal distributed housing grants from this location to earthquake affected households.



Earthquake affected people receiving relief material from CN at Kalika, Sindhupalchowk.



Period	Year	Main Facts
Fifth Strategic Plan Period	2017-2021  Reported until 2019	<ul style="list-style-type: none"> <li>■ In-house training hall built at the Nawalparasi Regional Office on September 10, 2017.</li> <li>■ In the year 2018: Conference on Achievements and Good Practices of NERP organized on April 9; Machhapuchhre Homestay Project initiated, supporting the livelihood of 71 farmers; Nepal Livelihood and Resilience Program (NLRP) initiated.</li> <li>■ Fr. Lalit Tudu, current Executive Director, appointed on May 7, 2019.</li> <li>■ SAFBIN hosted its first South Asian Small Holder Policy Dialogue on February 22, 2019;</li> <li>■ Memorandum of Understanding (MOU) signed between CN and the Agriculture and Forestry University - AFU (as research partner) for SAFBIN on April 1.</li> <li>■ September 3, 2019 – Caritas Nepal enters its 30 years of existence.</li> <li>■ September 28, 2019 – Caritas Nepal formally celebrates its 30th Anniversary and holds event for closing of its major intervention for earthquake recovery – Nepal Earthquake Recovery Programme (NERP).</li> <li>■ September 29, 2019 – Caritas Nepal discusses its way forward, moving beyond earthquake recovery to development phase.</li> </ul>



*Homestay of Machhapuchhre initiated through the support of CN in 2018.*





# Strategic Objective 1

**Communities pursue sustainable livelihood options for reduced poverty**

## Strategic Outcomes:

- 1.1. Enhanced nutrition and household food security for healthy and productive life
- 1.2. Increased household income with increased investment in basic need and well-being
- 1.3. Reduced risk and vulnerabilities for improved livelihood security in the face of climate change

## Main interventions:

- 2003 – 2017: National Integrated Pest Management Programme (IPM)
- 2000 – 2017: National Cooperative and Enterprise Promotion (CDEPP)
- 2011 – present: Smallholder Adaptive Farming and Biodiversity Network (SAFBIN)
- 2018 – present: Nepal Livelihood and Resilience Program (NLRP)





From 2003 to 2019, CN has supported 524 Farmer Field Schools (FFS) for IPM in vegetable farming, with participation of 14,109 farmers; 608 FFS for IPM in rice farming, with 16,376 people.



Since 2011, 214 groups were supported to adopt IPM practices, receiving rice and vegetable seeds, irrigation equipment, plastic tunnels, farm machinery, plastic pond/water harvesting tools and biological control materials, benefitting 4,019 people.



585 workshops and networks on farmer's rights have been organised, gathering 10,050 people since 2005. Only in 2019, a total of 133 advocacy workshops were set up to raise awareness about human trafficking, HIV/AIDS, domestic violence, climate change, health and nutrition; 3,878 people participated.



359 research trials on different cereal crops and vegetables to assist farmers in climate change adaptation; 14 students supported in their academic thesis.

## Fact Sheet - Strategic Objective 1



Since 2017, 40 farmer's groups learned methods for organic rooftop/kitchen gardening farming, with 1,029 participants.



There are 8,487 members taking part in child savings since 1998.



Cooperatives are present in 155 communities across Nepal, managing a total credit fund of NPR 1,094,226,485 between 1998 and 2019.



Since 1998, Caritas has helped create 85 cooperatives in Nepal, and strengthened other 45. Of these 130 cooperatives supported, 70% are led by women. There is a total of 50,087 members.



From 1998 to 2014, 65 group enterprises were created, with the participation of 675 people; 147 individual enterprises have been recorded.



Mr. Ka Bahadur Pun Magar lives in Machhapuchhre and today participates of the homestay project.  
Credit: Shobha Acharya



## From Farmer Field School to a homestay in Machhapuchhre

### Integrated Pest Management/NLRP (2003 - current)

Mr. Ka Bahadur Pun Magar had lived abroad for seven years searching for employment. Due to low income and difficulties, he decided to return to his village in Machhapuchhre, Kaski district, to work as a contractor. However, difficulties remained and he returned to the ancestral occupation of farming. Mr. Ka Bahadur did not know about improved practices in agriculture, but that started to change in 2006, when Caritas Nepal came to provide IPM training in Sardikhola, near his village. Though he had to walk to the training location for some time, he was motivated to be part of it.

"Through this training and support, I got the opportunity to set up a high-tech poly-house\* and I grow vegetables in 5 ropani (0.25 ha). For pest control I use biological control materials like Trichoderma, cattle urine and botanical sprays. As fertilizer and I produce and use 'Bokasi' organic manure. Today, I supply tomato, ground nut, cucumber,

sponge gourd, beans, cow pea, coriander, chilly, leafy vegetables, bottle gourd, and capsicum to the nearby market", Mr. Ka Bahadur mentions with pride. In this way, he learned about IPM and started to improve his agriculture production and income, ensuring the food security of his family.

"I also convinced, Caritas Nepal to come to my village to undertake FFS training, so more people could benefit. After my requests, Caritas Nepal started to hold FFS training in Machhapuchhre in 2008", he says. From 2011 on, 11 farmers have farmed high value vegetables in 0.6 hectare of land for income generation. Mr. Ka Bahadur continues to have a good earning in each season from vegetable farming. "Among the various positive changes that occurred in my life after the IPM training are the development of skills, knowledge, attitude and capacity towards farming with a business plan. This season I earned Rs. 35,440 as a net profit", he adds.

\* Greenhouse covered with a transparent plastic sheet

The common activity of vegetable farming brought the community together and they decided in 2012 to form the 'Bahara Cooperative' with Mr. Ka Bahadur as chairperson. Caritas Nepal helped the community to develop and register the cooperative, which is now providing micro-finance services to its members and also has received inputs and trainings from government offices.

The cooperative is also working with the support of Caritas Nepal to produce biological control materials in a modern lab in their village. The biological control materials have been distributed to smallholder farmers of this and of neighboring villages, so they can pursue IPM practices effectively.

