

Good Practices of Nepal Livelihoods and Resilience Program (NLRP)

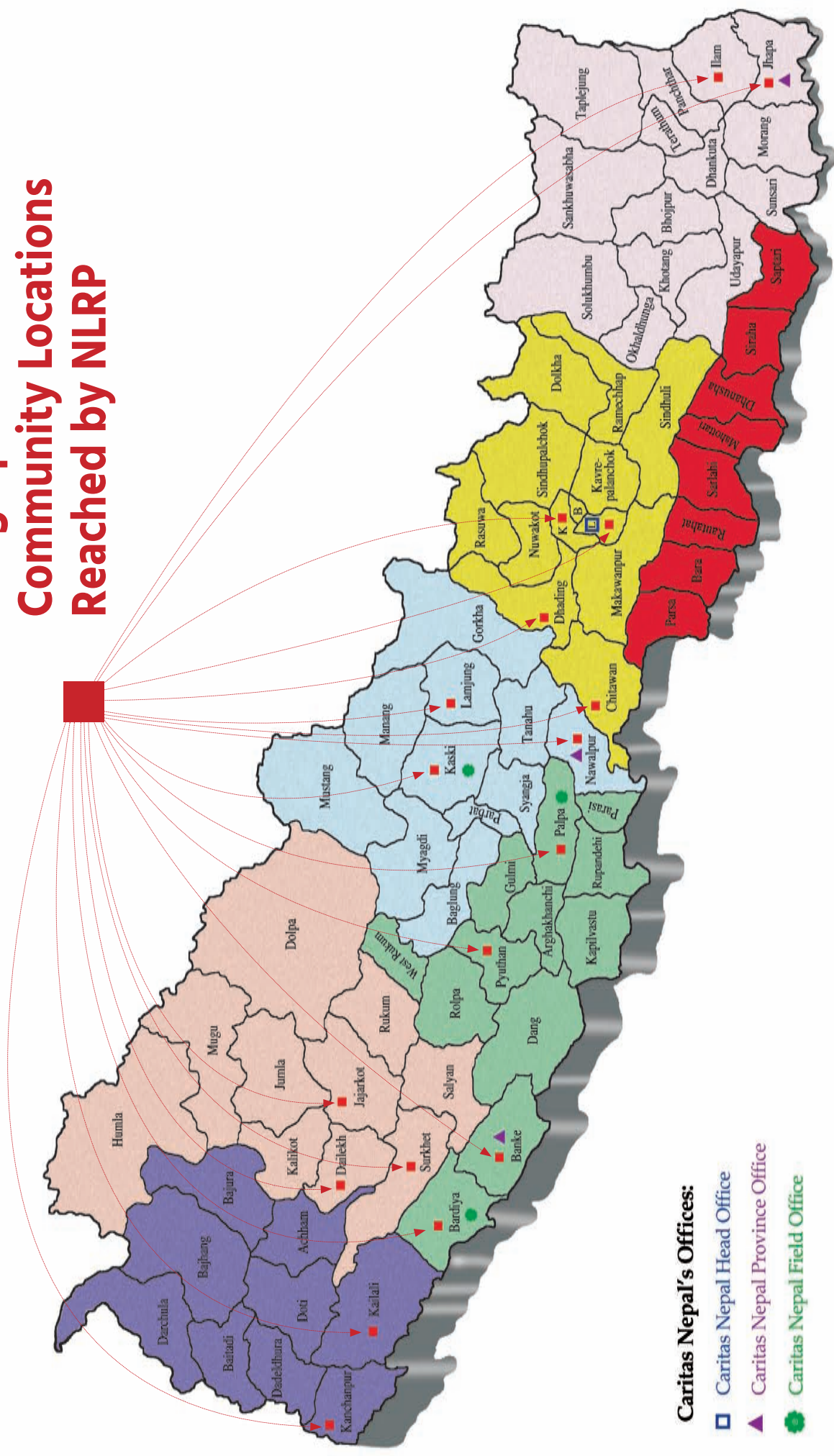


Caritas Nepal

Building Resilient Communities



Geographical Outreach – Community Locations Reached by NLRP



Message From Fr. Lalit Tudu Executive Director, Caritas Nepal

I express my sincere congratulations to the NLRP team on the successful publication of the Nepal Livelihoods and Resilience Program. As the Executive Director of Caritas Nepal, I feel proud and glad that the team succeeded to achieve its goal to create a resilient communities through sustainable livelihood approach. It has been a significant contribution to the betterment of smallholder farmers and communities in the country.

The Nepal Livelihoods and Resilience Program is an essential project that highlights the critical role of building resilient community and ensuring socio-economic well-being. This publication has been a result of the team's dedicated effort and hard work. I am grateful to everyone who contributed to reach this milestone.

I also take this opportunity to express my appreciation to the entire team involved in the project and gratitude our funding partners Caritas Australia and Australian Aid for their continued support and guidance. This programs sets a good example of a collaborative effort among local government, implementing partners and other stakeholders who contributed in playing vital role to its success.

This publication attempts to present NLRP's achievements and good practices, and the benefits realized by the communities. Lastly, thanking the team for publishing the "Good Practices of Nepal Livelihoods and Resilience Program". This will be a valuable resource for our future endeavors, livelihood practitioners, and researchers working in the development sector.



A handwritten signature in black ink, appearing to read 'Lalit Tudu', written over a series of horizontal lines.

Fr. Lalit Tudu
Executive Director
Caritas Nepal

ACRONYMS

ABCD	Asset-Based Community-Driven Development
AESA	Agro Ecosystem Analysis
B2B	Business to Business
CBT	Community-based tourism
CDEPP	Cooperative Development and Enterprise Promotion Project
CFLG	Child-Friendly Local Governance
CN	Caritas Nepal
CYEP	Children and Youth Empowerment Project
EPP	Enterprise Promotion Project
FFS	Farmer Field School
FGD	Focused Group Discussion
GESI	Gender Equity and Social Inclusion
Ha.	Hector
HHs	Households
HVC	High-Value Crops
HVEP	High-Value Enterprise Promotion
INGO	International Government Organization
IPM	Integrated Pest Management
MALH	Machhapuchhre Agro-Eco Tourism Learning Centre and Homestay
M&E	Monitoring and Evaluation
MoALD	Ministry of Agriculture and Livestock Development
NGO	Non-Governmental Organization
NLRP	Nepal Livelihood & Resilience Programme
NPR	Nepalese Rupees
PPD	Plant Protection Department
PRA	Participatory Rural Appraisal
PWD	Person with Disability
SHF	Small Household Farmers
SHG	Self-help groups

Conversion Unit for Land Area

1 Hector=19.66 Ropani

1 Hector=30 Kattha

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Introduction

Caritas Nepal is a national NGO established in 1990. The mission of Caritas Nepal is to build resilient communities. Caritas Nepal has been implementing its current strategic plan (2017-2022) with the following three major objectives: (a) enabling vulnerable small holder farmer households to pursue sustainable livelihoods; (b) social empowerment of women and marginalized groups for integrated human development and disaster risk reduction; (c) supporting disaster affected communities with holistic (multi-sector) relief and recovery services.





Caritas Nepal is glad to present the good practices of “Nepal Livelihood and Resilience Program (NLRP)” in this publication. The NLRP Program of Caritas Nepal falls within the first and second strategic objectives of Caritas Nepal. This report highlights the effective practices of the NLRP program in enabling vulnerable households and communities to realize improved social and economic well-being.

We wanted to improve our production but we were unaware of proper ways through nursery farming. I had no idea to do productive farming through less investment. We are following traditional ways. Through IPM training, we realized that this approach helps the vegetable production grows significantly.

**Sagar Rana Magar,
Triveni Karesha Bari Group, Banke**

The NLRP program's goal is as follows:

To improve social well-being of small holder farmers households and other vulnerable households.

Intervention areas of NLRP is as follows:

- a. Farmer Field Schools and follow up support package to small holder farmers to adopt IPM and sustainable agriculture practices.
- b. Promotion of community based democratic cooperatives that are inclusive and are able to provide effective micro-finance and enterprise promotion services. Emphasis given to develop women leadership in cooperatives and women entrepreneurs.
- c. Promotion of homestay based tourism.
- d. Identification and participation of disabled people in all development activities.
- e. Promotion of child rights by establishing child clubs and networks.

The location of NLRP project is as follows:

Location: Jhapa, Illam, Lalitpur, Kathmandu, Dhading, Chitwan, Nawalpur, Kaski, Lamjung, Pyuthan, Banke, Bardiya, Palpa, Surkhet, Dailekh, Jajarkot, Kailali and Kanchanpur.

Caritas Nepal has applied participatory training and extension approaches that lead to integral human development. For example, "learning by doing" approach in farmer field schools not only have made men and women farmers technically more capable to improve their livelihoods but also has developed social skills in them to lead their communities to bring about change. Similarly, capacity building and community organization have helped homestay tourism groups and cooperatives to mobilize communities to raise local resources, provide vulnerable households new opportunities for income generation, and access wider markets. Similarly, children's rights have been addressed by clubs. In all the interventions, care has been taken to contribute to environmental balance and address and disaster risks.

The approaches pursued by Caritas Nepal are in alignment with long term policies and plans of Ministry of Agriculture and Cooperatives and Tourism Ministry of Government of Nepal. They also contribute to holistic children's development objective of Ministry of Women, Children and Social Welfare of the Government of Nepal. NLRP project has contributed effectively to following Sustainable Development Goals: 1, 2, 8, 11, and 13.

We hope that the good practices and cases studies presented in this publication will contribute towards the knowledge on how environmentally friendly socio-economic development is possible through pro-poor and vulnerable focused participatory development approaches.

This good practices documentation process included collecting information on achievement of NLRP program and feed-back of participants on what they thought was relevant, useful and effective. The good practices are analyzed and presented by noting the following: objective for the intervention; intervention modality; effectiveness as demonstrated by achievements; innovativeness or special emphasis area; and sustainability indicators for the approach.

Good practices on community homestay promotion

Homestay promotion is a national strategy promoted by the Department of Tourism in Nepal. In 2018, CN launched a pilot project to build capacity for homestay service delivery in Tusse village of Machhapuchhare Municipality in Kaski. The homestay capacity building package was developed by CN upon participatory situational assessment (analyzing economic, social, and environmental contexts) with the local community.

Objectives:

1. To build the capacity of households to provide homestay services for income generation.
2. To build the capacities of local households and communities for vegetable farming and livestock raising for income generation.
3. To build the capacity of the homestay group members to work together to plan and promote homestay activities.



