From Relief to Resilience



LWF Nepal's Reponse to the Gorkha Earthquake



From Relief to Resilience

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Cover photo: Earthquake-affected women from Nanglebhare in Kathmandu smile after receiving relief materials from LWF Nepal. *Photo: LWF Nepal*

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Foreword

Dear readers,

It is my pleasure to share with you 'From Relief to Resilience: LWF Nepal's Response to the Gorkha Earthquake' which encapsulates LWF Nepal's initiatives to address the plight of the earthquake-affected people in its working area. This is an account of LWF and its partner organizations' humanitarian response to the earthquake survivors from April 2015 to 2016.



LWF Nepal, a member of ACT Alliance, initiated its humanitarian response to the earthquake from the very first day of the calamity. Despite an unfavorable environment, during the relief phase, LWF Nepal reached to 23,000 households with its immediate relief package while it reached more than 34,000 households with its recovery activities. We have noticed early signs of hope, renewed vitality, optimism, self-confidence and a sense of belonging in the areas we have worked.

Institutionalization of cooperation and coordination among ACT Alliance Nepal Forum members was instrumental in joint assessment and planning of the ACT Forum emergency response. As a member of cluster system at district and central levels LWF Nepal got a platform for coordinated humanitarian response. Our constructive engagement with local government agencies, i.e., VDC offices, District Disaster Relief Committees and community structures such as Ward Citizen Forum in planning and implementing activities has resulted in increased accountability, local participation and ownership. LWF Nepal's coordination and collaboration with Association of International NGOs (AIN) in Nepal, Department of Urban Development and Building Construction (DUDBC), National Reconstruction Authority (NRA), Social Welfare Council (SWC) and I/NGOs working in humanitarian response were equally noteworthy.

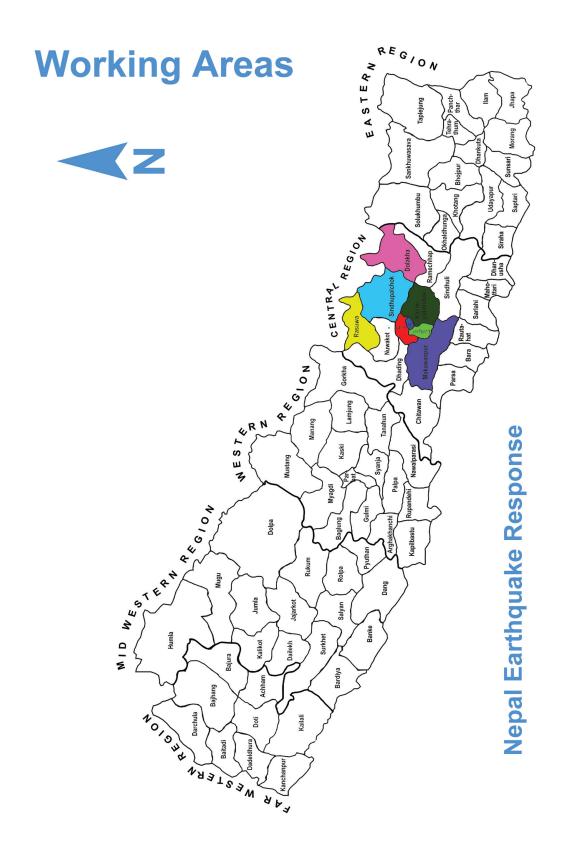
At the outset, LWF Nepal faced a number of challenges, including issues related to partner capacity, lack of coordination among agencies, dearth of relief materials, lack of government guidelines on construction of shelters and problems in transporting distribution materials due to a blockade on the Nepal-India border, and landslides.

Currently, there is a more favorable environment in Nepal. The formation of the NRA and issuance of Guidelines on Grant Distribution for Reconstruction of Private Houses Damaged by Earthquakes, and the government's approval for NGO/INGOs to work in reconstruction and rehabilitation are key avenues through which we will now move forward linking relief and recovery to development which is LWF Nepal's major approach. This is also an account of rights holders who underwent tremendous difficulties and have become more resilient now.

This publication is the result of hard work and dedication of editorial team, chapter contributors and writers. Therefore, my thanks are to Umesh Pokharel and Pranaya SJB Rana for compiling and editing the content. Thanks also go to Manoj Timsina, Avinaya Baskota, Tek Prasad Dhungana, Jit Bahadur Shrish who contributed chapters and Abhusan Gautam, Prahlad Rijal and Manisha Thapa for collecting stories from the field. My special thanks go to Ram Sharan Sedhai and Gopal Dahal for providing content idea and editorial guidance.

I would like to thank our staff, rights holders, implementing partners, donors and stakeholders including government agencies at the national, district and VDC levels for their contribution and supporting partners in providing aid and relief in very trying times.

Dr Prabin Manandhar Country Director



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Acronyms

ABCDE	Anchorage, Bracing, Continuity, Ductility and Enhancement
CA	Christian Aid
CGI	Corrugated Galvanized Iron
CLWR	Canadian Lutheran World Relief
CWSS	Community Water Supply Scheme
DDRC	District Disaster Relief Committee
DWS	Drinking Water System
GESI	Gender Equality and Social Inclusion
GMSP	Gramin Mahila Srijanashil Pariwar
GoN	Government of Nepal
HAP	Humanitarian Accountability Partnership
HHs	Households
HURADEC-Dolakha	Human Rights Awareness and Development Center - Dolakha
ICDO	Integrated Community Development Organization
INGO	International Non-governmental Organization
IOM	International Organization for Migration
IRW	Islamic Relief Worldwide
KD	Korean Diakonia
LWF	The Lutheran World Federation
MSN	Manekor Society Nepal
NGO	Non-governmental Organization
NRA	National Reconstruction Authority
PDNA	Post-disaster Needs Assessment
PO	Partner Organization
PwD	People with Disability
PWRDF	The Primate's World Relief and Development Fund
SOLVE-Nepal	Society of Local Volunteers Effort-Nepal
TFN	Transformations Nepal
T-shelter	Temporary Shelter
VDC	Village Development Committee
WASH	Water, Sanitation and Hygiene
WCF	Ward Citizens' Forum
WUC	Water User Committee