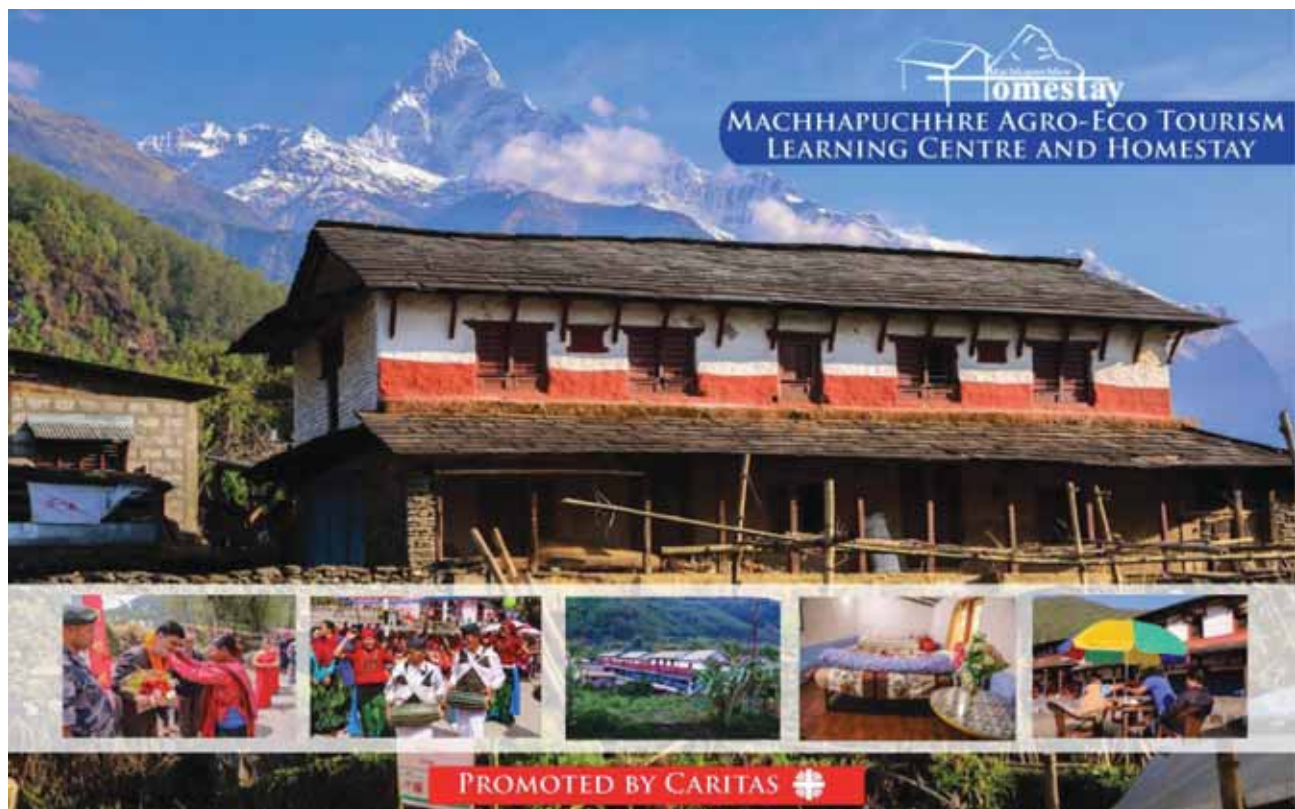
Caritas Nepal worked with the community to further examine opportunities for their development. Since the village is on the ridge of the Pokhara valley, which is a tourist destination, Caritas Nepal decided to support the establishment of a homestay there.

Thus in 2018, the Machhapuchhre Agro-Ecotourism Learning Center and Homestay promotion started under the Nepal Livelihood and Resilience Program, which is supported by Caritas Australia and Australian Aid. 23 households have provided homestay facilities and will be able to have additional sources of income. They have also received training to provide hospitality services. There has been a good inflow of guests and the village has already received 3,500 visitors from Nepal and abroad, earning NPR 4,902,675.



Mr. Ka Bahadur says that Caritas Nepal provided an opportunity to take their village to the international level, which “would not have been possible without your backing, encouraging the livelihood of villagers through different micro-enterprises”.

More information about the homestay project is available here: <https://machhapuchhrehomestay.com/>





8th General assembly meeting of Bikas cooperative, Kailali (Credit: Ram Prem Khatariya)

# The journey of a cooperative: from scratch to becoming one of the best

## Cooperative Development and Enterprise Promotion/NLRP (2000 – current)

The Katharia Tharu community lives in the Lakkad village, in the south western part of Kailali district of Nepal, and largely depends on agriculture for a living. Some years ago, farmers faced the difficulty of not being able to access quality seeds and fertilizers. To facilitate their access to resources, they realized the need to form a cooperative. However, it was not an easy task, as they had to meet the legal requirement of at least 25 members to register. They went door to door and managed to gather 40 members (4 women and 36 men), and also collected NPR 200 per person. Then, in 2010, the Bikas Agriculture Cooperative was finally registered.

It was a rocky start, by selling fertilizers and seeds and slowly attracting farmers to become members. In the beginning, the only assets the cooperative had were a small bag, a share register book and another register to document Executive Committee decisions. The financial resource mobilization of the cooperative was weak. Many members did not take part actively by saving regularly. They had a small share capital fund of NPR 100,000 and many members did not understand the importance of savings for the future, so they remained inactive. The Executive Committee did not want to expand the membership thinking it would be difficult to manage more people. There was no sign of progress until 2012.

Things began to change in 2013, when Caritas Nepal started supporting the cooperative. As per need, various capacity building trainings were provided to the leaders. The cooperative also received technical guidance from Caritas Nepal, which helped to establish good governance. They established a small office for administration support and slowly became aware of the role and responsibility of the cooperative. Chairperson, Mr. Bhart Kathariya, focused on increasing the share members through cooperative education, while Ms. Kamala Chaudhary, Vice Chairperson, encouraged women to take membership. Currently, there are 618 members and 382 of them are females.

Mrs. Sitadevi Chaudhary, 39 years old and mother of two children, is a member of the cooperative. Her sources of income are agriculture and wage labor while her husband is a carpenter. She used to be part of the Kamaiya, a traditional system of bonded labor in western Nepal, which was abolished in the year 2000. The people who worked under those conditions were called Kamaiyas or Kamalaris.

As a member, she has been able to get financial services from the cooperative. Caritas Nepal has provided 'enterprise grant' to the cooperatives, which are provisioned as soft loans to promote local income generation activities. She was glad to receive a loan with low interest (6%) to pay. "I started goat raising after taking a loan of Rs. 25,000 from the cooperative at a low interest of 6%. I took it as an opportunity and I am doing well in this business. I initially purchased two goats for that amount. It has been 15 months and I have sold 4 goats. My income was Rs. 20,000. I still have 3 goats left, and I am planning to increase the number in the future", Sitadevi shares. She also grows vegetables in 0.16 hectare of leased land and has been able to widen her livelihood activities, ensuring a better earning for her family.

Now, the Bikas Cooperative operates daily with 5 staff, and its yearly transactions have increased to Rs. 21,934,513; the share capital is Rs. 1,287,500 and the savings amount is Rs. 14,331,623. The organization is governed in a democratic manner with timely annual review and planning, and reporting and approval by the general assembly.

The cooperative has also taken initiatives to widen its services. It is now renting tractors to farmers in a subsidized rate to help them plow fields in a timely and cost-effective manner.

In addition to the economic support, the cooperative has taken initiatives in social issues as well. To advocate on important topics, events have been held such as 'women's day', 'children's day', and 'environment day'. These celebrations have created awareness among the community members, and their rights and responsibilities to address social concerns.

The cooperative has accessed various forms of support from Nepal Government's offices and likewise is able to extend these supports (input or training) to the communities. These include the following: fertilizers, irrigation canal facilities, agriculture tools, training, support for oil production and additional credit facilities for employment of youth.

**"I became aware on the importance, the value and the principle of cooperative through Caritas Nepal. With the knowledge and guidance, it was possible to strengthen our cooperative to be a democratic organization and reach out to the poor and vulnerable and provide quality services. Recently, we bought land to build a cooperative building. In the future we are determined to make this cooperative one of the honored cooperatives in the area".**

**Mr. Bharat Kathariya, Chairperson**



*Child parents meeting  
facilitated by Mrs. Kamala  
Chaudhary, Vice Chairperson.*



*Mrs Nara Maya Somai in her drought tolerant rice seedling nursery for transplantation. Background preparation of rice field (Credit SAFBIN staff)*



## Farmers learn to adapt to climate change

### Smallholder Adaptive Farming and Biodiversity Network (2011- current)

It takes about 40 minutes of off-road driving from the main highway to reach Rakachuli in Nawalparasi district. There, the agriculture system is completely dependent on rain water. Rice is the main Monsoon crop, while maize, potato and millet are other major crops. Besides that, livestock and forest foods also help feed the village.

In Nepal, 2/3 of households depend on agriculture for a living, and most of the people who undertake farming have less than one hectare of land. Given this context of low land holding, lack of irrigation access, low yields of main crops and vegetables, as well as increasing hazards due to climate change, farming in Nepal has been noted to be more of a subsistence nature.