Intervention

An integrated (multi-sectorial) homestay promotion approach was applied in the project by including livelihood and tourism components. The following components (inputs and activities) are being implemented:

- 1. Group formation and training for homestay operations:** A homestay group of 27 local households having the basic resources to begin homestay was formed. The basic resources included house and land in the area, and family members willing to give time for the enterprise. The families had either additional room/s to provide for homestay guests or were interested to add such infrastructure. The community members took part in the homestay group on a voluntary basis upon undertaking orientation on the homestay issue. A comprehensive training (5 days) provided covered topics on homestay operations as follows: business planning; cooking; guest relations; house-keeping in terms of quality room facility provision; good sanitation with toilet and bath provision; a code of conduct for homestay service providers and group; marketing of homestay; and leadership skills to facilitate homestay.
- 2. Short-term training provided for vegetable gardening, livestock rearing, and poultry raising:** Households in the homestay group and their neighbors organized in additional groups were provided training in vegetable farming, livestock raising, and poultry raising. These trainings were for at least three days with additional guidance by local technicians.
- 3. Chemical free farming training and Bio-lab:** Crop season long Farmer Field School (FFS) for Integrated pest management (IPM) in vegetables were held for interested farmers in the location. The FFS trained local people to farm vegetables using suitable environmental friendly practices. Bio-control material production lab was established in the village. The bio-control lab produces items such as Trichoderma that can be used instead of pesticide to control fungal and bacterial disease and promotes healthy plant growth.



Cultural dance shown to the guest at Machhapuchhre Homestay



4. **Input support:** Grant support by CN in is total NPR. 2,700,000 till now. That is NPR. 35,000 for homestay facility improvement per household and NPR. 65,000 for agriculture and livestock activity support per household. The homestay participants were able to access inputs such as beddings and water filter, and improve facilities such as toilet and bath with the support.
5. **Additional input support made possible through linkages established:** NPR.100, 000 was provided by the Ministry of Tourism for improving homestay infrastructure to the group. Additional, NPR. 110,000 supported to install solar water heaters by local municipality.
6. **Community Homestay Management Training and Guidance:** Homestay group was provided training on Community Homestay business planning, marketing, and management. There were specific training and meetings held to develop the communities' strategies for home stay operations, code of conduct of participants, for marketing, and to prepare documents for registration of home stay at the local municipality and Ministry of Tourism at the provincial level. Additional meetings were held to support market linkage. Promotional media such information boards, posters, and web based marketing was discussed.

Effectiveness

The satisfaction of visitors is of utmost importance to understand the effectiveness of homestay service delivery. There were about 9000 guests who visited the homestay in the period of 2018-2022. According to them, the following are reasons for their satisfied stay in the homestay:

1. View of Machhapuchhre and Annapurna range.
2. Hiking to a Natural hot spring and trekking to *Khumai Dada* with support of local guide. Trekking to *Saripakha* and *Ghamtara* for view of sunrise, sunset, *Laligurans* (Rhododendron) forest and birds.
3. Flora and Fauna in trekking route.
4. Humble nature and hospitality of homestay service providers. Interaction with homestay family and community on village culture, customs, music, dance, and ecologically friendly farming etc.
5. Provision of a separate room, toilet, and bathing facility.
6. Organic Local food from local produce such as vegetables, fruits, honey, fish, poultry and pig etc.
7. Internet access.

Income generated

Average household income from homestay was as high as NPR. 115,411 per year before the COVID 19 pandemic in 2019. The following datasheet indicates average homestay income per household is about NPR. 60,000 in 2022.

Table: Yearly income of homestay group and average income of each household

Year	Total income earned NPR.	Members	Income from homestay NPR.	Income from vegetable farming, livestock, poultry etc.	Approximate total income per household
2018	568500	20	28425	-	28425
2019	2654450	23	115411	11000	126411
2020	845000	25	33800	30000	63800
2021	25000	27	926	17000	17926
2022	603800	27	22363	32000	54363

(Source: Machhapuchhare homestay data base, 2022)

It is also noted that the alternate income generation activities have provided much needed income for the households in times when tourism was affected by COVID 19 pandemic. The income earned from agriculture and livestock activities has made it possible for the households to meet their basic household needs during the time of COVID 19 crisis.

These income generation activities are of much importance for local economic development given it reached additional 50 poor households who did not have resources to support the homestay activities. Hence, in this way these households are now producing local products for consumption by the local communities and homestay tourism. They also sell their products in markets in Pokhara.

The income from homestay per household in 2022 was not high. However, with the end to COVID 19 pandemic situation and looking at the bookings made by guests for the future, the homestay group is hopeful they can once again make high earnings in the future years as they did in 2019.

Strengthened Community Organization

27 HHs participants formed a homestay group, 53 participants formed a high value vegetable farming group with IPM practice, and 63 participants formed livestock group.

The Machhapuchhare homestay group is led by Machhapuchhare Homestay Management Committee of seven members. Mr. Bar Bdr. Gurung is the Chairperson of the

group. There is monthly meeting held by the committee to facilitate management of the homestay. There are also sub-committees formed for cultural operations and marketing.

The committee coordinates to organize cultural (song and dance) events and provide trekking guide services to scenic locations and hot springs. The committee helps each homestay group member to develop and implement their homestay business plan. The com-



mittee then takes the initiative to implement the wider group basis plan. The Machhapuchhare Homestay Management Committee has been able to prepare annual reports on homestay operations and submit it to the local government (and successfully advocated to receive some support). The homestay group is able to coordinate properly to undertake effective marketing of homestay services to potential clients using Facebook page, website and phone communications etc.

Homestay has proven to be a truly participatory tourism enterprise in the villages with women doing hospitality service together with men, and youth supporting by providing tourist guide services. Farmers are producing much needed food products and other entrepreneurs are running restaurants and transport services.

Innovation or special emphasis area

The following table presents in brief the integrated approach to home stay promotion by Caritas Nepal. The approach or package as a whole has been found to be innovative because it is able to build on the strengths and opportunities available in the community.

Community Organization for Homestay Management (Group formation, management committee, policy and plans)	Integrated approach for Home stay based tourism enterprise promotion	Vegetable farming, livestock rearing and poultry raising capacity improved by training and input support. Farmers' skills to pursue organic and IPM practices improved. Bio-lab set up for production of bio-control materials replacing use of chemical controls. Pesticide free vegetable available provides safe food to guests coming for homestay.
Formal Registration of community homestay enterprise at local government and Tourism Ministry of Gandaki Province.		
Hospitality service capacity improved by building on local culture.		
Food and beverage service capacity improved by building on local food items (free of pesticide).		Restaurant in community established with encouragement and support.
Sanitation facilities and cleanliness improved (bath with hot water, toilet)		Cultural event hosting capacity improved.
Tourist guide service by involving local youth.		Marketing capacity developed (web site, face book, linkages to travel agents)

The homestay promotion is found to be innovative and has notable replication possibilities in suitable locations. The innovations in the homestay promotion reported here are as follows:

Homestay services has been improved and expanded with effective community organization. This included homestay management training and facilitation. Homestay tourism services have been led by a committed Home Stay Management Committee, and the community has enabled youth to be trekking guide and to host cultural events. The homestay activity has empowered women in the rural households to provide good hospitality services and earn income.

Additional opportunities realized for income generation by the homestay households and wider communities by applying environmentally friendly practices. Off season vegetables are being farmed by leader farmers who have large green houses.

Food safety for consumers has been improved by following Organic and IPM practices in vegetable farming.

Marketing of homestay services have been effectively done through the use of Facebook, website, phone communications, and travel agents etc.

Homestay is formalized by registration at local government and provincial tourism ministry and is able to receive guidance and support from these agencies.

Sustainability

Social sustainability aspects are good, given the cohesiveness and organized planning capacity present in the homestay group (and other activity groups). The Machhapuchhre Homestay Management Committee has led the group effectively to realize its objectives of tourism promotion and income generation. The group is registered at local government level and department of tourism (provincial level).

Besides cooperating to provide the homestay tourism services, the homestay group members contribute Rs. 50 per guest to a community fund that provides loans for their members when necessary to improve their homestay facilities.

Institutional linkages formed are strong and has resulted in boosting capacity for quality homestay service provision with the added support of local government and department of tourism. These linkages will also be important to draw in additional resources in the future or for marketing purposes as well.

There is an effective marketing effort made by the homestay group with Facebook, website, and especially phone communications. In this way, they are proactively marketing using these tools and by linking with other travel service providers.

Households are able to reduce economic risk by pursuing homestay activity as well as other farming options for income generation. For example, their farming activities helped them to earn some income during the COVID 19 pandemic period that disrupted the tourism flow. Now tourism activities have picked up and people are pursuing both the homestay and their other income generation activities.

The homestay group has contributed to environmental improvement by improving sanitation (toilet and bath) facilities, by undertaking plantations of locally suitable trees in own land and forest land, and by pursuing environmentally friendly IPM practices in agriculture. The Bio-lab established in the location is producing bio-control materials that have helped the farmers to replace the use of harmful chemicals to control disease and pests in vegetable farming. Therefore, the vegetables served in homestay are safe to eat because they are pesticide free.

In this way, community based homestay promotion by integrated approach can provide much needed alternative livelihood option for communities that have basic resources and potential for local tourism development.

Box 1: Quote taken from NLRP Evaluation Report (2022) of Foundation for Development Management on Homestay

Likewise, one of the most notable and relevant enterprise support interventions was homestays. For example, in Nawalparasi and Pokhara, the homestay support to the communities was found to be very relevant as these places offer huge tourism potential. Due to the proximity to tourism zones, the homestay interventions were found to be very relevant to the beneficiaries.

Ban Kumari Gurung is glad to see smiling faces of her home stay guests!



Tusse Village, due to its panoramic Mountain View and greenery, has been a good getaway for national and international travelers. In 2018, CN initiated 'Machhapuchhre Agro-Eco Tourism and Learning Centre (MALH)' to support homestays aiming to boost the livelihood status of farmers. With support from Caritas Australia, the CN team procured the bedding, toilet and bath facility, water filters, and other amenities from the local markets to enable local households to set up 27 women-led homestays.

The community members like Mrs Ban Kumari developed confidence to run homestay upon receiving various trainings. The training covered courses such as hospitality management including room set up, making bed, keeping good sanitation in all facilities (i. e. room, kitchen, and bathroom) and also preparing delicious food from local produce.

58 years old, Ban Kumari Gurung is excited to run the homestay in coordination with others in her 27 member group. She happily notes: "I have earned NPR. 400,000 by providing homestay service to 500 Nepali and foreign guests. Our homestay is community owned and the homestay owners contribute NPR. 50 per visitor to a community fund that offers interest-free loans for community members to upgrade their homestays in future. I am grateful to Caritas Nepal for establishing homestay and supporting us women to be independent," says Ban Kumari.