Executive Summary

The devastating earthquakes of magnitude 7.8 and 7.3 that struck Nepal in April and May 2015 caused 8,891 casualties and 22,302 injuries. Similarly, 608,155 residential buildings were completely destroyed while 298,998 were partially damaged. Furthermore, 2,687 government buildings (including schools and health posts) collapsed completely while 3,776 were partially damaged. Likewise, 743 historical and archaeologically invaluable heritage sites and monuments were affected, causing 133 to fully collapse, 95 to partially collapse and 515 to be partly damaged¹. Out of 35 districts affected by the earthquake, 14 were severely affected.

LWF Nepal provided a humanitarian response to the earthquake-affected people from the very first day of the calamity. During the first 3 months (April-July 2015), LWF Nepal focused on relief activities and since July 2015, has been carrying out recovery programs.

1. Relief Phase Progress

At the beginning of the relief phase (April-July 2015), LWF Nepal distributed lifesaving relief materials i.e. tarpaulin sheets and ready-to-eat food (water, noodles, biscuits, beaten rice, etc.) in Kathmandu, Lalitpur and Bhaktapur districts. It expanded its outreach to remote and hard-hit areas of Sindhupalchok, Dolakha, Rasuwa, Makawanpur, Kavre and Nuwakot districts a week after the earthquake. Furthermore, LWF Nepal diversified its relief packages based on ground needs and cluster recommendations. It provided tarpaulin (emergency shelter) to 17,363, hygiene kits to 10,592,non-food items to 18,043, ready-to-eat food to 5,122 and basic food to 6,353 households.

Another important initiative was the establishment of Earthquake Emergency Operation Centre by ACT Alliance Nepal Forum. As a member of the Forum, LWF Nepal stayed in communication with other ACT Forum members and convened regular meetings. Particularly, it provided leadership in joint assessment and planning of the ACT Forum emergency response. Also, it provided leadership in partnering with local media and promoting joint visibility of the Forum members.

2. Recovery Phase Progress

LWF Nepal's recovery phase began from July 2015. During this period (July-December 2015), LWF reached more than 34,000 households .

¹ http://www.nra.gov.np/pages/details/about

Shelter: During the one-year period since the earthquake, LWF Nepal provided shelter support to 27,227 households. Temporary shelter support was provided to 7,201 households while 20,526 households were provided with tarpaulin. Apart from this, LWF Nepal provided 5,957 households with pit latrine, and carpentry training to 284 people.

Psychosocial Support: LWF Nepal's psychosocial support activities reached more than 20,000 people in the 4 districts. In Dolakha district, 3,469 individuals were provided with psychosocial support in 3 VDCs (Jiri, Marbu and Suri); 4,093 in 5 VDCs (Gatlang, Goljung, Ramche, Yarsa and Chilime) of Rasuwa; 6,000 in 6 VDCs (Asrang, Ghimdi, Pyutar, Ghusel, Bhattedanda and Malta) of Lalitpur, and more than 7,000 individuals in 4 VDCs of Sindhupalchok (Baramchi, Selang, Pangtang and Gumba).

WASH: During the recovery period, LWF Nepal carried out WASH interventions in 19 VDCs of 5 districts (5 VDCs in Lalitpur, 3 in Dolakha, 4 in Sindhupalchok, 5 in Rasuwa and 2 in Kathmandu). A total of 123 community water systems were rehabilitated/reconstructed in Dolakha, Lalitpur, Rasuwa and Sindhupalchok. Some community water systems are under construction. 6 Community Water Supply Schemes (CWSs) in Kathmandu district are under construction.

Livelihood Support: A total of 7,266 households in Rasuwa, Dolakha, Sindhupalchok, Kathmandu and Lalitpur were provided with cash to improve their livelihood. Rupees 12,500 was provided to 30 households in Nanglebhare and Sanagaon of Shankarapur municipality in Kathmandu. Similarly, 1,700 households from Jiri, Suri and Marbu VDCs of Dolakha received Rs 7,500 each. Likewise, 1,820 households in Sindhupalchok, 1,700 in Rasuwa and 2,016 households in Lalitpur got Rs 5,000 each.

We have noted early signs of hope, renewed vitality, optimism, self-confidence in the earthquake survivors. The key players behind LWF Nepal's success to respond to earthquake-affected people are its partners namely Manekor Society Nepal (MSN) Rasuwa; Gramin Mahila Srijanshil Pariwar (GMSP) Sindhupalchok; Human Rights Awareness and Development Center (HURADEC), Dolakha; Integrated Community Development Organization (ICDO) and Society of Local Volunteers Efforts (SOLVE), Lalitpur; and Transformations Nepal (TFN), Bhaktapur.

Reaching to earthquake-affected people with its quality humanitarian support was possible only because of the trust and effective collaboration between stakeholders. Collaboration and effective coordination among ACT Alliance Nepal Forum members from the very beginning of its emergency relief activity, coordination with DDRC, VDC, Ward Citizen Forum, local political leaders helped LWF Nepal to implement its response activities on the ground while its coordination and engagement with the AIN, DUDBC, NRA, SWC and I/NGOs working in humanitarian response were instrumental in national level policy advocacy, joint planning and to comply with the standard norms and criteria.