Subsistence farming has led to a situation where many of the farmer households face food insecurity and lack of cash income to meet their household needs. During the interactions and focus group discussions with the farming community, Caritas Nepal's SAFBIN project found that food and nutritional security was poor in Rakachuli. More than 80% of the population was not able to feed their families from the produce of their own fields for a period of six months.

The project identified several reasons for such shortcoming: lack of access to quality seeds, lack of knowledge on good agriculture practices and absence of a systematic culture to grow vegetables and crops. In addition to that, severe effects of climate change, such as long drought periods due to shifts or delay in Monsoon rain, erratic rainfall patterns within the monsoon season and lack of sufficient rainfall during winter

had left the villagers in a big confusion regarding when to plough and plant their land.

"A few years ago, we were pretty sure when the monsoon would arrive and how long it would last. But in the last few years, the rainfall pattern has become very unpredictable and this has made our farming very difficult", says Mrs. Nara Maya Somai, 38, Chairperson of the smallholder farmer's group formed by the project.

In order to address the challenge, SAFBIN started to implement a farmer-led intervention named "On Farm Adaptive Research" (OFAR). Farmers undertook field based trials to learn the best practices in terms of crop varieties to adapt to climate change. In the monsoon season, they tested new drought tolerant rice varieties (named Sukkha 1, 2 and 3) to compare its yield with their local varieties Owar and Kanchi Mansuli.

Farmers gathered in the trial rice field plots every week to monitor plant growth and health. They collected data on plant growth, pest incidence and weather pattern. They were very excited with the results obtained. There was an increase of 18 to 23% in yield from the improved varieties as compared to their local ones. "I am very happy to have Sukkha varieties in our village. They give a better yield even with less rainfall. I can feed my family for two and a half months from the produce of my small field", notes Mrs. Somai with a smile. Because of the promotion by Caritas Nepal, these varieties have been cultivated by hundreds of small farmers not only in Rakachuli but also in neighboring villages in the past five years.



Ms. Dilku Maharjan checks her rooftop garden.  
(Credit: NLRP Staff)

## Rooftop farming to improve nutritional status

### Integrated Pest Management/NLRP (2003 – current)

Through its Integrated Pest Management approach, Caritas Nepal has provided training on kitchen gardening and organic rooftop farming. Farmers who received training have been able to produce fresh and healthy vegetables for home consumption and sell their surplus produce. The process has improved their access to a more nutritious diet and expanded their sources of income. The activities are developed with local partners, such as Friends Service Council Nepal (FSCN).

Ms. Dilku Maharjan lives in Kirtipur Municipality, Kathmandu, and had not participated of any agricultural training before. "I came to know about rooftop farming supported by Caritas Nepal and decided to take part in it. Rooftop farming was very new to me. I did not know about nursery raising, transplantation, cocopeat and other essential materials to grow vegetables on the rooftop. I was very interested but lacked sufficient training about management of insects, pests, diseases, supply of essential nutrients ...", she recalls.

During the training, participants learned Integrated Pest Management practices to grow crops without using chemical pesticides, and methods to prepare and apply biological fertilizers and botanicals. "After the completion of the training, I am continuously engaged in vegetable farming. Now I am able to prepare botanicals and Bokasi manure, which are an integral part of sustainable farming. I am also able to select quality seeds and choose biological pesticides. It really feels good when you eat your own product and even provide some vegetables to relatives as well", she affirms. After gaining knowledge about IPM, Ms. Maharjan considers expanding the activity.

"Based on the IPM principle of growing healthy crops, I am planning to start commercial farming on leased land. I am very happy for such an important training which is significant in my life. I am very grateful towards FSCN and Caritas Nepal in this regard".





## Strategic Objective 2

**Vibrant, strong and influential communities realize basic human rights and right to development**

### Strategic Outcomes:

- 2.1 Improved sense of social justice and inclusion with better and equitable access to resources, services and opportunities (including employment and safe migration) and meaningful participation of the excluded group in the social system and practices.
- 2.2 Improved peace, human security (including prevention of trafficking) for strong social harmony and solidarity among community members.
- 2.3 Reduced disaster risk and vulnerabilities for building environmentally safe and disaster resilient communities (CBDRR) and enhanced access to WASH.

### Main interventions:

- 1994 – 2018: Animation and People's Organisation – Training and Extension
- 1996 – present: Disaster Risk Reduction Mainstreaming
- 1998 – present: Prevention of Gender Based Violence and Human Trafficking and Promotion of Safe Migration
- 2002 – 2008: Peacebuilding programme (during and after the conflict in Nepal)
- 2006 – present: Community Based Disaster Risk Reduction Programme
- 2015 – present: Youth, Children and Women Empowerment Programme



Awareness campaign conducted on safe migration in 2019.



Street drama about drug abuse performed by students in Bhaktapur.



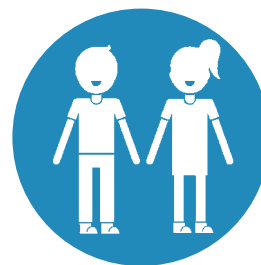
Since 1994, Caritas Nepal has animated at least 102,834 people to pursue social transformation in hundreds of villages of Nepal. Until 2018, more than 7,000 people have been trained to become animators and they have contributed effectively to facilitate the development of local community organizations and to bring about desirable socio-economic changes at the local level.



Between 2006 and 2012, CN supported 2,500 Internally Displaced Persons with emergency relief due to the conflict in Nepal. In the same period, 5,575 people received support to return to their homes.



50 mediation centers were established in 10 districts to resolve disputes with the participation of 1250 people between 2006 and 2015; 450 Community Peace Groups gathered 12,108 people between 2007 – 2015.



In 10 years (2009 – 2019), Caritas Nepal helped communities to form 285 child clubs, with 14,556 participants in discussions and learning activities at schools and child clubs. From 2012 until now, 12 child networks were formed to connect clubs. From 2016 to 2019, 40 youth clubs were created, with 1,200 people; seven youth networks were also formed.

## Fact Sheet - Strategic Objective 2



Since 1990, 300 training and workshops have addressed human trafficking, unsafe migration and gender-based violence with 7,500 participants; 6,000 people have been made aware of human trafficking and substance abuse through street performances.



A total of 40 libraries were established in schools between 2016 and 2019. From 2001 to 2018, Caritas has provided mid-day meal support to around 6,000 children.



Since 2007, 170 undocumented migrants voluntarily returned to Nepal and were supported to reintegrate; 7 people received legal support to obtain compensations.



Caritas Nepal provided skill development training to 167 people (youth, returnees, migrant family member) in 2017/2019; Pre-departure orientation for safe migration reached 400 potential migrants and their families (2018-2019)



Children playing at the Regina Amoris School in Lalitpur (Credit: Regina Amoris School)



## Mid-Day meal - A small gesture of Love

### Project: Financial support for mid-day meal (2016 – 2018)

Raju\* is 12 and loves to play football. "Football and friends are the best things about school", he says. Raju studies at the Regina Amoris School, in Lalitpur, but a few years ago, his family lived in Nuwakot District. "Life was fun in the village", he said with a pause and continued, "but after the earthquake, we had to move here". The 2015 earthquake destroyed his family home back in Nuwakot and disabled his mother.

She was clearing up the debris when accidentally wounded her leg with a rusty nail. For days she ignored the wound until she felt a tingling pain in and around it. When his mother visited the health post, she was immediately referred to a doctor and had to undergo a leg amputation, which at that time was the only option for her survival.

Their difficulties did not end there. After moving to Kathmandu, Raju's father started to work as a laborer

and his mother was restricted to their home, unable to earn for the family. His father's income was insufficient for their needs, let alone sending the children to private schools. Therefore, he and his elder sister were admitted to the Regina Amoris School in Dhobighat, Lalitpur. There, they receive free education from the school, and a mid-day meal supported by Caritas Nepal. Food such as fresh leafy vegetables, eggs, lentils with rice is provided to the children. The food is not only nutritious, but is served with love and respect for the children's dignity.