The homestay serve visitors simple but delicious local Nepali food. Ban Kumari prepares a lavish spread *Dhido* for lunch or dinner. This is a dish prepared by gradually adding millet or corn flour pulp in boiling water. This is served with organic vegetables, black beans soup, goat or chicken meat and pickle. She is also producing organic honey from four bee hives supported by Caritas and homestay guest are glad to taste this product.

Mrs. Ban Kumari also cooks rice and lentils or *daal bhat* and serves it with vegetables and meat. The food is cooked on a mud stove and served to guests who can either sit next to the kitchen itself or stay in the verandah for dining. This gives an authentic homestay experience. Ban Kamari notes: "The most rewarding part is watching my guests happy and wanting to revisit".



Ms. Bankumari serving her guest Machhapuchhere Homestay. Kaski.

Good practices of Farmers Field School (FFS) for IPM in vegetables

CN has coordinated with the Plant Protection Department (PPD) under the Ministry of Agriculture of the Nepal Government and implemented Farmer Field School (FFS) for IPM in vegetables and rice from 2003 onwards. CN has undertaken more than 200 FFSs in the past two decades. The FFS applies **“Learning by Doing”** approach to build the capacity of the farmers to pursue improved farming practices that results in better crop health, higher yields, and improved farming sustainability.

The farmers are facing significant challenges in pest and disease management of vegetable crops. Farmers in many districts have noted that these challenges remained despite their application of significant amounts of chemical pesticides. The use of pesticides is harming the health of the farmer due to lack of proper safety measures taken during spraying of pesticides. The use of pesticides is also harming consumers who have to consume pesticide-contaminated vegetables. In addition, the use of high levels of pesticides also has the potential to increase pesticide resistance in pests. Significant use of pesticides also results in a lack of ecological balance between predators and pests in the local farming ecosystems. Hence, in this situation, there is much need to find and apply pest and disease control practices that result in good crop health, higher crop productivity and contribute to improving the pest and predator balance in the farming ecosystem. The IPM training enables farmers to pursue bio control mechanisms for pest and disease control.



Airawati Rural Municipality 4, Pyuthan 2.

1. To undertake FFS for IPM in vegetables in order to build the capacity of smallholder farmers to increase crop yields, incomes, and farming sustainability.
2. To improve farmers' knowledge and skills to apply crop and pest management practices.
3. To enable farmers to make critical and informed decisions to address farming challenges.



Airawati Rural Municipality 4, Pyuthan.

Intervention

FFS for IPM in vegetables is undertaken for the whole crop season (18-24 weeks). This "learning by doing" training approach is described below.

1. **Farmer Field School based IPM training:** There are two major trial plots and several minor trial plots in FFS. One major trial plot is where farmers cultivate the vegetable crops using farmer's practice, and another major trial plot is where farmers apply IPM practices. The major trial plots are of about 250-350 meter square each. The IPM practice trial plot is set up as per guidance of the IPM facilitator. The facilitator advises on IPM techniques to manage the IPM trial plot for the whole crop season.
2. **Group Led Approach:** The FFS group is formed with the participation of men and women farmers, including youth, PwD and single women. The group forms an FFS management committee and subgroups to manage and undertake FFS learning activities. The FFS management activities include site selection, establishment of FFS trial plot, managing materials for training, provision of snacks, facilitating Agro Eco System Analysis (AESAs) and group discussions, preparing the FFS report in a participatory manner, hosting FFS graduation ceremony, and hosting follow up meetings.
3. **Participatory Learning with Agro-Ecosystem Analysis:** AESA enables farmers to examine the agriculture field, document biotic and abiotic parameters, analyze the situation, prioritize the problems/challenges and decide on crop management decisions in a participatory manner. This includes collecting field information and preparing a report, usually done in 3-4 subgroups. Each sub group of FFS then observes in the field and records biotic, abiotic and weather parameters. This AESA report is presented to the main FFS group by each sub group. The AESA report clarifies the situation of crops in terms of their growth, health and yield. The FFS can then learn which types of farming practices and technological applications results in better health, growth, and yields in crops. In each stage of the crop development, discussion on addressing challenges takes place, and as necessary, the IPM technician or IPM Farmer Trainer then provides their guidance on integrated crop and pest management concerns.



Farmers group of Banke during IPM practical training in field.

Table: Information present in an AESA report

Basic Information	General Information	Abiotic or Physical Information	
FFS Name:	Variety:	Weather (Temperature, wind, Soil Moisture)	
AESA No.	Planted Date:	Biotic Information -	
Plot No.	Age of Crop:	Measurement of Plants	
	Spacing:	Leaves dimension:	
	Fertilizer:	No. of Leaves:	
Date:	Weather:	Diseased or damaged leaves:	
	Time of Observation:	Height of plant:	
	Plant Population:	Canopy:	
	Germination%:	Number of pods:	
	Treatment Schedule:	Observed Pest and Natural enemies:	
	Practices:		
Drawing of Pest seen:	Drawing of Natural Enemies seen:	Drawing of Plant:	Recommendation (What management practices should be applied?)

Effectiveness

The effectiveness of Farmer Field Schools for IPM is noted as per review of results of eight Farmer Field Schools conducted in Nawalparasi, Bardiya, Banke, Kaski, Pyuthan, Palpa, Kanchanpur and Jhapa.

Improved capacity of small holder farmers for vegetable cultivation

The knowledge and skill improvement of small holder farmers was notable due to farmer field school training. The gain in knowledge and skills as per the pre and post Ballot Box Test (BBT) undertaken at the beginning and end of the FFS respectively was as follows; on average, the pre BBT score was 44 whereas the post BBT score was 75. This shows good increase (31 points) in knowledge and skill on nursery management, crop management and integrated pest management.



*Rajapur Municipality, Bardiya,
Pheromone trap.*

Integrated crop and pest management practices applied effectively

The integrated methods include processes followed from seed selection to harvesting. The following table shows the integrated methods applied in the farmer field schools that resulted in greater growth and health of the crops and greater yields. The table also indicates the pest and diseases prevalent in the locations and primary control mechanisms used.



Pokhara metropolitan 19, Kaski.

Reduction of chemical inputs

Integrated crop and pest management has enabled farmers to produce and use organic fertilizers and pest control sprays. These include farmyard manure, compost, *Bokashi* fertilizer and organic and/or botanical sprays in place of chemical pesticides.

Table: Effective integrated crop and pest management processes followed in IPM practice plots in comparison to those applied in traditional farmer practice plots.

Cultivation Practices	Cole crop (Cauliflower & Cabbage)		Cucurbit (Bitter gourd & Cucumber)	
	IPM Practices	Farmers Practices	IPM Practices	Farmers Practices
Nursery establishment	Hot bed Nursery		Simple nursery in poly bag	
	Line Seeding	No line seeding		
Tillage	3 times	3 times	3 times	3 times
Seed testing	Germination test	Germination test	Germination test	Germination test
Nutrient Management				
During field preparation	Compost=45 Ton/Ha	Compost:40 Ton/Ha	Compost: 30 Ton/Ha	Compost: 20 Ton/Ha
	N:P: K=135:125:115 Kg/ha	N:P: K= 125: 135:105 Kg/ha	N:P: K= 70:50:40 Kg/ha	N:P: K=30:80:45 Kg/ha
	Bokashi per plant 500 gm		Bokashi per plant 500 gm	
	Boron: 2 Kg/ha		Zn= 20 Kg/ha	
Top dressing	2 times	1 time	2 times	1 time
Spacing	Plant*Row=45*60	Plant*Row=40*45	(BG): 100*150 cm (C): 80*60 cm	(BG): 200*150 cm (C): 100*150 cm

Insect & disease management				
Chemical, botanical and physical method	For Downy Mildew: Used Botanical pesticide and Bavistin (Carbendazim 50% WP) 2-3 gm/Ltr For cabbage butterfly: Hand picking of larva and eggs. For Flee beetle: Botanical pesticide spray (4-5 times as per requirement), Nimex (3ml pre ltr)	For Downy Mildew: Used Botanical pesticide and Bavistin (Carbendazim 50% WP) 2-3 gm/Ltr For cabbage butterfly & Flee beetle: Used Cypermethrin.	For Red Pumpkin Beetle: used multi neem and botanical pesticide (4-5 times) For Thrip: use of marigold water in nursery For Fruit Fly: Use of pheromone trap & Neemax. For Spotted beetle: Weekly spray of cow urine and water in 1:6 ratio as well as hand picking of larvae Yellow mosaic Virus: Spray mixture of cow milk (10 ml) and water (1 ltr) in 7 days interval.	For red pumpkin beetle, Thrip and Fruit fly: used Cypermethrin Yellow mosaic Virus: Spray mixture of cow milk (10 ml) and water (1 ltr) in 7 days interval.
Intercultural operation				
Irrigation	2-3 times	2-3 times	Mulching, 1-2 times	2-3 times
Weeding	4 times	2 times	3 times	2 times
Stacking			Triangle shape for bitter gourd & flat shaped for bottle by rope	Stacking using plant branches

(Source: IPM FFS, 2020/2021)

Rakshya (25) is single, has a mother, father, a brother and sister and studied until year 12. Rakshya used to live in Kathmandu and worked as a tailor with her family but COVID stopped most of their business. Her father became a day labourer and her mother a housemaid to gain an income. Rakshya had no previous agricultural experience but started farming and was introduced to Caritas Nepal where she received training through a Farmer Field School (FFS) including IPM (Integrated Pest Management) techniques. Initially her family and community didn't believe she could make it as a farmer but now she runs a successful farm, making a living by selling vegetables to the local shops and market. The emphasis of an IPM farmer field school approach is a sustainable production through the conservation of natural bio-diversity in the field.



Table: Use trend of chemical and organic inputs for pest management

Vegetables	Use of chemical input and organic practice before FFS		Use of chemical input and organic practice after FFS			
	Chemical pesticide use trend	Chemical fertilizer use trend	Chemical pesticide use trend	Chemical fertilizer use trend	Organic spray	Organic fertilizer
Bitter gourd	30%	77%	23%	40%	61.2%	68%
Cabbage	60%	38%	25%	20%	70%	74%
Cauliflower	50%	45%	25%	25%	36%	72.4%
Cucumber	40%	65%	30%	35%	44%	76%
Average	45%	63%	25.75%	18%	52.8%	72.6%

Note: Category in terms of % of use- 0-33% low level, 33-66% medium level, 66-100% high level
(Source: IPM FFS, 2020/2021)

In terms of chemical pesticides, before the FFS their use was medium in all the vegetable crops besides bitter gourd which had low level chemical pesticide. In terms of chemical fertilizer use, there was medium- to very high-level chemical fertilizer use in the various crops. As per the data collected from the FFS trainees and presented in the above table, after FFS training chemical input use has been notably reduced to a low level by the trainees who have significantly increased use of alternative organic practices.