During the project implementation, LWF Nepal and its Implementing Partners (IPs) accorded high priority to the needs of the earthquake-affected people. LWF Nepal carried out needs assessment, consulted with local communities and political leaders before reaching the earthquake survivors with its support program. Coordination with local government authorities and district stakeholders; gender equality and social inclusion; participatory assessments for identifying needs, problems and opportunities; practice of core humanitarian standards including HAP; Sphere; complaints mechanisms; and social audits were the key approaches LWF Nepal and its partners adopted.

LWF Nepal faced a number of challenges, including issues related to partner capacity, lack of coordination among agencies, dearth of relief materials, lack of government guidelines on construction of shelters and problems in transporting distribution materials due to a blockade on the Nepal-India border, and landslides.

Shelter Progress

The 25 April 2015 earthquake and its aftershocks completely destroyed a total of 500,223 houses while 269,156 were partially damaged. Additionally, a total of 978 government buildings were flattened while 3,021 were partially damaged.

Progress during emergency and relief phases

In light of the scale of destruction caused by the earthquake and that thousands of families had been forced to live out in the open, LWF Nepal provided transitional shelter support to Rasuwa, Lalitpur, Dolakha, Bhaktapur and Sindhupalchok districts. Similarly, it provided emergency shelter kit (tarpaulin) to Rasuwa, Lalitpur, Dolakha, Bhaktapur, Sindhupalchok, Kavre, Nuwakot and Makawanpur districts. LWF Nepal attempted to address the immediate and pressing need for shelter among survivors by providing tarpaulin to build temporary shelters, corrugated galvanized iron (CGI) sheets, nails and galvanized wire mesh along with technical and construction support through one-day or two-days temporary shelter (T-shelter) training workshops. It also provided further support and training in the construction of pit latrines.

LWF Nepal reached out quickly and effectively to vulnerable families of limited resources. Our progress so far is presented in the following table:

C NI	S.N. District Funding Partner		No. of	Supported HHs		Remarks
5.11.	District	District Funding Partner		T-shelter	Toilet	Remarks
		IRW	5	2,042	2,622	
		ECHO	3	271	625	
1	Rasuwa	PWRDF	1	116	-	
2	Lalitpur	The Amity Foundation	6	2,744	2,400	
3	Bhaktapur	KD	1	150	-	
4	Sindhupalchok	CLWR/IOM	2	778	-	
5	Dolakha	CA	3	1,100	310	
	Total			7,201	5,957	
	Emergency Shelter Kit (Tarpaulin)			20,526 HHs (Pcs.)		In all districts
	Carpenter Training			284 Individuals		

Table 1: LWF Nepal's shelter support to earthquake-affected people



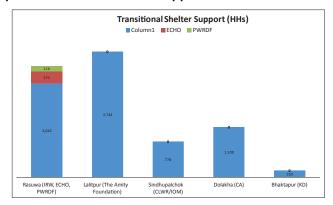
Rita Tamang, 26, a resident of Gatlang-4 Rasuwa, poses in front of her newly-constructed temporary shelter. LWF Nepal and MSN provided CGI sheets, tarpaulin, galvanized window screen wire mesh and iron nails to construct it with support from Islamic Relief Worldwide. Photo: Umesh Pokharel, LWF Nepal

Shelter Component: Overall Progress

During the one-year period since the 2015 earthquake, LWF Nepal provided shelter support to 27,227 households, which included temporary shelter support to 7,201 households and tarpaulin to 20,526 households. Apart from this, LWF Nepal provided 5,957 households with pit latrine and carpentry training to 284 people.

Temporary Shelter Support

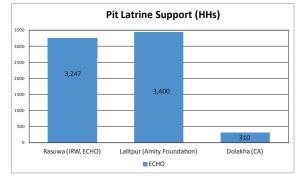
As displayed below in graph 1, a total of 2,429 households received transitional shelter support in Rasuwa district, 2,744 in Lalitpur and 778 in Sindhupalchok. Similarly, LWF Nepal supported 1,100 and 150 households in Dolakha and Bhaktapur respectively. Materials for transitional shelter support differed from donor to donor, but CGI sheets and tarpaulin were given by all. An ECHO-funded project in Rasuwa included a Rs 5,000 grant to earthquake survivors.

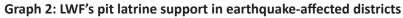


Graph 1: LWF Nepal's Transitional Shelter Support

Pit Latrine Support

A total of 5,957 households were provided with pit latrine support. In Rasuwa, 3,247 households received this support while in Lalitpur and Dolakha, these households numbered 3,400 and 310, respectively. A pit latrine is basically rectangular or circle-shaped with a depth not less than 1.5 meters. The interior of the pit can have dry stones or a brick wall but this was not mandatory during the relief period. Other required fixtures like pan, trap, pipe and plastic sheet or CGI sheet for roofing/privacy were provided by LWF Nepal. Wooden materials for framing were managed by the owners and in some cases, based on donor requirement, LWF Nepal provided a skilled mason for a day or two to construct latrines.

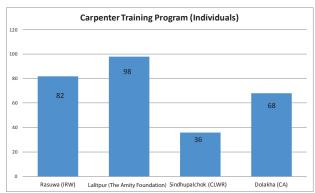




Carpentry Training

As shown in graph 3, LWF Nepal provided carpentry training to 98 people in Lalitpur and 82 in Rasuwa. Similarly, it trained 36 and 68 people in Sindhupalchok and Dolakha respectively.

The one-day carpenter training was 8 hours long orientation semi-skilled carpenters. The focus was on displaying some key techniques to build stronger T-shelters based on ABCDE principles, namely Anchorage, Bracing, Continuity, Ductility and Enhancement. There was also a demonstration of the construction of a small shelter. The use of wooden material connections, nailing systems, CGI sheets and metal straps for strong joints were all demonstrated. A shake table test video on the effect of an earthquake on the building structure was also shown.

