



CARITAS NEPAL

MONTHLY NEWSLETTER

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Goat Keeping and Shed Management Training for Earthquake-Affected Families



As part of the JERP 2 project, Caritas Nepal supported by CRS Nepal is conducting training sessions on goat keeping and shed management for families in Wards 3 and 4 of Jajarkot District, who were affected by the earthquake. Additional sessions are also planned for Athbiskot, Rukum West. These sessions teach farmers essential skills in goat care, shed management and administering basic medicines. The aim is to improve livestock health and productivity, which will help farmers increase their income. Participants have shared positive feedback, reporting better livestock health and increased farm productivity, leading to higher earnings.

The main goal is to help families rebuild their lives sustainably after the earthquake. By improving livestock care and farming practices, farmers can increase income and build resilience. These skills are essential for long-term recovery and for creating a more secure future for the community. Through these efforts, Caritas Nepal and CRS Nepal are helping families create sustainable livelihoods.

Free Health Camp in Dolakha, Benefiting Over 1200 Individuals

Caritas Nepal, through the Community Health and Resilience Project funded by Caritas Polska, organized a transformative multidisciplinary free health camp at Bigu Rural Municipality, Singati, in Dolakha. The initiative aimed to provide essential healthcare services to underserved communities and it was a resounding success, benefiting over 1200 individuals.

The health camp brought together a dedicated team of 25 medical professionals from Kathmandu Medical College and Teaching Hospital and 42 local volunteers. This collaboration allowed for comprehensive healthcare delivery to people with limited access to medical services.



Services Provided:

- General Physician Care
- Gynecology, Dental, and Ophthalmology Consultations
- ECG and USG Services
- Pediatric and Orthopedic Care
- Minor Surgeries & ENT Services
- Lab Testing & Medicine Distribution

Caritas Nepal extends its heartfelt gratitude to the dedicated team of doctors, nurses, lab technicians, pharmacists and volunteers who made this event possible. Their hard work and commitment brought much-needed healthcare to those in need, supporting the community's path to better health and resilience.





Capacity-Building Training on Social Protection and Legal Aid

A three-day capacity-building training on Social Protection, Safeguarding, Help Desk Management and Legal Aid for Human Rights Defenders (HRDs) and women network leaders was held from 20 to 22 November 2024 as part of the POWER-III theme under NLRP-II. The training involved 22 participants, including 18 women and 2 Caritas Nepal staff members from 17 cooperative/mediation centers and women's networks. Key topics included legal provisions against gender-based violence (GBV), child marriage and domestic violence; the roles of HRDs and judicial committee members; cybercrime; networking and coordination; budget formulation and gender-friendly budgeting and referral systems and help desk management. Participants were also oriented on Caritas Nepal's complaint-handling system and gender tools analysis. The training encouraged active sharing of personal experiences and fostered a collaborative learning environment. The program was facilitated by Ganesh Dhimi (Advocate), Ms. Nimal Tamang (Inspector) and the CN program team.

Farmers Field School on IPM Kicks Off for Winter Crops in Multiple Locations

In the NLRP II project locations, groups are preparing for the Integrated Pest Management – Farmers Field School at the farmers level. Nearly 25 farmers from 9 groups will participate in the Farmers Field School (FFS) on Integrated Pest Management (IPM) for winter crops. The IPM FFS is at different stages across various locations. In Lalitpur, farmers have already started collecting Agroecosystem Analysis (AESAs) data from their trial plots, while others have completed the Ballot Box test to assess their preexisting knowledge of IPM. Meanwhile, in some locations (Devchuli and Kankai), farmers are still planning to finish planting by the end of this week. During the Field School, weekly classes on climate change, pest management, intercultural operations, and data collection are ongoing.



Cooperative Financial Management Training for Cooperative Leaders

A three-day training program on Cooperative Financial Management and PEARLS (Protection, Effective Financial Structure, Asset Quality, Rates of Return and Costs, Liquidity and Signs of Growth) was conducted from November 23 to 25, 2024, in Devchuli Municipality, Nawalparasi. The training, organized in collaboration with the Municipal-Level Cooperative Network, aimed to enhance the skills of 16 cooperative managers, account staff and leaders, the majority of whom were women. Participants gained insights into risk management, PEARLS indicators, and essential management skills. A pre- and post-training assessment indicated a significant 40% improvement in knowledge. The training was facilitated by Mr. Madhav Prasad Paudyal, Chief Executive Officer of VCCU Nawalparasi, and Mr. Krishna Kumar Tamang, Program Coordinator, NLRP-II. Similarly, the same training was held in Surkhet, with the participation of 28 people.