Increase in crop yields

Application of improved IPM practices resulted in 41.9 percent yield increase in bitter gourd, 40 percent yield increase in cabbage, 25.7 percent yield increase in cauliflower and 61.1 percent yield increase in Cucumber. The yield realized is also higher than the national average crop yield for the various crops.

Table: Crops and crop yields

Name of Vegetable (Variety)	Locations	IPM plot area m ²	Production ton/ha – IPM	Farmer practice plot area -m ²	Farmer plot production ton/ha	Yield increase %	National Average ton/ha #
Bitter gourd (Pali)	Nawalparasi, Bardiya, Banke	296	22.57	296	15.9	41.9	14.25
Cabbage (T621)	Kaski	250	28	250	20	40.0	16.67
Cauliflower- (White diamond, Snow crown, Devi 2)	Pyuthan, Palpa, Kanchanpur	350	16.1	350	12.8	25.7	14.94
Cucumber (Chadani)	Jhapa	250	23.2	250	14.4	61.1	15.32

(Source: IPM FFS, 2020/2021 & #MoALD, Statistical Information on Nepalese Agriculture 2020/21)

Capacity built of small holder farmers to increase incomes from vegetable farming

Given the notable increase in crop yields (25% to 61%) there is also a corresponding increase in sales of vegetable produce as well. The potential for an increase in income from the sale of vegetables is demonstrated by the FFS plots. The increase in income is notable in IPM plot as compared to farmer practice plots.

Table: Income increase from sales of vegetable produce of IPM Plot as compared to Farmer Practice Plot

Crop	Income from IPM Plot-Rs.	Income from Farmer Plot-Rs.	Income from minor trials-Rs.	Average income per FFS Field - Rs.
Bitter gourd (3 FFS)	15563	11197	19247	46007
Cabbage (1 FFS)	19120	11200	5850	36170
Cauliflower (3 FFS)	16082	11811	12715	40608
Cucumber (1 FFS)	6150	2250	13900	22300

(Source: IPM FFS, 2020/2021)

The increase in income achieved from sales of vegetable produce of IPM plots of the FFS as compared to sales of vegetable produce of farmer plots of FFS is the potential capacity developed by the farmers to increase yields and incomes. That is this increase in yields and incomes are possible when they adopt IPM practices in their own fields later on. Such increase in yields and incomes in line of that received in FFS has been reported by farmers in subsequent years. As reported in case studies presented later in this document, Mr. Shivaraj and Mr. Khushi Lal have been able to pursue wider vegetable farming and improved incomes by pursuing IPM practices learned in FFS training.

Innovation or special emphasis area

CN has implemented FFS activities following the guidelines of Food and Agricultural Organization (FAO) and Plant Protection Division of Nepal. IPM Technicians and Farmer Facilitators have been trained through the initial crop season long training and later through six-monthly learning sharing network meetings. Similarly, FFS groups are trained in one season and then they pursue the IPM adoption campaign in the suitable crop seasons in the future. The campaign for local IPM production in subsequent years

Farmers group of Banke during IPM practical training in field.



(with token input or seed support from the project to the trained farmers) has proved to be very effective. In this way, the completion of FFS training is just a beginning and the IPM practices adoption campaign in the longer run. With IPM adoption campaign in subsequent years it has been found that more than two thirds of the farmers trained in FFS have continued to improve crop yields by applying various IPM practices. The case study of Mr. Shivaraj presented later in this document indicates the same.

One innovation done by Caritas Nepal is to provide FFS training not only to farmers but also to agriculture students pursuing certificate or bachelor level of study. This has enabled such students to actually practice agriculture better in their own farms as indicated by the case study of Mr. Khushi Lal presented later in this document. In addition, training agriculture students has been a medium to further promote IPM in Nepal. Many of the past FFS trained students are now agriculture professionals in private sector and Nepal Government Offices and they are promoting sustainable agriculture practices using IPM techniques learned in FFS.

The improved capacity of the local farmers to understand the biotic and abiotic situation in the field has encouraged the farmers to undertake more conscious field monitoring on a regular basis. The trained farmers and groups are then able to discuss and apply locally proven IPM practices (or new combination of crop and pest management practices) to address challenges. The ability to address challenges in group basis is built by the FFS training approach that improves not only individual technical capacity but also social dynamics for problem solving in groups.

Sustainability

The FFS approach is a very cost-effective approach for training farmers who may have a low level of education or may be illiterate. As reported above, it has been found to be very effective for transferring knowledge and skills as well as building farmers' capacity to conduct situation assessments.

The FFS approach, as indicated in the above deliberations, has clearly indicated its potential to contribute to environmental balance (by decreasing chemical input and using integrated farming practices including organic practices). It also has the potential to continue developing new locally suitable strategies for addressing challenges as a result of the farmers' improved participatory problem-solving capacity.

The FFS groups formed are undertaking either farmer group trials or individual farmer plot trials and so objective processes for learning will be continued in the future. This will help to come up with new strategies for local challenges of crop and pest management. In this way, members continue to motivate themselves and each other for use of IPM practices.

In addition, the FFS groups have registered at local government or line agencies and were able to access support such as for farming inputs, irrigation access, marketing access etc.

In this way, the FFS approach for IPM extension with IPM adoption campaign in pursuing years is found to be suitable to empowering farmers to improve yields, incomes and to pursue environmentally friendly farming practices. This helps the farming livelihood to become more sustainable in the longer run.



Rajapur Municipality, Bardiya. Sticky trap.

Smallholder Farmer

Mr. Shivaraj earns good income from high value crop farming

Shivaraj Thanet, Kawasoti Municipality, Nawalparasi.



Shivaraj Thanet, 61, a smallholder farmer from Kawasoti Municipality, Nawalparasi, had been cultivating vegetables in 0.1665 ha since 2058 B.S but it did not give him financial stability. He wanted to use his experience to grow vegetables in the Terai region. However, she had little knowledge of proper cultivation methods and was cultivating vegetables using traditional methods. After being introduced to CN through the Samabesi IPM farmer group, he was able to take part in a 22 week long FFS for IPM in vegetables.

With the group's recommendation, CN provided him grant support of NPR. 20,000 for High Value Enterprise support through Sana Kishan Cooperative (local). He expanded his farm land from 0.1665 ha to 0.999 ha by renting additional lands. He cultivated high value crops like cucumber, chilies, tomatoes, cow peas, cauliflower, and cabbage last year. In this way, by farming various crops he increased his farm and crop management skills. He has now moved ahead from just subsistence towards commercial vegetable farming and doubled his income (i. e now he has total sales income of NPR. 8, 79,000 and net income of NPR 6, 33,000). He is able to purchase quality seeds, fertilizers, and equipment, including a transparent plastic sheet for green house for growing tomatoes in off season. He has increased crop productivity, and improved quality of production.

Mr. Shivaraj notes: "Thanks to Caritas Austria funded IPM project run by CN and for providing me training on Integrated Pest Management and cropping system and enabling me to reduce the use of chemical inputs and now I am a more capable farmer."

Mr. Khushi Lal is realizing greater farm earnings with IPM adoption

Mr. Khushi Lal Gaha (19) is the member of the Farmer Field School Group of Kawasoti village in Nawalparasi. This FFS was set up to train young people who were studying agriculture in college so they would not only have theoretical knowledge but much required wider practical understanding and appreciation for IPM. The FFS provided 18 weeks training to his group of 35 participants. From a young age Khushi wanted to study agriculture and in the FFS he was glad to learn by doing the various experiments. “Through the FFS, we have learned quite a lot of important things on farming practices”, he says. Even his mother said: “Khushi is another person today. He has become self-confident is able to express his opinion clearly. He is guiding and inspiring other people now.”

After the FFS training, he started commercial tomato farming on 1 Kattha (0.03 Ha.) of land. Through his learning from FFS, he has adopted IPM practices such as improved nursery management, proper spacing, use of organic fertilizers, use of botanical pesticides, stacking, pruning, use of insect traps, etc.

“My neighbors contact me whenever they have a problem in their field, and I am able to give them suitable advice as per my IPM training.” There are other farmers who have started their agricultural activity with Mr. Khushi’s help, and in this way he has become an example for them.

Khushi has been able to produce 6.5 quintals of tomatoes. The quantity of pesticides used decreased by more than half. The family income increased significantly due to the lower production expenses, higher crop yields and timely sales of products. “We are able to earn NPR. 28,500 from sales of tomatoes while spending NPR. 10,000 on input. “I am getting a net profit of NPR. 18,500”, said Khushi smiling and with his eyes wide-open. “Thank you to Caritas Australia and Caritas Nepal for changing the mindsets of young people in terms of agriculture and helping us produce safe food for good health,” he added.

Khushi Lal Gaha



Organic Rooftop Farming: A healthy lifestyle

Rooftop monitoring by Former Deputy Mayor of Kritipur.



The following article is an example that IPM practices can also be applied for food security purposes in urban location.

Ramchandra Dongol wanted to pursue kitchen gardening in during COVID-19 lockdown period of 2021 when he saw others growing vegetables on the terraces. But, at the time he lacked technical knowledge. Dongol had gone to Agriculture Office of Kirtipur Municipality where he learned about CN and Sarbodaya Nepal. After that he got an opportunity to participate in season long training of IPM Rooftop farming in Cole crops (and some other crops) which has enabled him to run his small-scale garden effectively. "I have learnt a lot about overall vegetable cultivation, such as raising seedlings in poly bags and plastic trays, being able to make different types of fertilizers using locally available materials such as *jhol mal*¹ (Botanical pesticide) and Bokasi Manure, being able to identify harmful and beneficial insects, knowing the importance of animal urine for pest and disease management, and so on", says Dongol.

Upon cultivating vegetables like cauliflower, broccoli, cabbage, spinach, radish, coriander etc. using IPM method on his roof top, Dangol notes he is able to meet about half of his household vegetable consumption needs already within one year. He

¹ *jhol mal* : Botanical pesticide

has stopped buying vegetables for household consumption by 50 percent. To further improve rooftop production and be self-reliant in vegetables for household consumption, he has purchased extra grow bags and maintained a nursery of cucurbit crops, tomatoes, chilies, eggplant, and corianders for this season.