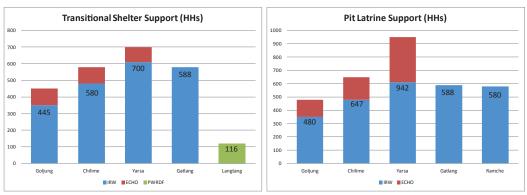




District-wise Shelter Progress

Rasuwa

T-shelter, pit latrine support and carpentry training were the major activities conducted under the shelter component in Rasuwa. Transitional shelter support was provided to 445 households in Goljung, 580 in Chilime, 700 in Yarsa, 588 in Gatlang and 116 in Langtang VDCs. Similarly, pit latrine was provided to 480 households in Goljung, 647 in Chilime, 942 in Yarsa, 588 in Gatlang and 580 in Ramche.





T-shelter support package funded by IRW included CGI sheets, tarpaulin, galvanized window screen, wire mesh and iron nails while the package funded by ECHO included CGI sheets, plain sheets, iron nails and Rs 5,000 cash for construction. Similarly, in Langtang, T-shelter support included CGI sheets, plain sheets, iron nails and metal straps.

Pit Latrine support package funded by IRW included plastic squatting pans with trap and pipe, plastic water bucket, plastic jug, OPC cement and plastic sheets while the package funded by ECHO included CGI sheets, plain sheets, iron nails and a plastic squatting pan with trap and pipe.

In addition to shelter and pit latrine support, LWF Nepal provided carpentry training. The beneficiary details of the training program are as below:

Table 2 : Carpenter training beneficiaries

S.N.	Name of VDC	Carpenter Trained by IRW (Individuals)
1	Goljung	16
2	Chilime	18
3	Yarsa	18
4	Gatlang	18
5	Ramche	12
	Total	82

Lalitpur

In Lalitpur, T-shelter, pit latrine was given and carpentry training was conducted. T-shelter support was provided to 688 households in Lele, 545 in Chhampi, 427 in Bhattedanda, 354 in Bhardeu, 357 in Chaughare and 373 in Devichaur VDCs. Similarly, pit latrine was provided to 99 households in Lele, 495 in Chhampi, 285 in Bhattedanda, 304 in Bhardeu, 257 in Chaughare, 373 in Malta, 220 in Ashrang and 367 in Gimdi VDCs.

T-shelter in Lalitpur included CGI sheets, blankets, flooring mats, plastic water tanks with a capacity of 200 liters, working tools and portable solar lights. Similarly, pit latrine support included plastic squatting pans with trap and pipe and a plastic sheet for privacy.

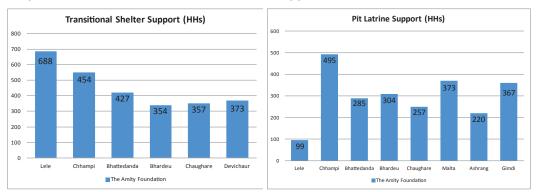




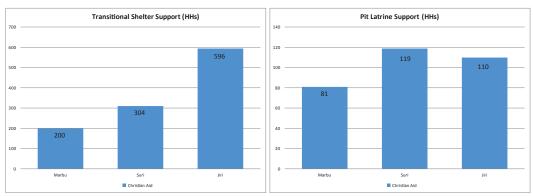
Table 3: Recipients of carpentry training

S.N.	Name of VDC	Carpenter Trained (individuals)
1	Lele	16
2	Chhampi	15
3	Bhattedanda	17
4	Bhardeu	14
5	Chaughare	18
6	Devichaur	18
	Total	98

Dolakha

In Dolakha, 1,100 households were provided T-shelter, out of which 200 were in Marbu, 304 in Suri and 596 in Jiri VDCs. The number of households that received pit latrine in Dolakha was 310 out of which 81 were in Marbu, 119 in Suri and 110 in Jiri VDCs.

The T-shelter package included CGI sheets and working tools while pit latrine package included plastic squatting pans with trap and pipe and plastic sheets for privacy.



Graph 6: Transitional Shelter and Pit Latrine Support

Table 4: Number of Beneficiaries of Carpentry Training

S.N.	Name of VDC	Carpenter Trained (Individuals)
1	Marbu	19
2	Suri	19
3	Jiri	30
	Total	68

Sindhupalchok

LWF Nepal provided transitional shelter support and carpentry training in Sindhupalchok district under the shelter component. A total of 778 households - 509 from Baramchi and 269 from Selang VDCs - received T-shelter support while carpentry training was provided to 36 individuals. For T-shelter CGI sheets were provided.

Graph 7: Transitional Shelter Support



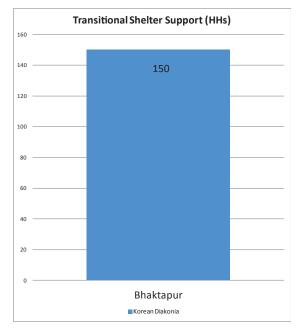
Table 5 : Beneficiaries of Carpentry Training

S.N.	Name of VDC	Carpenter Trained by CLWR (Individuals)
1	Baramchi	18
2	Selang	18
	Total	36

Bhaktapur

As shown in graph 8, LWF Nepal provided T-shelter support to 150 households in Nagarkot Municipality-2, 7 and Changunarayan Municipality-11. The T-shelter support package included CGI sheets, iron nails, various sizes of square iron pipes for use as frame structures and support from 2 skilled masons for 3 days.

Graph 8: T-shelter Support



Voice of the People

Gatlang is Ready to Rebuild

Rasuwa, 26 April 2016

Phurpa Jyalmu, 78, from Gatlang-9 in Rasuwa, lost everything in the earthquake last year. Her house fell and the debris killed her cattle and chickens.