"I miss mid-day meals during holidays", Raju says. Actually, this is the story of almost all students in the school, since they come from low income and poverty level households. Raju notes that sometimes at home he just had left over rice to eat in the day time. Now the children enjoy the nutritious food provided in the mid-day meal, which has helped them to come to school and pursue education effectively.

\* Name modified

*Ms. Chabi Nepali, Cooperative Manager (Credit: SDI staff)*



## Empowered women for a prosperous community

### Project: Small Development Initiatives (2012 – current)

Generally, in our community people believe that only educated people can succeed and do better in life. After hearing the story of Ms. Chabi Nepali, one can conclude that it's not academic qualification that determines the future of a person, but their self-determination and hard work.

Mother of two, Ms. Nepali, from Dang district, got married at the age of 17. Her days were normally busy doing household chores and nurturing her kids. She depended on her husband to provide for the family, which was quite hard to manage with his limited earnings.

Aiming to empower women and children socially and economically in rural areas of Nepal, in 2012 Caritas Nepal launched the Small Development Initiatives (SDI) program in partnership with BUMCYC, a local NGO. Earlier, Ms. Nepali was a member of one women's group that undertook activities such as savings and loans, but she always had a passive role in the activities. "Without having enough skills to run an enterprise, we were not satisfied with our outcome", recalls Ms. Nepali. However, things started to change with another group that Caritas Nepal / BUMCYC helped to establish in the location.

It focused not only on economic issues, but also encouraged members to get involved in social affairs. Gradually, CN and its partner NGO conducted capacity building and leadership trainings. "We started taking part in various meetings where we discussed social issues, which encouraged us to advance our skills on channelling the funds we had collected", she says. Members actively participated in discussions to express their concerns and voice against the discrimination they suffer. That made them stronger and empowered as days passed. It is clear that cooperatives not only serve for economical upbringing, but also play a vital role in the socio-cultural development of the community.

For her active participation, Ms. Nepali was chosen as presi-

dent in 2016. She led the group to register as the "Chaturmukhi Women Agriculture Cooperative". Now after 3 years, the financial transactions of the cooperative have reached new heights. The cooperative has accessed Nepal Government's support and promoted effectively potato, turmeric and mushroom farming in the communities.

With frequent follow up and technical support from Caritas Nepal, the cooperative was able mobilise resources (namely savings) and provide loans effectively. Caritas Nepal ended its support provision in April 2019, recognizing the fact that the cooperative could be self-sustainable. "This incredible path towards sustainability was only because of CN's trust on us. We are now recognized as one of the best agriculture cooperatives in Dang district. This proves the point that people with less academic qualifications can also contribute effectively to bring about change. The thing that matters is the devotion and faith towards what you do", holds Ms. Nepali.

"Most of the women are now more economically stable given they are improving their livelihoods as per local opportunities. And I feel proud and delighted it's happening under my leadership", she says with confidence. Now, Ms. Nepali is able to provide for her family's basic needs and looks towards a more prosperous and productive future. "Now I'm working as the cooperative manager, given I have won the trust of the cooperative members. I'm privileged that they believe in me", she explains.

"If I was not introduced to this women and children empowerment program, I would have been limited to household chores only. Leadership would not have been developed within me. The opportunity I got and the commitment I had to achieve my goal really paid off. I am not only known for my hard work but also people praise my courage. The person who had never ridden a bicycle now is able to drive a tractor", she says cheerfully.





## Tasting the secret of success

### Project: Ensuring safe migration of the most vulnerable people through awareness and capacity building/SAMVAB (2017 – current)

Mr. Amrit Moktan, 27 years old, is from Godawari and currently works in a restaurant in Dubai. He always had love and respect for food, and even as a child spent a lot of time in the kitchen with his mother. Belonging to a vulnerable family, he faced many challenges throughout his childhood and had to discontinue his education at an early age due to financial constraints. The only breadwinner of his family, Amrit used to work in a seasonal catering service but had little knowledge about cooking.

As Caritas Nepal has been providing different kinds of skill development trainings, he was selected for the cooking classes. Amrit was 26 when he finished the professional cooking training and had his first professional experience at the restaurant in Dubai. The training helped him to boost his theoretical as well as practical knowl-

edge, and working and learning in a restaurant assisted him to discover the colors of refined cuisine. Amrit sought training before going abroad and has seen the benefits that his skills have had in his professional life, as well as in his financial security.

“My sincere devotion, hard-working attitude, and my passion were rewarded by the manager of the restaurant, who soon offered me a good salary and I have been making profit out of it. That marked a turning point in my life”, he adds. Amrit said that after working for a few years in Dubai, he intends to return to Nepal to live with his family. “I am much honored to get the training and want to thank the organizations for providing me an opportunity that brought a massive transformation in my life. We go through our careers and things happen to us. Those experiences made me who I am”.

*The youth club gathered to celebrate the youth day (Credit: Kalyan Timilsena)*



## Young people work to address gender-based violence in Banke

### Project: Empowerment of youth through leadership (2018 – current)

The Shreejansil Youth Club is located in Shantinagar Basti, in Banke District, in Mid Western plains of Nepal. Its 93 members are between 16 and 25 years old and are working together to address the social concerns of their community. They are creating awareness on important local concerns such as gender-based violence, unsafe migration, trafficking and drug abuse. The club was formed with the guidance of Caritas Nepal with 16 youths in February 2018. Caritas created a platform for them to develop leadership and provided various capacity building trainings in 2018.

People from various parts of Nepal migrated and set temporary residences in Banke during the Maoist insurgency period (1996-2006). They came from Surkhet, Dailekh, Rukum, Kalikot, Humla, Jumla, Mugu and other hilly districts of the country. Now, there are almost 100 households with around 500 people in the community. Given their internal migration status, they are not able to access government services such as obtaining a migration certificate, old age pension, citizenship certificate, etc. Many are compelled to go to India for employment, while some unemployed youths have developed bad habits such as alcohol and drug abuse. Abuse of alcohol and other drugs are major causes of Gender-Based Violence (GBV) in the families and in the community. However, only a few GBV cases are registered with the police; most cases are never addressed by the family members and the society because people usually believe that exposing and reporting the household violence in front of society and police will harm the reputation of the family.

Looking at the existence of such problems, the young people decided to unite and work with their community to address these issues. In November 2018, the youth club conducted a

household campaign and performed street dramas to make the community aware of GBV and act on it. During the campaign, youth formed fifteen sub-groups with six members each and managed to visit almost all the houses in the community, delivering a set of information about gender-based violence provided by Caritas Nepal (what GBV is, how it happens in the family/community, legal provisions, ways to tackle it, information about the youth club and their target in reducing GBV, etc). The same information was delivered through street performances in six crowded areas of the community and brought positive impact. People now inform the youth group when they encounter any kind of GBV and drug issues. The mobilized youth have addressed six cases of GBV, which were then registered in a police station.

29-year-old Sita\* says: "My husband used to beat me and my son when he drank alcohol. One of my neighbors' daughters suggested me to ask the Shreejanshil Youth Club for help. I then conveyed my problem to the club through the girl. A group of youths from the club caught my husband beating me red-handed on the next day. They captured the photo of the moment using their mobile and called the police. Police took my husband into custody for two nights. After that, my husband does not beat me and my son, though he still drinks. I think people have started believing in them [the youth club] because of their work".