Besides that, Dongol said that his health was improving. He is a diabetic patient and once had suffered a minor heart attack: "I used to take insulin for my diabetes. But this time, when I went for my regular checkup, the doctor advised me not to use insulin as my sugar level was moderate. It was because I spent hours in the morning and in the evening working in rooftop, which kept me physically and mentally fit."



Box 2: Quote taken from NLRP Evaluation Report (2022) of Foundation for Development Management on IPM Intervention

*One of the most notable positive impacts of **the IPM component** was the reduced use of chemical pesticides, increased farm yield, production of healthier vegetables and improved saving habits.*

***The IPM project** was found to be highly relevant as the project used modern agricultural techniques to increase productivity of farmers, targeted marginalized groups, and women homemakers, and utilized available farmlands to convert them into IPM farms.*

The impact had also positively extended in empowering and building confidence plus leadership capacity among female trainees.

The project has worked as a catalyst to extract maximum output from the limited investment. The training approach for the IPM trainings was also found to be very efficient as it incorporated both aspects of theoretical and farm based practical learnings. As majority of the training were held in demo fields, the project saved up implementation cost. Hence, the project can be deemed as efficient in terms of overall value for money.

Good practices of promoting community owned cooperatives: Samata and Janaki Cooperatives

Understanding that poverty reduction, social empowerment of vulnerable households, and wider community organization to bring about change takes time, Caritas Nepal's socio-economic empowerment projects work with the most vulnerable households and marginalized groups and communities in the longer run of 6 to 9 years. Initially, communities are made aware of relevant concerns and organized at neighborhood level by forming groups such as women's groups, farmer groups, or mixed groups. In the later phases, if there is need, the groups are provided opportunity to form a larger cooperative by uniting the local groups (of a ward or municipality). In this way, Caritas Nepal's Cooperative Section has helped local communities to establish and strengthen hundreds of democratic cooperatives all through Nepal. Samata cooperative is one of the cooperatives developed with the application of this approach. Caritas Nepal's Cooperative Section's capacity building and enterprise promotion activities are supported by NLRP.

Caritas Nepal's aim is to establish a democratic cooperative organization that unites the diverse economic and social groups within a community to work for their common good. The cooperative organizations bring people together to address economic and social development opportunities. In doing so, there is preferential option given for the most vulnerable people.



Samata cooperative's 9th AGM, Kawaswoti Municipality, Nawapur

Understanding that cooperatives are private organizations (company limited) that are accountable for resources that has been raised from the community such as shares or savings, the Cooperative's Management Committees and personnel are trained to lead with high level good governance and accountability.

Intervention of Caritas Nepal

The intervention of Caritas Nepal in developing and strengthening community owned cooperatives is noted below.

Table: Various components of the holistic cooperative development and enterprise promotion package of Caritas Nepal

Participatory identification of vulnerable households facilitated (initially to form neighborhood groups and later to widen cooperative's service)	Community Owned Co-operative Development approach	Leadership of women and men developed with training. GESI policy in place.
Group formation and animation (awareness raising and facilitation activism for common concerns)		Savings and micro-credit participation and service management improved with training and guidance.
Intragroup and stakeholder interactions for wider organization development. That is developing cooperative by bringing together local groups of women and farmers etc.		Financial management capacity improved with sectoral standards (PEARLS) and practices training (including external audit)
Cooperative education and cooperative development training.		Enterprise promotion capacity improved with training and guidance for enterprise identification, business planning, and marketing. Financial grants provided to cooperatives to provide soft loans to members.
Cooperative constitution development and registration facilitation with technical guidance.		Skills training capacity of the cooperative improved with linkage with various stakeholders. Including vegetable farming with IPM, cook training, bag knitting etc. Various inputs provided.
Cooperative Good Governance with Democratic Functioning ensured with management structure, policy and systems established with training and guidance and input support for cooperative administration.		Feedback mechanism and participatory M&E (review and planning processes) established in cooperative.
Linkages developed with local and national government (duty bearers), service providers, saving federation, and cooperative bank with technical guidance.		Social responsibility role of cooperative promoted with issue awareness, action planning and event hosting support.

Women lead in community owned Samata Cooperative

CN coordinated with the Division Cooperative of Nepal Government and guided the local community to register Samata Cooperative on January 3, 2010. There were 11 founding members and 52 initial general members at the time. The objective of the community owned cooperative at Kawasoti-10, Nawalpur district is to provide services for economic and social development in the community. Today, there are 633 members in the cooperative. A majority of the households of the Samata cooperative belong to low income and poverty level households.

Members of Samata Cooperative belong to socially marginalized groups such as *bote*, *tharu*, *magar* and *tamang*. There are also *newar* ethnic group members in the cooperative. In terms of participation of past discriminated Dalit caste group, there are seven Dalit Members belonging to *sunar*, *damai*, and *pariyar* families. Three single women leading their households are also members of the cooperative. Eleven members of the cooperatives are people with disability.

Table: Year wise member details of Samata cooperative

Members	2074/2075	2075/2076	2076/2077	2077/2078	2078/2079
Female adult	167	174	124	254	259
Male adult	144	152	224	136	173
Children (approximate half boys and half girls)	101	129	151	188	201
Grand total	412	455	499	578	633

The above table indicates the growth of adult (male and female) and children members in the cooperatives from grand total of 412 to 633 in a four year period. There are a total of 432 adult members (60% female), an increase of 121 members from five years ago. 201 members of the cooperative are children. Children members have children savings accounts in the cooperative in which they obtain funds from their parents or guardians to save on regular basis. This fund is then later released to these members when they are adolescent or youth to use for their education or other needs.

Effectiveness

A community owned cooperative is established

The cooperative was already popular with 311 adult members in year one and the adult membership have grown to 432 members now. Out of this, there are 11 people with disability, and 7 Dalit members, and the rest are of various ethnic groups (largely Bote and others are – *Magar*, *Tamang*, *Tharu* and *Newar*). There are also three single women who are leading their households. In this way, the cooperative is owned by people of vulnerable households of the community.

Most of the women in the community did not have opportunity and self-confidence to take part in wider community activities earlier before the project. Now the women like Mrs. Hira Basel and Mrs. Sujata Sikharakar are leading the cooperative as Chairperson and Manager respectively.



"Initially we were a group named 'Sano Bakhara' until Caritas Nepal suggested us to register as cooperative. Earlier, I was shy, and hesitated even to introduce myself. Now, I have already been the Chairperson of the cooperative for 3 years. I got an opportunity to build my self-confidence through various trainings provided

by Caritas. My cooperative works in coordination with the local government, local police, agriculture knowledge center and other organizations to provide economic and social services. We are providing services effectively to our community. I am grateful to Caritas Nepal"

Hira Basel, Chairperson, Samata Saving and Credit Cooperative

"I have been with this cooperative since group formation and in 2015, now I have become manager here. Caritas Nepal has supported us since the beginning by providing us with various skill building trainings and fund support for administration and program activities. This developed our individual leadership capacity to grow and strengthen the cooperative. We are able to clearly communicate and coordinate with other stakeholders to access services and subsidies for our members."

Sujata Sikharakar, Manager, Samata Saving and Credit Cooperative



Cooperative has good governance and effective financial management

The cooperative has good management structure, relevant policies in place, and implementing its activities with proper annual planning, activity facilitation, review and reporting. The democratic functioning and accountability concerns of cooperative are being addressed by holding annual general assembly and guidance by various committees formed by the members. These committees include: Executive Committee of Cooperative; Account Management Committee; Loan Management Sub Committee; and Education Sub Committee. With the training, the committees are functioning well by taking up their roles. Also 14 women trained have taken up leadership positions in these committees out of a total committee membership of 25 people. Caritas Nepal has also provided training to the cooperative manager and cooperative personnel who are working to ensure the cooperative services are regular and effectively provided in the village.

Due to effective management of the cooperatives, the financial status of the cooperatives has improved considerably in the past four year period as indicated in the following table.

Table: Financial status of the cooperative in the beginning and in recent year.


S.N.	Topic	2074/2075	2078/2079
1.	Share Capital	5, 24, 000	14,34,300
2.	Reserve Fund	104,777	281,980
3.	Saving fund	24,30,928	93,91,543
4.	Loan provisioned	41,76,000	138,39,500
5.	External Debt	630,500.	14,53,000
6.	Liquidity Cash	195,105	536,180
7.	Liquidity (%)	4.40	5.70
8.	Liquidity (%) Savings	8.02	3.62
9.	Profit	95,530	11,35,759
10.	Balance Sheet/Total Asset	44,25,194	147,81,734

As indicated in the above table, there is more than threefold increase in four years in the overall financial status of the cooperative as per the various indicators. It shows a good ability of the cooperative to raise local resources as well as manage funds to provide financial services such as loan to the members. This an important strength of the cooperative.

Vulnerable household members of the cooperative have improved their incomes

With the coordination of the cooperative, 77 cooperative members were trained in IPM farming and received farming equipment, 9 youths have completed 390 hours of General Cook training, and 20 youths have completed Bag Knitting Training.

Cooperative members have taken loans from the cooperative and also received additional grants or soft loans through the cooperative supported by NLRP for en-



terprise promotion. The cooperative members have expanded vegetable farming, livestock rearing, poultry raising and small business. This has improved their incomes. Among the 25 most vulnerable households supported with soft loans provided by cooperative (from fund supported by NLRP), 21 have already managed to generate good income by completing their initial cycle/s of enterprises. On average one entrepreneur is able to earn about 125,000 per year. This is notable increase in income for the rural household.

Another group of ten people with disability supported with enterprise grant of Rs. 10,000 each, all are now making additional income by pursuing various activities such as goat raising, pig raising, duck raising, grocery shop, poultry raising etc. The people with disability are making additional incomes of at least Rs. 60,000 per year. This is much needed income for the rural households and it has helped to improve their social well-being in terms of food security, sanitation, education access for children and health care.

An indirect indicator of improved incomes is increase in saving capacity of the households. Initially, households were able to save in their cooperative account up to Rs. 100 per month but now they are saving Rs. 200 to 500 per month.

Samata is a socially responsible cooperative

The cooperative has made good effort to include all vulnerable people of socially marginalized and vulnerable groups as members in the organization. With the inclusion of all as equal members in the cooperative, the cooperative has sent a strong message and established tradition against any forms of discrimination against any social status. The women and men of the cooperative are now more sensitized and respectful of gender equality and have spoken out against gender violence (including advocacy on done on GBV cases). Six units of notable domestic violence cases were addressed with the support of the local police by the cooperative giving justice to the affected women.

The cooperative members have supported children's savings (for the future welfare of their children), are undertaking campaign against child marriage and promoting awareness on child rights by hosting events with schools on Children's Day.