She received food, CGI sheets and Rs 5,000 to help construct a temporary shelter from LWF Nepal and MSN. Phurpa has built her shelter near the rubble of her previous home. "Others have left this area but I have built the shelter nearby so that I can see the rubble of my old home and recall the youth I spent constructing that house", she says.

Phurpa's home, like many others in Gatlang, had a black roof made of wood, an important part of Tamang heritage. Phurpa isn't too fond of the CGI roof in her shelter. She wants to go back to the wooden roof, once she has enough money for reconstruction.

In Gatlang, LWF Nepal and MSN provided CGI sheets to 242 households, tarpaulin to 320, toilet construction kits to 560 and Rs 5,000 each to 303 households. Further, a drinking water scheme was initiated, which included the construction of 17 taps and 2 reservoirs. A total of 346 people benefitted from this project. LWF Nepal and MSN have also been conducting various psychosocial programs in the area to help survivors deal with the impacts of the earthquake.



Text & image: Umesh Pokharel, LWF Nepal

Psychosocial Support Progress

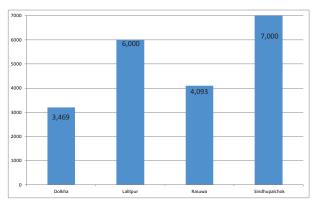


School children from Bramahini Secondary School in Pantang VDC pose after completion of a drawing exercise. Following the earthquake, LWF Nepal provided age-appropriate psychosocial education, art therapy, play therapy and engaged them in recreational activities. LWF Nepal reached to 7,842 school children during the one year following Gorkha earthquake. *Photo: Upahar Rai, LWF Nepal*

The 7.8 magnitude earthquake and its powerful aftershocks that struck Nepal last April-May caused immense death and destruction, affecting millions of lives.

It was natural that all of these factors would significantly affect the psychosocial wellbeing of individuals, families and communities affected directly or indirectly by the earthquake. The most-at-risk subgroups, such as young children, the elderly, the disabled, women and marginalized groups such as the Dalits, were hit hard as the disaster drastically hampered the recovery capacities of their communities and families. Family separations, disruption of social networks, loss of jobs, destruction of community structures, resources and trust, increased gender-based violence, human trafficking, sexual exploitation and bereavement were some of the most common psychosocial issues that resulted from the disaster. Many individuals, especially children, showed signs of severe stress, anxiety and fear, which, if not tended to early, could result in a lasting effect on their lives.

Psychosocial Support Reaches 20,000 People

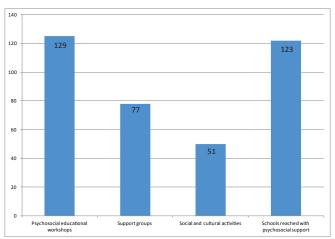


Graph 1: District-wise Beneficiaries of Psychosocial Support

LWF Nepal's psychosocial support activities have reached more than 20,000 people in the 4 target districts. In Dolakha, a total of 3,469 individuals were provided psychosocial support in 3 VDCs (Jiri, Marbu and Suri). Similarly, in Rasuwa, 4,093 individuals were reached in 5 VDCs (Gatlang, Goljung, Ramche, Yarsa and Chilime). In Lalitpur, more than 6,000 individuals were provided with psychosocial support in 6 VDCs (Asrang, Gimdi, Pyutar, Ghusel, Bhattedanda and Malta) and more than 7,000 were reached in 4 VDCs in Sindhupalchok (Baramchi, Selang, Pangtang and Gumba).

How we reached communities

LWF Nepal provided psychosocial support through various programs like psychological educational workshops, formation of support groups, social and cultural activities, and school-based activities.



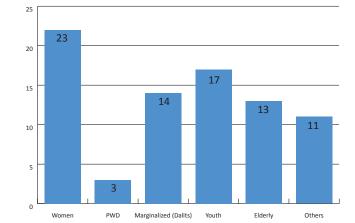
Graph 2: Number of Events held in 4 Districts

During the project period, a total of 128 workshops were organized, providing psychosocial education to 2,915 key members of the community in the 4 districts including participants in the training of trainers.

Similarly, a total of 81 support groups were established in the four districts for especially vulnerable members of the community, such as women, people with disabilities, Dalits, the youth and the elderly. Also, various social and cultural activities, totaling 48, were organized in 4 districts. These activities included programs for various festivals, sports, plays and theatre and other events.

In addition, a total of 7,842 schoolchildren benefited from various support activities, including age-appropriate psychosocial education, art and play therapy, counseling and organization of recreational activities. Recreational materials were also distributed to 123 schools in the 4 districts. The primary aim of these activities was to bring a sense of normalcy back to students as quickly as possible.

The Support Group: A Special Pillar of LWF Nepal Intervention



Graph 3: Total support groups formed, categorized by vulnerable groups, youth and others

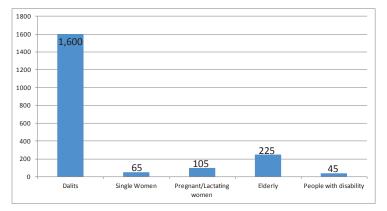
A total of 81 support groups have been established in Dolakha, Sindhupalchok, Lalitpur and Rasuwa.

The formation of these support groups has been one of the strongest pillars of LWF Nepal's psychosocial support initiative. These groups were formed to support the most vulnerable in the community, such as women, children, the elderly and people with disabilities. These support groups were important for community members who were more affected by the earthquake. They acted as a means to share psychosocial issues and identify solutions including the sharing of coping strategies. The support groups acted as a forum for the sharing of experiences and ideas while also providing emotional support as the participants built a sense of belonging.