Development of Local Disaster and Climate Resilience Plan for Madhyabindu Municipality



Nawalparashi – The Caritas Nepal SAFBIN Program has successfully supported the creation of the Local Disaster and Climate Resilience Plan (LDCRP) 2024 for Madhyabindu Municipality through a strong partnership with local authorities. Caritas Nepal provided vital financial and technical support, while Madhyabindu Municipality played a crucial role in managing costs and coordinating the efforts. The finalized LDCRP was officially handed over to the municipality marking an important milestone in enhancing the area’s resilience to disasters and climate change impacts. In addition, Caritas Nepal is pleased to announce that the process is also underway in Devchuli Municipality, with the plans set to be completed and handed over by December 2024.

Community, Caritas Nepal and Local Government Collaborate on Disaster Risk Mitigation in Hupsekot



Community members in Hupsekot Rural Municipality, Nawalparasi District, have come together with Caritas Nepal and the Local Government to launch disaster risk mitigation initiatives under the SAFBIN-Nepal CRASS project. This collaboration focuses on developing local solutions to strengthen the community’s resilience against future disasters. By working together, the project ensures that all residents are better prepared and safer in the face of potential risks.



Caritas Nepa Launch 16 Days of Activism Against Gender-Based Violence

In observance of the 16 Days of Activism Against Gender-Based Violence, Caritas Nepal in collaboration with Shivasatakshi Municipality launched a powerful awareness-raising campaign funded by Misereor Munich. The initiative aims to bring attention to the pressing issue of gender-based violence and foster a collective effort to end it. The first day of the campaign featured an informative orientation on Gender-Based Violence led by Advocate Mrs. Laxmi Khanal Koirala. Her engaging and insightful presentation highlighted the urgent need to address violence and promote gender equality. The campaign seeks to empower individuals and communities to create a safer, more inclusive world for everyone.



World Children’s Day Celebrated at Nepal National Pipal Community School

Nepal National Pipal Community School marked World Children’s Day on November 20, 2024 by hosting a debate on children’s rights with 60 students actively participating under the program of NLRP II. The debate addressed key issues such as access to quality education, child labor protection and the role of communities in safeguarding children’s well-being. Students presented thoughtful arguments, demonstrating a strong understanding of both local and global challenges faced by children. The event aimed to raise awareness among the younger generation about their rights and responsibilities. Teachers commended the students’ enthusiasm and participation. The celebration concluded with a call for greater efforts to protect children’s rights, ensure access to education and healthcare, and foster a safe environment, urging collaborative action from communities, governments and organizations for a brighter future.



Caritas Nepal successfully managed the event ‘Celebrating Synodality & Indigenous Living Traditions in the Asian Church at NCRC

Caritas Nepal successfully managed the event “Celebrating Synodality & Indigenous Living Traditions in the Asian Church” from November 10-16, 2024 at the NCRC in Dhulikhel, Nepal. Organized by the Circle of Sacred Rice, the forum explored the intersection of synodality with the wisdom and practices of Asia’s Indigenous communities.

Bishop Paul Simick emphasized integrating Indigenous wisdom into community life, highlighting its alignment with synodal principles. Archbishop Leopoldo Girelli praised tribal values like mutual respect and environmental stewardship as models for modern societies. The event featured lectures, cultural presentations and discussions, fostering collaboration and sharing insights.

Our Head of Program Joins Caritas Internationalis Strategic Forum in Rome

Caritas Nepal’s Head of Program, Mr. Chintan Manandhar, is currently participating in the Caritas Internationalis Strategic Orientation Committee Forum in Rome, Italy. This prestigious event brings together 100 global leaders to discuss and shape the future of humanitarian work and community outreach within the Caritas Network. Mr. Manandhar’s involvement in such a significant platform highlights Caritas Nepal’s commitment to contributing to global discussions on humanitarian efforts. We are proud to see his participation in this important forum, which plays a crucial role in advancing Caritas’ mission worldwide.



International Mens Day and Tihar Celebration at Caritas Nepal

Caritas Nepal celebrated International Men’s Day and Tihar with a special event for male staff, organized by the female team. The celebration included lively games, surprise gifts and a delicious lunch. The event not only fostered a spirit of camaraderie but also recognized the valuable contributions of men in the workplace. It provided a joyful atmosphere, strengthening team bonds and promoting appreciation and unity within the Caritas Nepal family.



Story of Change

Chandra’s Transformation: Empowered to Pursue His Carpentry.

Chandra Bahadur Rai, 54 is a remarkable man who has shown great strength and determination despite facing many challenges due to his disability. Chandra’s life took a positive turn when he became involved with Caritas Nepal’s NLRP II project.

[Read Full Story Here:](#)

Caritas Nepal

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