Sanjay K.C, Chairperson of Shreejansil Youth Club, also thinks their efforts are paying off: "When I got the opportunity, I became motivated to work for the improvement of my community. As a result, I see positive changes as there is increased cohesion in the community. People come to us and together we raise voice when there are any social concerns to be addressed".

\* Name modified



(Credit: CYEP Staff)

# A journey from a migrant worker to a youth leader



## Children and Youth Empowerment Project/NLRP (2015 – present)

Poverty is the main cause of struggles of rural communities. It was the case of Mr. Amar Karki, who faced numerous challenges in Babiyaachaur, a rural village in Surkhet district. Growing up in a middle-class joint family, Karki got married at a very young age. His strong determination and persistence helped him to overcome the difficulties, and meet the challenges to take care of his family of seven members.

Lack of job opportunities in Nepal led him to go to India to earn money to fulfil his family's basic needs. "Due to my family problems, I had to go to India. I was just 17. Being the eldest, I had a big responsibility to look after my family and it forced me to drop out of school. Even after working tirelessly all those years in India and staying away from family, I was still not able to manage to save enough money for the education of my 3 daughters. So, I decided to be with my family and do something on my own rather than waste my time and work for others", he says.

It was not easy for him to be unemployed after returning from India, and he started working as a labourer on a daily wage. Karki's real struggle began when he was not able to earn as much as he did back in India. His deep interest and passion for pursuing an academic qualification led him to rejoin school. At the age of 24, he completed his high school.

The year 2015 was a turning point for him after Ekta Foundation Nepal started forming Youth Clubs in his area. Karki joined the Bheri Kiran youth club, where he got the opportunity to take part in many capacity building workshops and leadership trainings.

He was fully engaged and devotedly active in the club activities. He came out as a leader while conducting awareness raising activities about child marriage, chhaupadi pratha\*, drug abuse and safe migration. He not only started motivating youth to engage in social activities voluntarily, but also mo-

bilized the club in fundraising activities by organizing street dramas and cultural programmes to support flood affected people. His immense dedication led him to be the chairperson of the club.

"As a member of the district youth network in Surkhet and chairperson of a regional youth network, I am responsible for strengthening the five youth clubs by working with 150 youth and leading them", Karki shared.

The confidence that Karki developed helped him with group mobilization, community interaction, fundraising activities, as well as with generating funds through monthly savings to promote entrepreneurship among youths.

Currently, the Gramin Ekta Youth Network is constructing a youth resource centre. "Caritas did provide NPR 100,000 for this good cause. Now I am planning to develop and lead the youth club in a cooperative way", he explained.

Generally, youth do not get wider opportunities for social participation. However, through his involvement with the youth club, he got an opportunity to engage in social welfare activities. Karki has taken different types of motivational, leadership and other useful vocational skill trainings during the period. His active role in social activities increased his self-confidence and knowledge, and the whole process is also a platform through which youth can express their views and have meaningful participation.

"There was a time when I would hesitate to express myself in a group properly. It was my confidence and motivation that drove me to this stage. I am happy that youth chose me as a leader and role model at the regional level. I think youth can be empowered to change the community towards positivity and inspire children, the future of the community", Karki added.

\* Taboo related to menstruation, in some places, women and girls are banished from their residence for being considered impure during their period, thus they stay in huts or cowsheds outside their houses



*Dam constructed by the project in Mahottari  
(Credit: CN staff)*

# Building a flood resilient village through bioengineering: Kalapani

## Project: Strengthening Community Resilience in Mahottari and Dhanusha districts (2016 – 2019)

Kalapani village (Bardibas municipality ward no.3) lies in the northern part of Mahottari district. It has dense forests in its western region and the Ratu river flowing from south to north. Bahune, Prewinge and Padheri are major torrents prone to flash floods, which had affected local people for a long time. Disasters impacted agricultural production and created food deficiency. Bioengineering approaches adopted with the support of the project have helped to settle these torrents, bringing relief to the people of Kalapani.

Due to climate change, the village now experiences heavy rains every year. Villagers still remember the colossal flood of 2004, when all three 3 major torrents as well as the Ratu River reached high levels. The flood devastated properties and swept away about 27 hectare of agricultural land. "It was so terrifying that we could not sleep for a week. Along with 0.16 hectare of our land, all food stocks were swept away. We survived by eating Githa and Vakur\*", Juna Khadka recalls with pain in her voice.

The only school in the village is situated beneath the Padheri torrent. The flood cuts the land of the school every year, making it highly vulnerable to landslides. "The flood of 2010 was massive and we were scared that the school would be swept away by the flood. Luckily, the school still stands. We even had to close it for a week, which hampered the study of our students", says Principal Sani Bhandari.

After the project was launched in Kalapani, people are optimistic about becoming more resilient to floods. The project started by halting open grazing and villagers began to stall-feed their cattle. Moreover, 17 check dams were constructed at the Bahune torrent; one dam was built at Perwinge to harvest runoff water; and 12 check dams were constructed at Padheri Kholsi.

In addition to these structures, the project encouraged local people to cultivate bamboo, Napier and Broom grass, Stylo and Vetiver in groups. Now the vegetation works as a natural check dam to reduce the flow of the water current. This bioengineering approach also helps to check the flow of debris towards downstream. Now there is clean water flowing through the torrents, which indicates that they are settling. Additionally, the project also constructed a 2.5m underground canal which now irrigates 71 hectares of land.

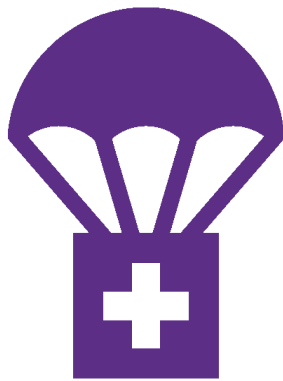
The landscape of the whole village has changed and there is dense greenery everywhere. Deforestation and open grazing are totally controlled, and massive floods have stopped even in the rainy season. The school is also protected against landslides and people have enough water for irrigation during the dry season.

"My house is located just beneath the Bhanune torrent, but I don't have any anxiety of flood as the torrents are controlled due to the construction of the check dam. The flood had swept 0.16 hectare of land but it has now been retrieved through bioengineering. We are farming in the same land again", says Pampha Karki. "The concept of bioengineering has also helped animal husbandry as we can now find enough forage and fodder near the roadside", villager Dil Maya Waiba adds with a smile.

"Now the village is almost completely resilient to flood with settled torrents. There is no more threat of landslide and flood. We are going to develop picnic spots in the village. Thanks to the marvelous work of the project", declared Ganesh Basnet, a ward member. The nightmare of floods and landslides has vanished after the implementation of the bioengineering approach, which is a cheap and effective way to control such disasters. The story of Kalapani village can be a lesson for many villages around the Chure region.

\* Wild crops





## Strategic Objective 3

**People in emergency and humanitarian crises are empowered to cope and recover from crises and sustainably rebuild their lives and join mainstream development**

### Strategic Outcomes:

- 3.1 Survival, safety and dignity of communities in situation of humanitarian crises is secured.
- 3.2 Affected communities are able to recover and sustainably rebuild their lives and join mainstream development and while becoming more resilient.
- 3.3 Individuals/communities in difficult situation are able to cope and successfully reintegrate socio-economically with their communities.

### Major Interventions

- 1991 – present: Bhutanese Refugee Education Programme – BREP
- 1990: Flood Emergency Response
- 1996: Social Economic Recovery Programme for Flood Affected Locations
- 2008: Koshi River Flood Relief
- 2016 – 2018: Nepal Flood and Landslide Response and Recovery
- 2015 – 2019: Nepal Earthquake Relief and Recovery Programme
- 2015 – 2019: Gorkha Relief and Recovery Programme



*Compressed Stabilized Earthen Brick (CSEB) produced locally and used to construct houses by villagers in Thokarpa, Sindhupalchowk.*





Caritas has served 85,125 Bhutanese refugees from 1990 until present. 113,307 Bhutanese refugees have been resettled since 2007.