These support groups, which meet every month, are all self-sustained, which helps ensure sustainability.

Prioritizing the Most Vulnerable

LWF Nepal's psychosocial activities were designed with most vulnerable groups in mind. They included women (pregnant, lactating, single, heads of household), the marginalized, such as Dalits, the elderly, children, and people with disabilities. LWF Nepal's psychosocial support activities were implemented in such a way that the most vulnerable, apart from benefiting from the activities, also provided input to planning and implementation. This ensured that the community was imbued with a sense of purpose and thus, motivated the community to do more.



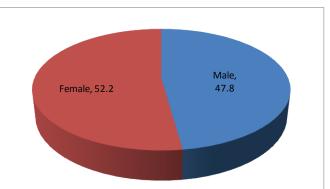


Non-specialized psychosocial support was provided to 2,117 people from these 'most vulnerable' groups.

Women-friendly Psychosocial Activities

As women are more vulnerable to natural disasters, the project accorded women high priority, since the very designing of the project. Female psychosocial officers were mobilized in 3 districts to provide support and carry out activities. Throughout this process, LWF has learned that providing psychosocial support to women by women has been proved valuable.

Graph 5: Male/Female Ratio of the Total Psychosocial Support Beneficiaries



LWF Nepal reached more women than men in the project districts. More than 20,295 people were reached through the psychosocial support component of LWF emergency response program; out of these, 52.2% of beneficiaries were female and 47.8% were male.

Voice of the People

Hem Krishna Gets New Lease on Life

Lalitpur, 25 April 2016

Fifty-seven year old Hem Krishna Dangal of Pyutar VDC in the remote outskirts of Lalitpur was on his way back home from Chapagaun when the April 2015 earthquake struck. He arrived home the next day only to find his house destroyed and his mentally ill wife, along with their son, daughter and three grandchildren, living in the fields.

Devastated by the incident, Hem Krishna took up drinking to ease his fears while the aftershocks continued, shaking his psyche along with the ground. Despite his inclinations towards music and motivational religious hymns, he seemed to have lost all hope.

"I feared for my family and myself and prayed to god to either make our lives normal again or take us away," says Hem Krishna.

"We were left with nothing and hope was slowly fading. For 2 months, we feared for our lives." People from 440 households in Pyutar VDC and nearby areas shared similar plights, with many who had lost their livelihood and property.



An elderly man watches as local youth play instruments received under a psychosocial support program by LWF Nepal.

In July 2015, LWF Nepal in partnership with SOLVE Nepal, a local NGO, visited Pyutar. After assessing the extent of the damage and local needs, LWF Nepal provided the farming community with immediate relief in cash and in kind. Along with livelihood support, LWF Nepal also provided psychosocial counselling, which has been instrumental in helping villagers like Hem Krishna regain their mental footing and to cope with the disaster.

As part of psychosocial support, LWF Nepal ran 10 programs in the area through SOLVE Nepal. The programs focused on rebuilding psyches, especially in children and senior citizens. Hem Krishna was one of the beneficiaries. He received 3 musical instruments – a harmonium, *Maadal* and *Khaijadi* – to help channel and relieve his stress and fears. Since then, he has stopped drinking. These days, he operates a small grocery near his home and keeps his instruments nearby. Whenever Hem Krishna is reminded of the earthquake, he takes down his instruments, gets together a small group and starts performing hymns and music. Hem Krishna now actively participates in social events.

Apart from the instruments, Hem Krishna also received Rs 5,000 under a livelihood support from LWF Nepal. He has invested this amount in livestock – one goat and two hens, which he intends to sell once they mature.

"We have seen various NGOs come and go since the quake but LWF Nepal's presence will never be forgotten," says Hem Krishna. "The villagers are now hopeful that reconstruction tasks will begin."

Text & image: Pralhad Rijal, LWF Nepal

Mental Health in the Time of Disaster

Sindhupalchok, 25 April 2016

On 25 April 2015, Kendra Maya Paudel, a resident of Chanaute, Baramchi-9, Sindhupalchok was collecting fodder when the earth started shaking violently.

"At first, I thought it would pass but it just seemed to go on forever," Kendra Maya recalls.

Looking around, she saw houses collapse and hills crumble in an instant. Kendra Maya suddenly realized that her daughter was still inside her house so she rushed home. When she reached there, she was relieved to learn that her daughter had already been rescued by neighbors.

"My daughter was unconscious and had suffered injuries to her leg. When she



Kendra Maya Paudel, a resident of Baramchi-9 recived psychosocial support including therapy sessions.

woke up, she started weeping. We all did. There was so much destruction around us," she remembers.

More than 500 houses in Baramchi VDC were reduced to rubble that day. But perhaps one of the biggest consequences of the earthquake was the psychological impact it had on people like Kendra Maya. The earthquake and its frequent aftershocks traumatized her.

"I was very frightened and anxious about what might happen next. I could not sleep properly for a number of days after the earthquake," she says.

Faced with numerous such reports from locals, LWF Nepal conducted psychosocial programs in 4 different VDCs of Sindhupalchok district, including Baramchi, for people who were mentally disturbed by the earthquakes.

The programs offered counseling classes on trauma management, yoga sessions, art and laughing therapy sessions, and other forms of recreational activities. In fact, any activity that diverted the attention of locals from the earthquake and its aftershocks were incorporated into the programs, which were conducted in separate groups for men, women, children and the elderly.

1,951 people, mostly women, from different villages in Baramchi were provided with counseling. Kendra Maya says the counseling sessions really helped her overcome her trauma. It also gave her confidence to continue her daily activities and inspired her to run similar classes in other villages for people like her.