Being socially responsible is an important objective of the cooperatives formed by Caritas Nepal, and accordingly Samata cooperative has taken up new opportunities to serve their people. This included the following activities. In the initial phase of COVID 19 Pandemic, the Samata cooperative worked with agencies like Caritas Nepal to provide relief materials to the most vulnerable households impacted by the lockdown imposed due to the pandemic. More recently they have undertaken free health camps to on women's health issues. The medical check-up included preliminary check-up of uterus prolapse issues and breast cancer. The local women are glad they could access these important services in their own village and are very thankful to the cooperative.

Similarly, the cooperative has advocated and realized development rights by convincing duty bearers such as local government and national government to include them in their provision of inputs and services. Kawasoti Municipality has supported funds for organic farming and farming inputs have been received from Prime Minister Agriculture Modernization Project.

Innovation or special emphasis area

The establishment Samata cooperative is a proof that even the communities that were notably marginalized in the past can arise and pursue common good with greater effort if provided opportunities for community organization. As against quick miracles or changes, the experience indicates that it takes time for social transformation – people first organized in groups and then planned themselves to establish and manage wider cooperative to work for common good.

The development of leadership capacity and establishment of structures for effective functioning of the cooperative was important. The notable aspect in leadership development is that care has been taken to develop both female and male leadership. 14 out of 25 members of various committees (56%) are female. Now women like Mrs. Hira Baisal (Chairperson) and Ms. Sujata Sikharakar (Cooperative Manager) have been effectively leading the cooperative and ensuring accountability, transparency and good governance. Mrs. Reshma Tharu is an active Loan Sub Committee member and helps other members to prepare proper loan applications.

Similarly, the capacity building and facilitation has led to participatory formulation of relevant organizational policies, economic sector policies and plans, and social sector policies and plans. This included activation of cooperative act, savings policy, share policy, cash management policy, organization management policy, election policy, finance and admin policy, GESI policy, membership policy, feed-back and complaints handling policy, and policy to provide financial support to family on demise of a shareholder. The implementation of the above noted policies and plans have ensured good governance in the organization and addressed the needs of the people.

In addition to the above noted organizational policies, cooperative loan policies have been effective in enabling members to carefully prepare practical business plans and receive loans for implementing the same. Careful planning and execution together with sectorial training such as for livestock raising or vegetable farming etc. has enabled the members to successfully implement enterprises and repay the loan to cooperative so the fund can support other members. This has helped all members including members with disability challenges to pursue enterprises.

Event hosting support provided by the NLRP program has developed a tradition in the cooperative of hosting general assemblies in inclusive, participatory, transparent and accountable manner. It has provided venue for the community members to elect their leaders in a democratic manner. These events have also created awareness about the effective work done by the cooperative among stakeholders such as local government, line agencies, and relevant networks etc.

Mrs. Resham Tharu, Loan sub-committee member of Samata Saving & Credit Cooperative notes the following: *"I am a member of the Loan Sub Committee of Samata Cooperative. When our cooperative members come for depositing their saving, some also ask for loans. We request them to fill up a loan application form noting their business plan. We have three members in this Loan Sub Committee. Upon receiving the form we sit together to decide on the same, and then take it for approval from the Cooperative's Executive Committee. Then according to the need we invest the loan amount. The loan*



amount provided from the fund raised by the cooperative itself is given at the interest rate of 13%. However, vulnerable households with good business plans are provided loan from Caritas Nepal supported fund at the rate of 6% only. In this way, we are providing loan according to our Loan Policy. Our Loan Committee members monitor the use of loan fund and repayments made as well. Now the cooperative members ask me for help to support them in preparing loan applications. I am proud of myself. Thank you Caritas Nepal and Samata Cooperative for building my confidence to be useful to my community”.

Sustainability Indicators of the cooperative

The leaders of Samata cooperative are confident that they can sustain the organization in the longer run because of the evidences at hand. These are as follows:

1. Individual members have good understanding of the cooperative and are actively contributing to its resource generation, social activities, and accessing financial services of the cooperative.
2. There is good governance in cooperative in terms of inclusion, organization structure, and democratic functioning with general assembly etc. The cooperative has all the necessary policies in place for good governance such as: Cooperative act, saving and credit policy, share policy, cash at hand management policy, organizational management policy, election policy, finance and admin policy, employment policy, GESI policy, membership policy, complaints handling policy, and policy on provision of fund support to family in the unfortunate situation of demise a member.
3. The cooperative is able to keep good financial records, prepare narrative and audited reports (as per requirement of Nepal Government’s Cooperative Divisional Office and Local Government), prepare future plans for organizational growth and service delivery based on past learning.
4. The timely loan repayment rate in the cooperative is very good (90%). The cooperative members are able to pursue various enterprises successfully and this has enabled them to repay loan on timely manner. In addition, they have also increased their savings in the cooperative. The cooperative has additional policies to address any future financial risks and has set up risk aversion funds.
5. The cooperative is now recognized by community owned local organization and is able to access services and inputs from duty bearers – Government of Nepal and other service providers. The cooperative is linked with a District Saving Federation and also the National Cooperative Bank and can receive grants, soft loans or capacity building training access when available.
6. The cooperative is known for being an organization with social conscience. Hence, there is not only interest in the organization as an economic service provider but also as a venue to come together to address social issues and challenges to build a more just society.



Cooperative staff providing saving receipt to its member, Godawari Municipality, Lalitpur.

Caritas Nepal is proud of the achievements of Samata Cooperative members and will continue to accompany the cooperative given it will remain an important member of Caritas Nepal's cooperative network in the future as well.

In this way, the approach of Caritas Nepal to first animate people, initially organize them in neighborhood groups, and then bring the groups together to form a strong village wide cooperative has born good results. The local people owned cooperatives have good participation of its members, equal leadership of both men and women, and demonstrated capacity to provide effective economic and social development services for social transformation.

Box 3: Quote taken from NLRP Evaluation Report (2022) of Foundation for Development Management on Cooperative Development and Enterprise Promotion

Cooperative development and Enterprise Promotion (CDEP) intervention in supporting marginalized beneficiaries' access to finance through the establishment of cooperatives was primarily relevant because it had increased financial access of people from extremely marginalized indigenous communities like Bote, Majhi, and Dalit communities as well as People with Disability (PwDs) based on its collateral free scheme and



a relatively low interest rate of 6%. The intervention had been successful in helping develop a stable saving habit among beneficiaries, who earlier saved only occasionally and that too, only a small amount. The component was also deemed to be effective for systematizing previously formed group's cooperatives as well as utilizing farmers' groups formed under IPM projects. The project had successfully established and institutionalized multiple women-led cooperatives within the operational areas that strive to improve the financial access of marginalized women while capacitating women to evolve as leaders.

Additional notable impacts could be observed in terms of involvement and empowerment of women not only inside but also outside of the cooperatives. Similarly, the project's extended focus on areas of social awareness and social capacity building has helped generate positive outcomes in the communities. The females were found to be actively leading these cooperatives. The study team analyzed that the training had enhanced not only their technical skills but also increased their self-confidence and leadership skills. In terms of confidence, women used to fear even taking their husband's name but now they can lead cooperatives and speak out about their business in public. Their husbands and families were mostly supportive of the activities as it keeps them busy and generates income.

The women's activities are not only limited just inside the cooperatives. In Banke, women in the cooperatives had even given their candidacy in local elections and were elected in positions of power. This can be attributed to their active participation in several managerial activities including cooperative group meetings, conducting social events, and entrepreneurial management of homestays and engagement in commercial activities. Some of the women were even able to advocate for additional resources and support from the local government.

Janaki Cooperative becomes an effective micro-credit service provider in the village

Three Janaki Rural Women Upliftment Agriculture Cooperative Ltd. located a Pay-dari village in Banke was registered at Cooperative Training and Division Office, Banke on January, 2010 with the aim to socio-economically empower women.

Initially, the cooperative organization focused on savings and micro-credit activities. The cooperative collected NPR. 20 savings per month, and NPR. 500 share capital from each of the 28 initial members. For several years, due to limited knowledge and skill the cooperative leaders could not further develop their cooperative organization and its services. In 2016, they were accessing fertilizers from Agriculture Input and Salt Trading Company for local distribution when they learned of Caritas Nepal's cooperative development initiatives from Mayaram Tharu who was a Chairperson of the Sahayog Agriculture Cooperative that had been aided by Caritas Nepal.

Understanding their sincere struggle to development the cooperative, Caritas Nepal provided them much needed capacity building support. The cooperative's leaders,



officers, and members took part in cooperative accounting, cooperative management and credit management training provided by Caritas Nepal. CN oriented and guided the organization to develop following organizational policies: share policy; election policy; organization policy; personnel administration policy; financial administration policy; complaint and suggestion handling policy; member's death relief fund policy; and gender equality and social inclusion (GESI) policy etc.

Now the cooperative has 22 trained leaders working in various organizational committees. Out of 22 leaders, 12 (54%) are women. The committees include Executive Committee, Account Committee, Loan Sub Committee, Education Sub Committee, and Complaints Handling Committee. The daily official work is managed by 4 trained cooperative personnel (2 female).

With improved leadership and organizational management, the cooperative was able to provide micro-credit services in the community effectively and so more people were interested to join the cooperative. The cooperative has 705 members at the moment. 48% of the members are female. Out of total members, 11 people are Dalit and rest belongs to Tharu ethnic group. 19 members are single women who lead their households and 10 members are people with disability.

The local resource mobilization capacity shown by the cooperative in a community where there are a majority of low income and poverty level households is notable. At the present, the cooperative has a share capital of NPR.25, 64,000 and savings fund of NPR.94, 39,400. The collected fund is provided as loan mainly for productive purposes to its members. In the current loan cycle, NPR.90, 29,180 has been received as credit by 130 members. Out of this, 81 are female.

The cooperative has relevant organizational and micro-credit policies and structures in place, good record keeping and reporting, timely auditing, and clear plans to provide quality micro-credit service delivery. This has improved the confidence of members who feel encouraged to save more funds in the cooperative and also receive services of the cooperative to pursue various enterprises. Those members who have taken loans in the past have also been very responsible and have paid back their loans on timely manner. The cooperative has timely loan repayment for almost all (100%) of the loans it has provisioned in the past.

Now, the Janaki Cooperative is known by everyone in the. The small tea shop vendors to the leaders of the village have a good opinion of the services provided by the cooperative.

The cooperative has been able to communicate to relevant stakeholders its effective capacity to serve vulnerable households. For example, the cooperative has applied for and accessed 1.5 million rupees (soft loan) from National Cooperative Bank to be used to give micro-credit for its members. It has also received wider training opportunities from District Cooperative Union.