Since 1992, 42 schools admitted 50,000 students; since 1995, 800 to 900 students with disabilities have been integrated in the educational system. 249 students are attending higher secondary schools in the host community in the period of 2017 – 2020. From 2001 to 2016, 22,394 children were supported at early child development centers 30,553 elder people attended English classes from 2008 to 2016. Since 2001, 10,962 people received vocational trainings to enhance their skills



Since 2005, a total of 2,391 shelters have been repaired or constructed in flood and fire-affected communities 4,632 earthquake resistant houses were constructed with Caritas support 7,579 households received technical support to build earthquake resilient houses 1,846 local masons trained on earthquake resistant house construction



Since its establishment, Caritas Nepal assisted 1,033,815 people with relief material, disaster preparedness and recovery. At least 470 specialized relief workers have been trained.

## Fact Sheet - Strategic Objective 3



377 water Schemes or facilities (hand pumps, ponds, canals) were restored after disasters, providing access to safe water to at least 25,723 people since 2015 5,365 toilets constructed or repaired in households affected by floods or earthquakes in 2015 - 2019



A total of 17,478 people engaged in Cash for Work activities, helping to rebuild their communities and having a temporary source of income in the period of 2015 - 2019



At least 21,179 households received training and were provided with grant or input support to recover, expand and/or diversify their livelihoods since 2016



Caritas has supported 26 Local Disaster Risk Management Committees to prepare/implement disaster risk reduction plans 7 school buildings constructed in earthquake affected locations and handed over to the government schools.



## A life's journey with the Bhutanese Refugee Education Programme



December 2016 was a bittersweet anniversary for Mr. Pahal Man Bhattarai, for it marked exactly 25 years since he was forced to flee his home in Bhutan. It was a traumatic experience for a 19-year-old.

But it also proved to be the start of a journey that would transform Pahal into a prosperous college educated person now living in Australia. Mr. Pahal Man, as many other Bhutanese refugees, notes that he was able to resettle effectively in a third country due to the motivation and education he received in the refugee camp schools run by Caritas Nepal.

Pahal was born in Bhutan in 1972. His mother died when he was just ten years old, and Pahal dropped out of school and took a job looking after cattle to help support his family.

He got married in 1991, but he and his wife did not have long to enjoy their new life together. In 1990, rising tensions in Bhutan erupted into violence between the government and the "Lhotshampas" – Bhutanese residents of Nepali ethnicity. By late 1991, fear and persecution in the wake of the conflict forced Pahal to leave his home.

He fled to the Timai refugee camp in Jhapa, in the far east of Nepal, one of the seven camps for Bhutanese exiles. At Timai, Pahal was offered an unexpected opportunity: the chance to enrol in one of the camp's schools. Conscious that he had never completed his education, Pahal took the plunge and signed up to continue from where he left off, in Class IV. The only trouble was his nine- and ten-year-old classmates were a little bit younger than him... "I felt shy," Pahal admits. "I was among children who were much smaller." To add to his embarrassment, one of his teachers turned out to be an old schoolmate from his primary class in Bhutan!

However, Pahal was intent on finishing his education, and did not let any awkwardness deter him. After having successfully passed 10<sup>th</sup> grade in 1999 (and received School Leaving Certificate), he went on to pursue Higher Secondary education (grade 11 and 12) in a school in Damak. His higher secondary education was also supported by Caritas Nepal.

After finishing his higher education in 2001, Pahal decided that he wanted to give something back to the education programme from which he had gained so much himself, and started volunteering as a teacher at the Oasis Academy in Timai. At the same time, he was continuing his own education, studying for a Bachelor's Degree at Bhadrapur Multiple Campus. Pahal performed well at his work at Oasis, and was quickly promoted to Upper In-School Resource Teacher.

Deciding that he wanted a formal teaching qualification, he applied for a scholarship offered by Caritas Nepal, which enabled him to complete a Bachelor's Degree in Education at Kankai Multiple Campus in Surunga. Shortly after passing the course, Pahal was promoted again, this time to Assistant Head Teacher. He held this post until 2011, when he was finally allowed to leave the camp for resettlement in Australia.

Even on a new continent, he carried with him fond memories of Oasis Academy. "Working in the camp school was an unforgettable experience for me," he recalls. In Australia, the love of learning that Pahal had acquired in the Timai refugee camp did not desert him. Starting out in a low-skilled job in a factory, he began taking short courses, which opened doors into new industries and new possibilities. First, he worked in the security sector and later in the care of the elderly and persons with disabilities. He enjoys his work, and the culture in his new country. "In Australia, every employee is treated with equal respect."

With his earnings, Pahal was able to buy a plot of land in 2014 and build a house: a place of his own at last, after more than twenty years in exile.

Pahal is now happy and fulfilled. He notes that he has achieved things that his younger self, herding cows in Bhutan, would never have expected. But he has not forgotten the people who supported him along the way to this new life. "All these achievements would not have been possible but for Caritas Nepal," he smiles. "I am ever grateful for the services rendered by Caritas Nepal to the Bhutanese refugees."



*Ms Kanchi B.K. standing at the door of her newly built house; the second picture shows the tap built in her yard; in the third image she is seen with her livestock. (Credit: Pratibha Acharya)*

## Ms. B. K realizes a holistic recovery

### Project: Nepal Earthquake Recovery Programme (2016 – 2019)

56-year-old Ms. Kanchhi B.K. lives alone in the hills of Orang village in Dolakha district. It takes one and a half day to reach the village from Kathmandu by vehicle. Orang is among the remotest villages in Dolakha, a northern mountain district in Nepal.

Many years earlier she decided not to get married considering that her parents would not have anybody to look after them. Ms. B.K. also had a sister who had a speech disorder and needed her care. Now her parents and her elder sister have passed away and Ms. B.K. has no one to live with her.

The earthquake of 2015 demolished her home and since then she was living in a temporary shelter, until Caritas Nepal motivated her to construct an earthquake resistant house.

Caritas Nepal provided her housing grant and transportation assistance of NPR 350,000. Caritas' engineers in the village helped her to supervise the construction work. She built a 2-room stone and mud masonry house, following the earthquake resistant design according to the guidelines of the Department of Urban Development and Building Construction

(DUDBC). She is glad that she could construct the house in a timely manner with the support of Caritas Nepal.

She and other villagers of Orang whose names were on the list of the National Reconstruction Authority completed shelter reconstruction early on. In May 2018, Orang was the first village out of more than 600 villages damaged by the earthquake of 2015, to complete shelter construction – 560 households reconstructed their houses in a timely manner.

With a safe and comfortable house to live in, Ms. B. K notes that she could focus more on pursuing livelihood activities. Caritas Nepal provided her with livestock grant and technical support to help improve her livelihood. "I bought 2 goats with the support. I sold one for NPR 12,000 some months back, and I have another goat that would bring me another NPR 12,000 at hand. I now have 5 goats, including two kids, and I am hopeful I can continue to make earning from livestock raising in the future", she says. The support was important to her because she has a very small plot of land and no other way to earn a living. In this way, Caritas Nepal identified and

provided targeted support to the most vulnerable households in earthquake affected locations.

Besides the shelter and livelihood support, Ms. B.K. now has a drinking water tap in her yard. She also built a toilet with septic tank. Additional grant was provided by Caritas Nepal to Ms. B. K to construct the toilet, given her economically vulnerable situation. "It used to take almost an hour to bring a single *gagri*\* before CN constructed this tap. You see there, we had to go to that end of the hill. Our legs trembled having to walk uphill with a pot full of water", she adds.