Laxmi Shrestha, a teacher at the Shree Kali Devi Secondary School in Pantang-2, Sindhupalchok also received psychosocial support from LWF Nepal. Laxmi chose to remain inside her house when the earthquake first struck, as she had taught her students to 'Duck, Cover and Hold'. However, that advice did little to prevent her from getting injured.

Following the earthquake, Laxmi developed anxiety and began to lose focus while doing daily chores. Being a teacher, she was supposed to console her pupils, but she had lost strength herself and was constantly reminded of the devastation wreaked by the earthquake.

"I was worried about the situation around me. I could not open up to anyone, not even my brother or my parents. I did not want to disturb anyone further by talking about my earthquake experience," she says.

After attending LWF Nepal's psychosocial program for 3 weeks, Laxmi gradually regained her confidence. Being in a group with other earthquake survivors made her realize that she was not alone undergoing trauma. During the therapy sessions, she openly talked about her problems with others and tried to resolve them through recreational means.

"Playing games, singing songs, dancing to traditional music, engaging in arts and sports and meditation, provided us with a sense of normalcy in an absolutely abnormal situation," Laxmi says.



Laxmi Shrestha, a teacher at Shree Kali Devi Secondary School in Pantang, regains confidence following her participation in LWF psyshosocial session.

In the months since, Laxmi has gone from being a trainee to a tutor. Inspired by the change in her, she has begun conducting such programs in nearby villages. The interactions she has had with people have made her even more resilient. And as she has made a fighting comeback, Laxmi has learned to accept reality as it is. The earthquake is all but a bad memory for her now.

"Memory fades with time and that may be a good thing. It's probably the way the human mind deals with strong, shocking memories," she says, looking resolute.

Laxmi's refusal to feel sorry for herself is not born out of a lack of grief, but a determination to put the tragedy behind her and reclaim her life.

Text & image: Abhusan Gautam, LWF Nepal

WASH Progress



A public tap-stand constructed by the LWF Nepal and MSN in Gatlang VDC, Rasuwa. A total of 17 tap-stands have been constructed in the VDC.

The two major earthquakes that struck Nepal on 25 April 2015 and 12 May 2015 caused much death and destruction but one largely overlooked repercussion has been the damage to water sources and rural drinking water supply systems. It is estimated that in the 14 severely-affected districts, 1,570 community water supply schemes (CWSSs) have been completely damaged and 3,663 CWSSs have been partially damaged, out of 11,288 CWSSs, as per the Post-disaster Needs Assessment (PDNA) report published by the Government of Nepal. The report also states that the repair, rehabilitation and reconstruction of water supply systems are essential.

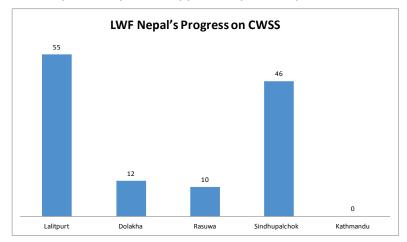
Similarly, sanitation and hygiene was severely affected by the earthquake. The PDNA reports that 220,000 toilets were either totally or partially damaged. So there is an urgent need for the recovery of WASH interventions to secure the health of affected populations as early as possible so as to ensure safe and sustainable drinking water, sanitation and hygiene.

LWF Nepal has been implementing WASH interventions in 19 VDCs in 5 districts: 5 in Lalitpur, 3 in Dolakha, 4 in Sindhupalchok, 5 in Rasuwa and 2 in Kathmandu districts.

Table 1: WASH Progress

S.N.	Districts	No.	VDC Name	Progress
1	Lalitpur	5	Ashrang, Gimdi, Pyutar, Malta and Ghusel	Out of 57 CWSSs - 55 completed
2	Dolakha	3	Former Jiri, Suri and Marbu	Out of 12 CWSSs -12 completed
3	Rasuwa	5	Ramche, Chilime, Goljung, Gatlang and Yarsa	Out of 11 CWSSs -10 completed
4	Sindhupalchok	4	Selang, Baramchi, Pantang and Gumba	Out of 47 CWSSs -46 completed
5	Kathmandu	2	Nanglebhare and Sanagaon	6 CWSSs under construction

123 Community Water Systems Rehabilitated/reconstructed



Graph 1: Community Water Systems Supported by LWF Nepal

A total of 123 community water systems were rehabilitated/reconstructed in Dolakha, Lalitpur, Rasuwa and Sindhupalchok. A few community water systems are under reconstruction. It is important to note that 6 originally-planned CWSSs are also under construction in Kathmandu district.

District-wise Progress



A woman from Goljung, Rasuwa returns to her T-shelter after receiveing pit latrine material from LWF Nepal and Manekor Society Nepal.

Rasuwa

11 CWSSs were repaired/maintained in 5 VDCs of Rasuwa district. LWF Nepal constructed/repaired 7 water reservoirs, 4 break pressure tanks, 7 intakes and built 99 public tap stands in the district. Altogether 7,120 meters of water pipelines were laid for the WASH project in Rasuwa.

Dolakha

11 CWSSs were repaired/maintained in 3 VDCs in Dolakha. LWF Nepal repaired/ constructed 13 intakes, 65 public tap stands and 8 water reservoirs. It provided 14,079 meters of pipeline to the local users' committees at the project site. It is estimated that through its WASH intervention, LWF reached 3,366 people in Dolakha.

Sindhupalchok

47 CWSSs were repaired/maintained in 4 Sindhupalchok VDCs. The rehabilitation/ reconstruction comprised 37 intakes and 25 public tap stands. Apart from this, 32,636 meters of pipeline were used to connect a newly-constructed tap stand, 4 reservoirs and 8 intakes. An estimated population of 12,702 benefitted from the drinking water scheme.