In addition, the cooperatives are advocating on issues such as prevention of child marriage, prevention of gender based violence, and prevention of caste based discrimination etc. There are also child savings collected by 91 children members (62% girls and 38% boys). The saved amount (with interest paid) is provided to the children when they grow up to be adults to use mainly for their educational purposes.

In this way, the cooperative is now a community organization led by both women and men. It has been able to realize its goal of providing effective micro-credit services for the economic development of vulnerable households in their community.

Ms. Janaki is able to overcome physical disability challenges and pursue income generation!

At the age of 38, Janaki is a successful entrepreneur despite the additional challenge she faced due to her disability. She is not able to move her lower limbs properly due to the impact of typhoid disease. She lives in Suryatole-Ward no. 10, Kawasoti Municipality. “I am able to walk slowly with the help of crutches and able to do normal household chores but part below my waist is very weak now”, says Janaki. The proud owner of a duck farm, she has a flock of more than 20 birds providing her monthly income of about NPR. 15,000. Duck farming has helped Janaki to earn a steady income. The business set up from the funding of NPR. 10,000 from a CN’s IPM project, provided more than a little boost to the family’s modest income, it also gave Janaki a sense of purpose and independence.

In 2019, she became the member of Samata Savings and Credit Cooperative. This cooperative has been supported for cooperative development and enterprise promotion by Caritas Nepal. In this way, Janaki got a chance to participate in the training provided for small business operations for differently abled people and chose the duck-raising business. She also completed woolen bag weaving training which was arranged specially for the people with disabilities.

Due to COVID-19, she had faced many challenges while running her business (weaving and duck farming). There was a shortage of grains for ducks and she lost a large amount of money in the first year because some ducks died. However, she was not discouraged and continued learning on breeding techniques and to manage a large flock. She consulted veterinary technicians on how to raise health duck.

“Initially, it was painful. I could not work effectively, but I kept trying,” she says. The same determination drives Janaki today. She manages her daily tasks on her own and does not ask for help. She also developed a habit of regularly saving in cooperative. Earlier as a cooperative member she could save only NRs 200 per month. Now, she is able to save NPR. 2,000 to be used in future not only for her personal needs but for her family’s needs as well.

“The money from the sale of ducks has helped me and my family to cover the school fees of the children as well as other household expenses, and this has made my family happy. They support me in my work during their free time”, she gladly expressed.



Ms. Janaki participating in training for making woolen bags held at Kawaswoti Municipality, Nawalpur.

Mr. Lautan Kumar Chaudhary: Sows banana and reaps benefits!

Lautan Kumar Chaudhary (41) from Rajapur Municipality-6 of Bardiya, used to cultivate paddy and wheat in his farm but later he changed to banana farming. Banana farming has become a highly profitable farming enterprise for him. "I could not earn enough to feed my family when I was cultivating rice and wheat in my land through traditional practices. I even worked as a daily wage worker to make ends meet", he says.

Lautan's success story started in 2015 through 'Cooperative Development and Enterprise Promotion' initiatives of Caritas Nepal. He was provided technical guidance to pursue banana cultivation given his land was suitable for the crop. He was able to access quality banana saplings and started farming from 0.169 hectare (5 kattha) of land in 2017. His farm has now completed its initial 3 year cycle. From income earned from sales of banana, he has also already paid back the initial loan for the enterprise taken from Aguwa Agriculture Cooperative.

With good pilot activity experience in banana farming, Lautan has now expanded the scale of his farm significantly to 1.182 ha.

Recently, he has added a lot more farm area to banana farming and his farm now is of 1.182 hectare land. Caritas Nepal has provided technical guidance and funds to farmers to initiate the enterprises.

"I had invested around NPR 500,000 and made NPR 11, 79,000 lakh as profit in the last six years," he said. He noted that the guidance provided by Caritas Nepal was timely and helpful to motivate him to pursue banana farming effectively.

Lautan notes: "In addition to selling bananas produced by myself, I have also been collecting and marketing bananas produced by other farmers. In this way, I am able to access market not only for myself but also help other farmers to access market for banana jointly.

"From the income of the banana farming enterprise, I have purchased a motorcycle, enrolled my children in good school for quality education, invested to expand the banana farming area - purchased 0.270 hectare (8 Kattha) of land, and renovated my house", Lautan said with a big smile on his face.



Lautan Caudhary in his banana farm, Rajapur Municipality, Bardiya.

Mushroom Farming: A novel idea and a profitable business!

Rajendra Tharu (35) from Baijnath - 7, Banke, registered his farm “Banita Mushroom Farm” in 2018. Earlier his efforts for off season vegetable farming had not been profitable so he wanted to pursue this new enterprise of mushroom farming. Although the initial investment cost for the mushroom farming was much higher as compared to vegetable farming, the potential profit was also expected to be twice or more as compared to vegetable farming. That is because mushroom could be farmed and harvested 3-4 times by using the initial seed stocks within a season. Rajendra also noted he could easily sell his produce in the nearby city markets of Nepalgunj, Kohalpur, and Khajuri. He notes the supply of mushroom is not so high given less farmers are pursuing the activity as of now and there is high demand which is good for farmers like him.

“As, Indian boarder is near, the vegetable import is more while the mushroom import is less; only one type of mushroom i.e. white button mushroom is imported but in high price, while this can be produced and sold in Nepal in much cheaper price”, says Rajendra.

Initially, he had lost 400 spores out of 800 spores because he could not maintain adequate range of temperature in the mushroom cultivating shed. He could only produce about 4 quintal of mushroom in his initial farming cycle. But he could address these challenges as he moved forward and could produce more and more mushrooms effectively.

Tharu is a member in Janaki Gramin Women Agriculture Cooperative since 2019 - one of cooperatives supported by CN. He notes that the business plan development training and market assessment orientation provided by Caritas Nepal to the cooperative members like him was very useful. It enabled him to plan and pursue the new enterprise. Upon developing his business plan he was also provided enterprise credit fund (low interest credit fund) by Caritas Nepal amounting to Rs. 30,000.

He invested Rs.245, 000 including 30,000 provided by Caritas Nepal. He is now a successful mushroom entrepreneur who has produced and sold 5445 kg of mushroom making a net profit NPR 581,200 in the past years.

“It’s a sight of happiness to see mushroom growing. I know now my joint family of six will not sleep on an empty stomach,” he says. “There are many advantages to mushroom farming including its short growing period and the many cycles one can farm within a limited time,” he explains. “Producing one quintal of mushroom every day in all the 12 months is what I aim for”, he added. Eventually, he hopes to build a more permanent mushroom growing chamber in the future which will cost around NRs 6, 00,000. “I am willing to invest”, he says confidently.



Mr. Rajendra Tharu getting ready to take mushrooms to sell, Baijnath Municipality, Banke

Good practices of Child Club promotion



Children raising awareness against child marriage through street drama, Kawaswoti Municipality, Nawalpur.

CN has been supporting child clubs in public schools of Dailekh, Jajarkot and Surkhet districts with the support of NLRP Program. The objective of the child club activity is as follows.

To establish well-functioning child clubs in schools in order to promote the realization of basic child rights by children.

The basic rights of children include the following: right to information, right to participation, right to protection (safeguarding), and right to development.

The child club support activity has been implemented in coordination with the local municipalities and in partnership with Ekta Foundation Nepal, and the Youth Awareness and Rising Centre. At the moment there are 30 child clubs CN has supported in the public schools in the locations.

Table: Child Club and Child Networks in 2020/2021

SN	District	Municipality	No of child club	Child Club		Total	No of child network
				Boys	Girls		
1.	Surkhet	Panchapuri Municipality	10	129	169	298	1
2.	Dailekh	Bhagwatimai Rural Municipality	10	105	112	217	1
3.	Jajarkot	Bheri Municipality	10	125	158	283	1
Total			30	359	439	798	3

Interventions of Caritas Nepal to support Child Club

The following table describes in brief the intervention of Caritas Nepal to support child clubs.

Table: Child club support

Basic Child Rights training including child safeguarding, child protection, child participation, child development.	Child Club Interventions	Guidance for annual planning and implementation of child club activities in coordination with school management.
Child Friendly Local Governance Training		Leadership development in children with guidance and training
Children club network formation		Guidance and input support for child club establishment and various types events and activities.

A total 1307 children took part in the various trainings on child rights, child protection, and child friendly local governance (in fiscal year period of 2021-2022). In addition to the children, the teachers who are responsible educating children in the various grades also learned how to support child clubs to organize events on the noted issues.

The following article is example of child club activities done in Bageswari School.

Child club activities help to develop a more child friendly atmosphere in Bageswari School

The ten child clubs formed in Bageswari school at Bheri Municipality, Jajarkot have provided opportunity for children of primary and secondary school grades to work together to learn of child rights and undertake events to highlight child rights and other relevant issues. Earlier, the children did not have opportunity to take part in such extracurricular activities. Many of these children belong to small holder farmer households and they support their family doing various chores at the households such as by overseeing domestic animal grazing in their free time. The children were excited to obtain opportunity to take part in the child clubs and they have held competitive events, cultural events and celebrated children's day etc.

Teachers and students both note there has been changes in the school that make the school environment now more child friendly. The school has improved the facility by keeping drinking water filter in classrooms and also kept carpet in grades 1-5. Effort

is being made by the school management to ensure cleanliness in school building and compound. For children's safety concerns a wire fence has also been added. Children have noted that teachers are now more considerate and avoid giving them harsh punishment as were sometimes reported earlier.



Student's enrolment campaign for new academic session conducted by Nawasirjansil child club of Shiba Secondary School, Bheri Municipality, Jajarkot.



Child club members during monthly meeting.



Member meeting held at Child club, Panchapure Municipality, Surkhet.



Rally conducted by children during International Disable Day, Bhagwatimai Rural Municipality, Dailekh.



Child participating in folk song singing competition celebration during 16days campaign against GBV, Bheri Municipality, Jararkot.



Child showing her solidarity on right to education, Panchapure Municipality, Surkhet.

There is now a five members Child Protection Committee in school that has prepared a child protection policy and plans to formalize the same with the school management and implement the policy. The summary of important guidelines of the policy has been printed and has been kept in the office rooms of the school. Strangers are not allowed to enter the school and visitors have to inform school management the reason for their visit and get approval. There is record kept of all visitors.

Above all, one of the main achievements of Child Club support activity is the increased awareness on child rights in children themselves, and the active participation of children in the extracurricular activities of the child clubs. Children have organized events on children's day and other times. These included discussion of various issues of concern and events with drama or song etc. All child clubs of each school worked together to celebrate children's day by creating awareness on child rights.