Considering her deteriorating health condition and inability to seek medical treatment, she was also identified and provided with NPR 4,000 as referral support. "I bought medicines for diabetes and ulcer with the money. Caritas Nepal has done all that they could to support me. The staff has been very approachable and receptive, I can't thank them enough", she says. Ms. B. K., a Dalit woman, is an example of a person both social and economically vulnerable who was supported by NERP to pursue a holistic (multi-sectoral) recovery.

\* Typical vessel to carry water in Nepal





*Mr. and Ms. Acharya along with their relatives in the porch of their new house  
(Credit: Pratibha Acharya)*

## Family is worry-free after new house was constructed

### Project: Nepal Earthquake Recovery Programme (2016 – 2019)

Ms. Kalpana Acharya lives alone in Bulung. Her two children are sent to Kathmandu for higher education while her husband, a government employee, is stationed in Ramechhap district and visits her during holidays. The family house was completely destroyed by the devastating earthquake of 2015 and since then Ms. Acharya had been living in a shed. Her husband had constant worries about her living there. "I can't forget how my wife called me one night, panicking that a snake had entered the cottage and was hiding under one of the mattresses. It was raining cats and dogs outside and she couldn't go out to seek help. That night was a sleepless, a worrisome one for the both of us," he says.

The family constructed a two-room cement and mud masonry house. "It has been very comfortable in the new house. There is no fear of snakes now.

Also, it is not hot during summer and cold during winter, like it used to be in the temporary cottage. Rain water also does not drip inside the house like it used to do in the cottage. The new house is very satisfying and the credit goes to Caritas Nepal. Caritas Nepal's engineering technicians and social mobilisers came to me more than six times to supervise me to construct a safe house. They helped me to select house design and to do the lay out on the ground. They informed me about the importance of earthquake resistance structure and the various techniques. I believe my house will stand even if another earthquake comes," says Ms. Acharya.

Mr. Acharya agrees. "Caritas Nepal has done a wonderful job. They made it really easy for the residents of Bulung to access shelter grants.\* We received the same from a nearby market place in Sin-

gati through the bank. Other villagers in Dolakha district had to travel for more than a day to get the shelter grants and return home. We could receive the grants on time because Caritas Nepal helped us to prepare reports to receive the remaining tranches of the grants. That is a commendable job, among others. We now have an earthquake resistant house that is safe and reliable. I don't have to worry about my wife from where I am stationed anymore. And that makes me really glad, in fact I believe it has increased my efficiency at work," he says.

The Acharya family also received an agriculture grant and technical support as a result of which Ms. Acharya pursued vegetable farming and sold chillies and vegetables for NPR 15,000 this season. She notes that upon having a house, she could then focus on other needs such as expanding their livelihood.

\* Each household in the village was given housing grant of NPR 300,000 and transport support grant of NPR 50,000 each



## A tale of seven bridges - Hariharpur Gadhi, Sindhuli

### Project: Improvement of Community Infrastructure Facilities and Livelihood Opportunities in Earthquake Affected Areas in Nepal/VIIP (2016 -2019)

Hariharpurgadhi is one of the remotest locations of Sindhuli district. It lies in the lower southern mountain range of Nepal that runs from the east to west of the country. This Churia range has many rivulets and small rivers that swell fast in case of rainfall and become difficult to cross unless there is a proper bridge. This is the case especially in the Monsoon, when the streams get filled up with water and wash away the small log or wooden pole bridges constructed by the villagers. Caritas Nepal has undertaken earthquake recovery work in the village, supporting villagers to construct bridges, drinking water systems, a school block, and a community building.

Community members were vocal from the start in regards to the need for bridges for safe travel of people from one place to another. Caritas Nepal constructed the following bridges with the participation of the community: (1) Simaltar; (2) Mathillo Dhewa; (3) Tallo Dhewa; (4) Badare; (5) Belsi; (6)

Dharap; (7) Nalikot.

At Simaltar, the children and adults are now very happy. One of the children, Bimala explains: "In the past I would get very tired walking to school every day, now we can enjoy our walk to school with our friends due to the bridge". Earlier she had to wait for hours at times for the water level to decrease so she could cross the stream. Bimala says: "Now we can reach school safely and on time in just in 20 minutes".

Ms. Akaa Maya Moktan, 59, says: "I was often afraid that crossing the raging river would cost me my life". She notes that with the bridge in place, she can now safely reach the water mill to process her grains. Before, she was unable to pursue even this daily chore when the water level was high.

Mr. Chitra Bahadur Yonjan, 29, notes: "We requested Caritas Nepal to build the bridge, and they obtained a permit from the Ward Government Office and

we worked with Caritas Nepal to build the strong bridge. 22 people worked for 16 days to make this happen". He notes that now they can safely walk to the nearest marketplace about one and half hour away, where there is a bus stop and a medical center.

Caritas Nepal has mobilized the communities to build the bridges with a cash for work scheme given the villagers belonged to poverty level households. Mr. Syangtan got employed as a skilled laborer for the construction of Chisapani bridge along with 20 other villagers. "I was really glad to earn money constructing the bridge in our village - doing something beneficial for my own people. Later as per advice of Caritas Nepal, I invested the NPR 10,000 on goats and now I already have a small herd of goats that is worth about NPR 30,000.

"The Tallo Dhewa bridge is a priority for us," explains Mr. Jaan Bahadur Waibaa, 62, treasurer of Tallo Dhewa's local construction committee. "In the past, two girls died here, we had to make sure that students crossing the river to reach the school every day were ensured a safe passage", he notes. The newly built bridge now connects Tallo Dhewa to its neighbourhoods (wards 7 and 8).

Caritas Nepal's technical team worked with hired companies and carpenters to construct the pre-fabricated iron bridges and the wooden bridges. These structures are strong and can be maintained by the communities.



## Clean drinking water for Dhanpuri Village



### Project: Nepal Flood Response and Early Recovery Programme (2017/2018)

In August 2017, the waves of the Mahuli river flood broke into all houses of Dhanpuri village in Saptari district, and the water levels remained at one meter for over two weeks. Unfortunately, pumps in the area were constructed at the ground level or raised to only half a meter. The flooding of all settlements led to a water crisis mainly because the water pumps were contaminated by the flood.

80 households were deprived of access to clean drinking water and were forced to head to nearby villages to search for alternative sources. They had to walk for nearly one kilometer carrying heavy water tanks, checking the way forward using a stick in order not to fall into potholes hidden under the water. Getting permission of other inhabitants

to fetch water from their sources was challenging. The water crisis further increased the workload for women, as they usually are responsible for fetching water in the Terai.\*

At the wake of this disaster, the project aimed to secure people's access to safe drinking water. In May 2018, three hand pumps were reconstructed on concrete platforms rising 1.5m above the ground level. Water fetching points became easily accessible with additional steps around them. The platforms of the pumps were raised so even in case of floods in the future people could access water from hand pumps.

Disinfecting all the existing water pumps that got contaminated by the floods was another component of the

project. Training sessions taught villagers how to disinfect the water coming from the hand pumps.

Villagers collectively decided to use the new hand-pumps for drinking water only, and keep the old hand pumps at lower levels for washing clothes, hygiene, sanitation and other purposes. The project significantly contributed to raising health and hygiene standards in the settlement: "In the past we were drinking contaminated water from the hand pumps placed at low levels, so many people in this settlement used to get ill during the flood period. After using drinking water from the new raised hand pumps, people are healthier, there have been less cases of diarrhea, dysentery and cholera in our settlement", a community member recalls.

\* Terai is a lowland region in southern Nepal that lies south of the outer foothills of the Himalayas



*CN Staff  
doing door  
to door  
visit in  
Thokarpa.*

## Psychosocial referral brings peace and happiness to families in Dolakha

### Project: Nepal Earthquake Recovery Programme (2016 – 2019)

Raja\* is 30 years old and lives with his sister and elderly mother in Bigu Rural Municipality. His family members note that he already had psychosocial development challenges and his condition worsened after the earthquake of April 25, 2015. His 83-year-old mother and his sister could neither take him to the hospital nor take care of him at home. Raja had insomnia, and used to scream and even try to beat his mother and sister. He used to roam around and spend the night in the forest, singing aloud and so on.

Psychosocial volunteers from Caritas Nepal identified the challenges of the family during a door-to-door visit to the neighbourhood. They referred him to the Primary Health Centre of Singati, a market place a few hours away. Caritas Nepal provided him referral fund support to go there to obtain medication.

He received counselling and prescription from a certified psychiatrist. "We were helpless with his violent behavior. We were able to take him to hospital only with the support of Caritas Nepal team", his sister shares. She says that Raja is taking the medicine regularly and visits the health center as per need. He now supports the family in household chores and sometimes does the labour work to earn some income for the family. He does not argue or get violent as before, and is now at peace with his condition and family members.

Another person of Bigu Rural Municipality, Ms. Sita, 31 years old, was traumatized after the earthquake and remained in a depressive state. "I did not feel like talking, eating. I had fears and irritation without any reason and sleeping disorder as well. I hid these problems for six months until a social

mobilizer of Caritas Nepal came to my house. He guided me to receive counselling and medical support", she recalls. With the referral support, Ms. Sita now is taking medication prescribed by a certified psychiatrist. "I have overcome depression and this would not have been possible without the support of Caritas Nepal".

Caritas Nepal identified and supported 229 people affected by psychosocial issues, as well as persons with disabilities through the earthquake recovery programme support. While door-to-door visits were made to identify the people with psychosocial challenges, events such as disability camps were held to formally register people with disability at the local government. In this way, they were supported and linked to service providing organizations and local government to receive further support.

\* Names have been changed to protect their privacy



Mr. Prabhu Ram Pahari showing the reservoir tank and intake and outflow chamber.



Ms. Dikshya Pahari, Treasurer of Khetpuchar Drinking Water System User Group.  
(Credit: Manindra Malla)



## Paharis of Kalika facilitated with drinking water system and earthquake resistant houses

### Nepal Earthquake Recovery Program (2016-2019)

Paharis are a marginalized ethnic community residing in Thokarpa and Kalika of Sindhupalchowk. They are traditionally a close-knit society and Caritas Nepal has mobilized the community of the Paharis for reconstruction purposes.

In Khetpuchar location of Kalika, the drinking water user group mobilized by CN have constructed a drinking water system that is distributing clean and safe drinking water to 78 households. Out of this, 56 households are Pahari households and 20 households belong to other Nepali hill caste groups. 2 storage tanks with 15000 litres capacity in

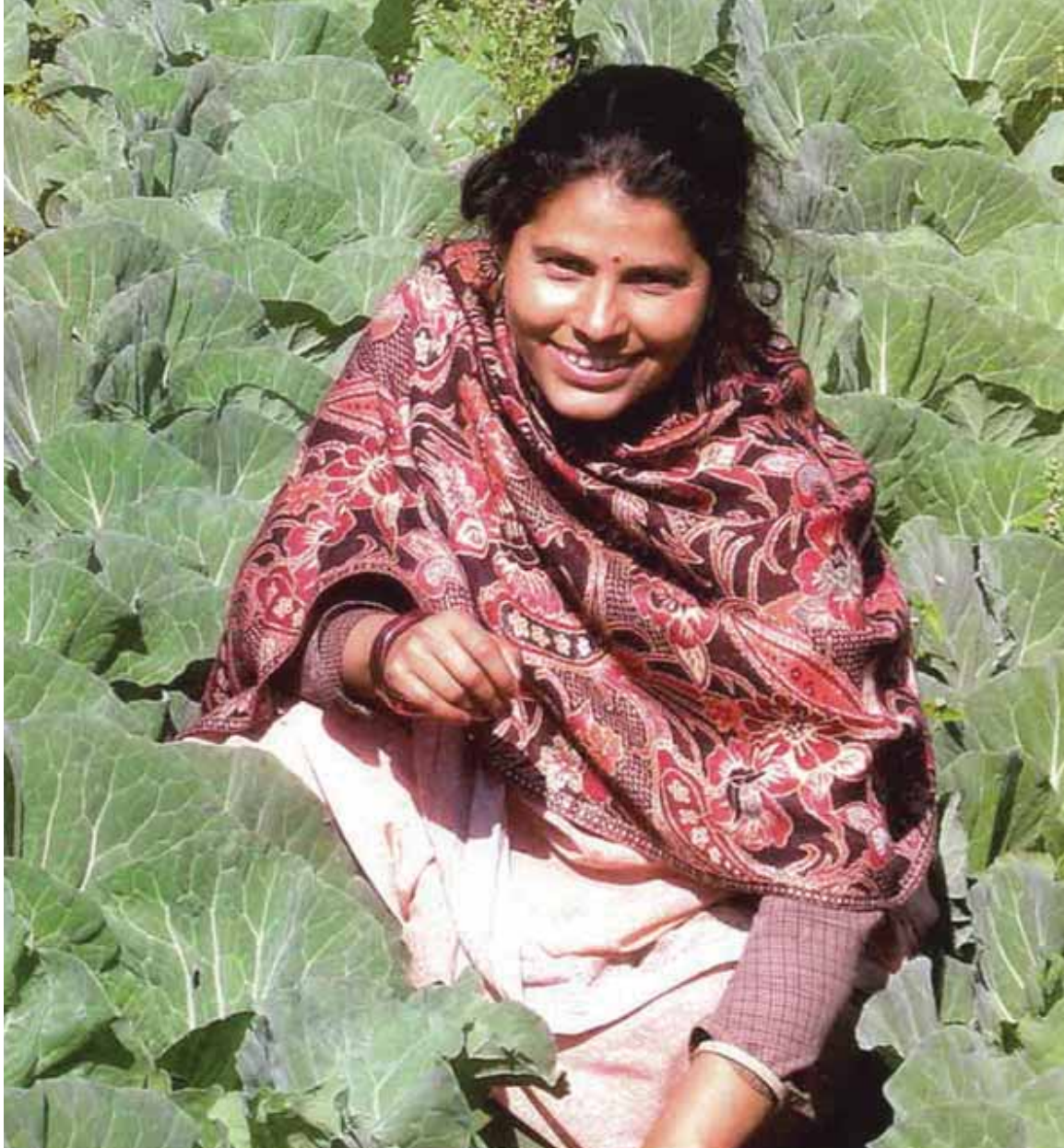
total were constructed. People worked together to place 2.2 kilometer long transmission pipeline of the system that connects the source to the reservoir tanks. Later they built the distribution pipelines and taps.

Ms. Dikshya Pahari noted that she was glad that she was able to lead the construction of the drinking water system as treasurer and this has improved her confidence and role to contribute to the welfare of her community.

The community members shared that they were glad to work with Caritas

Nepal for recovery. One of the trained mason shared that he could re-construct the houses of the community members. Kalika village was the second out of more than 600 villages affected by earthquake to complete shelter reconstruction in 2018.

Mr. Ram Sharma, Director of Social Welfare Council, congratulated Caritas Nepal for effectively mobilizing the local ethnic community for recovery work. He was glad that Caritas Nepal did mobilized communities to pursue earthquake resistant house construction managed drinking water systems.



*Farmer supported by  
Caritas Nepal in 2009.*

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*Farmer at irrigation canal built in Jumla in 2018.*



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