Children have developed self-confidence and displayed their presentation skills in public while also being able work as a team in the clubs. This has increased their interest to come to school for their education notes Mr. Bhim Bhadur Basnet Head Master of the School. He says that with the launching of child club child, absenteeism or drop out has decreased in the school. Child clubs have also undertaken village wide campaign for school enrollment of all children. Ward Chair Mr. Khamba Jung Shah says the educational environment in school has improved with child club activity and this is much appreciated by the local government.

Effectiveness

Local public schools are now more actively supporting the child clubs as a strategy for promoting more holistic growth of children. There are 30 child clubs established in co-ordination with the Public Schools in the location. The school teachers have renewed their commitment for promotion child rights. That is for child participation, child protection, and child development facilitation. Both teachers and parents have much appreciated the consciousness raised on child rights by the child club activities and they are committed to contribute to the same.

Child clubs are contributing to a more holistic growth of children. Child clubs have provided the children opportunities to take part in extracurricular activities. 798 children are now in school child clubs. The child clubs in each municipality are joined together by forming a child club network. The child club and networks have planned and implement various types of events on many issues as noted below.

Table: Extra-Curricular activities organized by Child Clubs (in 2020/2021)

Activities	Times	Activities	Times
Quiz contest	47	Debate competition	38
Handwriting	10	Essay writing	2
Drawing	36	Folk song and dance competition	4
Chair Race Competition	10	Wall magazine publication	28

Children were glad to take respite from the regular school education and work together on various activities for fun, for learning new things, and for displaying their skills and talents. Children have learned to cooperate and work in groups to implement events effectively. Children are able to express their understanding of issues such as environment, basic hygiene and sanitation, basic health, prevention of COVID 19, history, culture and tradition, and children's rights in the various events.

For example, the events they have encouraged children for behavior change such as on pursuing proper hygiene and sanitation. Children noted that they try to be neat and clean. Child clubs have also kept dust bins in schools and this has made their classes trash free. Children are also supporting families to take care of households wastes properly with waste separation (biodegradable, recyclable and others).

One interesting event held by the child clubs was cooking competition among parents to replace the use of junk food in children's tiffin. In this way, both parents and teachers learned of local food varieties that were more nutritious than the easily available junk foods.

Both boys and girls note that organizing and taking part in child club events had developed their confidence to openly communicate in front of other children, teachers, parents and larger community. Children like Ms. Harikala note that they have developed their leadership capacity and have also learned to be more competitive in a positive way (note: please see following case study).

Schools and child clubs are addressing child protection and safeguarding concerns by developing awareness and relevant mechanisms. Schools have learned of Child Protection Policy and enacted them. School managements have set up reporting mechanisms including feed-back boxes to monitor and address child rights violations.

With relevant training and guidance, Child Club members are knowledgeable of child safety and safeguarding concerns, understand that they have to be supportive to their peers who may face such challenges and how to report the cases through the proper channels. Children understand that verbal and physical bullying and discriminatory behavior is a form of abuse. Child clubs have also advocated against such behavior in wider community that violate child rights such as child labor. Child clubs have also created awareness in the community by hosting various events to prevent violence against children.

Children are creating awareness on environment and disaster risk concerns. Children learn of various forms of hazards and disaster risks through their books and classes. The child clubs have provided an opportunity for the children to advocate on these issues by hosting school and community events. Some schools have improved provision of drinking water and sanitation services upon advocacy by children. Child clubs have also communicated with local municipal government to seek support for their activities for their activities.

Innovation or special emphasis area

The child club intervention largely follows the child club modality as accepted by the Education Ministry of Nepal to provide more holistic growing opportunities to children. Special focus has been given to build children's leadership and cooperative spirit and to provide them a platform to grow and advocate. The events organized by children are much appreciated by all the local stakeholders, and they agree that

these events have brought issues of child protection, child participation and child development to the forefront of the community. Active child participation in school enrollment rallies or children's day events has drawn in the greater interest of local government officials as well.

The child club activities have provided opportunity for the school management and teachers to re-visit child rights concerns. They have confirmed their commitment by improving child protection policy and/or mechanism, improving school facilities, and guiding child clubs.

Sustainability

The schools have now policies in place to ensure child protection and to support child club activities.

All schools are now stricter on who enters school grounds and visitors are requested to inform school authorities to obtain permission. Visitors are now allowed to take photos of children without necessary permission. A record is kept of all the visitors.

The adolescent children in child club networks have advocated and requested for support from relevant stakeholders for child club activities. Above all, the children have planned and implemented events with voluntary participation of children and teachers and parents.

They are committed to continue this in the longer run and hand over this tradition to younger children when they graduate.

"Awareness created on Child protection policy and Child friendly Local governance has changed the behavior of teacher and children. Teachers are now more sensitive and responsive on to address problems of the children. The children are more disciplined and glad to take actively in the child clubs. The parent's participation on school level interactions and events has also increased. Now the school is very quiet and peaceful," notes Mr. Angat Bahadur Shahi principal of Bagawati High School.



Box 4: Quote taken from NLRP Evaluation Report (2022) of Foundation for Development Management on Child Club

Since the child clubs were formed, the students have been monitoring the attendance of teachers and they write down complaints if they are not regular in class. After the establishment of the clubs, the teachers have been comparatively regular and the also parents monitored their children's performance in class. This was rare before the project activities. This development of accountability by the child clubs, therefore, has been a very remarkable impact that shows the effectiveness of the component in Surkhet.

Ms. Harikala Joshi: from being a shy child to a child club leader

Harikala Joshi (14) is the president of the ward-level child network in Panchapure Municipality. This young lady plans to join Nepal Police in the future. She has been participating in various awareness raising activities and campaigns on child rights including one for prevention of child marriage. She is a member of child club that is supported by CN through its local partner Ekata Foundation Nepal. NLRP provided children with relevant trainings to build their understanding and capacity to establish and manage child club and its activities focused on promotion of child rights, child participation, child protection, and child friendly local governance.

Harikala was introvert kid in the school: "Earlier I was shy to even ask questions to my teachers regarding educational subject matter, and child club helped me to interact with other children and develop confidence to speak out even in front of elders." Her mother, Mrs. Kamala said that children who are members in the child clubs are performing better in school and disciplined at home. They interact well with other children, learn to play together, respect each other and make good friends. After years of participating in child club extracurricular activities, she believes that her daughter life has been positively affected. "I personally feel that child clubs have helped me to build leadership skills and self-confidence," proudly says Harikala.



Earlier during the time of Covid 19 pandemic Harikala got an opportunity to tell a story on a radio broadcast of Daddara FM in regards to child participation. Harikala notes: "Currently, I am working on preparing a drama related to child rights for awareness raising on the issue. This will be broadcasted on a weekly basis by the FM radio. I am determined to raise my voice on the various issues of children and community through the radio".

Staff and Local Partners

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Bardia

- Jamuna Shakti Women Agriculture Cooperative Limited
- Krishnasar Saving & Credit Cooperative Limited
- Sankalpa Women Development Multipurpose Cooperative Ltd.
- Kalpabrikhya Fish Raising Cooperative Ltd.
- Aguwa Agriculture Cooperative Ltd.
- Paribertan Dalit Women Saving & Credit Cooperative Ltd.

Kailali

- Shree Bikash Agriculture Cooperative Ltd.
- Samikshya Women Development Multiple Cooperative Ltd.
- Chetanshil Women Development Multiple Cooperative Ltd.
- Janauthan Saving & Credit Cooperative Ltd.

Kanchanpur

- Navapragati Women Agriculture Cooperative Ltd.
- Prithivi Livestock Women Cooperative Ltd.

- Samjauta Multipurpose Cooperative Ltd.

Banke

- Bhuwarbhawani Multiple Farmers' Cooperative Ltd.
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Surkhet

- Siddeswori Agriculture Livestock Cooperative Ltd.
- Pewa Women Saving and Credit Cooperative Ltd.
- Bayalkada Navajyoti Saving & Credit Cooperative Ltd.
- Yuba Shanti Multipurpose Cooperative Ltd.
- Navajyoti Center
- Ekata Foundation Nepal
- Tharu Community Organic Homestay

Nawalpur

- Samata Saving and Credit Cooperative Ltd.
- Dibyajyoti Agriculture Cooperative Ltd.
- Sistachar Samajik Mahila Uddhami Cooperative Ltd.
- Shisawar Bote Maji Community Homestay

Lalitpur

- Lalupate Women Agriculture Cooperative Ltd.
- Godamchaur Dalit Women Agriculture Cooperative Ltd.
- Sarbodaya Nepal

Dhading

- Focus Nepal

Pyuthan

- FRIDO Nepal

Jajarkot

- YARN Jajarkot

Illam

- Jaskilo Community Homestay

Kaski

- Machhapuchchhre Agro- Eco Tourism Learning Center and Homestay

Lamjung

- Turlungkot Community Homestay

A Brief Introduction of Caritas Nepal

Caritas Nepal is registered as a Non-Governmental Organization (NGO) at the District Administration Office, Lalitpur, Government of Nepal. Caritas Nepal is also affiliated with Social Welfare Council, Lalitpur, Nepal. Caritas Nepal's Central Office is at Dhobigaht, Lalitpur, Nepal.

Caritas Nepal is a non-profit humanitarian and social development organization solely devoted to the service of the vulnerable and marginalized people irrespective of their caste, creed, and ethnicity. Caritas Nepal was established on September 3, 1990 by Catholic Community in Nepal to provide humanitarian response and socio-economic development services.

Vision of Caritas Nepal: Peaceful, equitable and just society, where there is solidarity among people, respect for human dignity.

Mission of Caritas Nepal: As the social arm of Catholic Church in Nepal, our mission is to build resilient communities capable of leading their own development by empowering the marginalized, disadvantaged and vulnerable communities.

Caritas Nepal is working at the national level and has offices in Koshi, Bagmati, Lumbini, Gandaki, and Karnali provinces. It is working pro-actively as well as through various local partner NGOs.

Caritas Nepal applies animation and local led participatory sector specific empowerment approaches to bring about transformative changes. The intervention sectors of Caritas Nepal are as follows: (a) climate adaptive sustainable livelihoods; (b) empowerment for social justice, human rights and basic social well-being; (c) environment and disaster risk reduction; and (d) humanitarian response and recovery.



Dil (39) and **Amrita** (28) sit in their home in Pokhara.

Dil and Amrita are married and are both blind. They are assisted with day to day living by another lady who is also partially sighted. They received a grant to help them set up an incense stick selling business through the Nepal Livelihoods and Resilience Program. Every day they walk to the local market and sell incense sticks.

The main objective of the program is to encourage people with disability to establish new business or support the existing enterprise to scale up and help them and their family to generate income.



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