Lalitpur

In 5 VDCs of Lalitpur 57 CWSSs were repaired/maintained. The rehabilitation/ reconstruction comprised 37 intakes and 54 public tap stands. Apart from this, 32,636 meters of pipeline were distributed or used for newly-constructed tap stands. In Lalitpur, 12,702 people are estimated to have benefitted from LWF Nepal's WASH program.

Kathmandu

In Kathmandu, 6 CWSSs projects are under construction.

Voice of the People

Restored Water System Reduces Plight

Sindhupalchok, 25 April 2016



Anshu Shrestha of Pantang-2 washes her clothes in the foreground while others use it for their daily chores and necessities. The tinned bathroom in the background provides space for women to bathe in private.

The earthquakes of April and May not only caused massive damage to life and property but also severely affected water sources. Sindhupalchok, one of the worst-hit districts, faced an immediate water crisis following the tremors.

As the water systems in remote areas were damaged and sources dried up, risks of diarrhea and typhoid fever spreading also increased. In immediate response, LWF Nepal/Gramin Srijanshil Mahila Pariwar, in collaboration with ACT Alliance, initiated a drinking water reconstruction and repair project in 4 of VDCs – Baramchi, Selang, Gumba and Pantang – to restore damaged water systems and improve health conditions by reducing risks associated with unsafe drinking water.

In Sindhupalchok, the main source of water for many VDCs is spring water, often located far from settlements. The earthquake and subsequent landslides damaged water pipelines and also changed the output of many water sources. While water sources located uphill diminished, sources at the foothills showed an increased discharge.

"Our main water supply from Jugey, almost 2 kilometers from our village, got damaged after the earthquake," says Nir Bahadur Paudel, a 75-year-old resident of Chanaute, Baramchi-9. 45 households were without water for 2 months after the earthquake, forcing people to walk for almost 2 hours to fetch water from the nearby Balefi river.

But this was before LWF Nepal and GSMP initiated its drinking water project in Baramchi. With support from ACT Alliance, LWF Nepal repaired pipelines to affected villages and installed water tanks and taps for the community to use.

"We repaired 9 water systems in Baramchi and installed water taps for the convenience of locals. This solved the water problem for almost 866 households," says Rabindra Ghimire, Secretary of Baramchi Drinking Water Users' Committee.

The disruption in the supply of water also affected women disproportionately. Washing, bathing and going to the toilet became difficult since women were now forced to look for private spaces in the open.

"We were compelled to use another water source, located some 40 to 45 minutes away from our village, and we had no safe, private spaces to bathe," says 32-year-old Anshu Shrestha of Pangtang-2.

LWF Nepal and ACT Alliance installed water taps and bathrooms in 10 locations across Pangtang, to the relief of 622 households. This made things much easier for women since they no longer had to travel far to fetch water and with the new bathrooms, they no longer had to worry about their privacy. Almost a year after the earthquake, the water taps and shelters teem with people every morning, serving as a common social space.

The drinking water reconstruction and repair project was started with the aim of providing sustainable access to safe drinking water for the people of Sindhupalchok after the earthquake. It's been a major success so far. LWF Nepal has now helped more than 2,500 households in Sindhupalchok access clean water.



Pangtang's newly-installed water taps provide water not just for local residents but also for people from other villages that are still deprived of water.

Text & image: Abhusan Gautam, LWF Nepal

Improved Water and Sanitation Enthuses Bhaguwa Villagers

Lalitpur, 25 April 2016



In the foreground: a toilet built under LWF Nepal support, in the background: a quake-ravaged house along with newly built shelters.

For locals from Bhaguwa village in Malta VDC on the border between Lalitpur and Makawanpur districts, the April earthquake caused multiple problems. Many lost their homes and livelihood and the local sources of water dried up. 74 households, already living in temporary shelters, were forced to walk for more than an hour to fetch water. The onset of the dry season only exacerbated their problems.

With no water for farming, agricultural productivity fell. Without water, the village's sanitation practices started to deteriorate, presenting the threat of diseases.

This looming disaster caught LWF Nepal's attention and it mobilized volunteers from SOLVE Nepal, a local NGO. "Volunteers from SOLVE Nepal came to the village and laid a new 5 kilometers pipeline to bring us water," says Suk Bahadur Bholung, a local grocery owner.

Once the pipe-laying was completed in March 2016, the village has now started to receive abundant water and all activities have returned to normalcy. Farmers are busy carrying organic fertilizers to their fields and using water pipes for irrigation. Sanu Maya Tamang, who runs an eatery in the village, has reopened her business after the flow of water resumed. "The situation has improved drastically," says Sanu Maya. "There is now water available to carry out household chores and for sanitation purposes."

Common taps placed at strategic locations around the village also eased locals to feed their livestock and perform daily chores.

To combat the threat of diseases due to poor sanitation, LWF Nepal provided funds to SOLVE Nepal and built toilets. Out of 74 houses, more than 60 now have a toilet and others are under construction.

"We are now able to work in our fields without fear of running out of water or catching of disease," says Prem Bahadur Loh, a local farmer.

Children from Malta who knew little about the importance of sanitation have started to see things differently. Twelve-year-old Suraj Loh spoke about the lessons learned. "I now realize that toilets are very important in keeping us clean and safe," says Suraj.



Locals hauling cow dung to fertilize their land.

Text & image: Prahlad Rijal, LWF Nepal

Better Sanitation Keeps Diseases Away

Lalitpur, 25 April 2016

Twelve-year-old Sapana Tamang of Bhardeu VDC in Lalitpur, bedridden with paralysis in the right side of her body, had to be carried out of her home by family during the earthquake. After a month of living in poorly-managed temporary shelters and tents with no sanitation facilities, Sapana started to fall sick frequently.

The situation worsened when winter arrived with the villagers still living in temporary shelters. Waste piled up and there was imminent risk of an epidemic.



Sapana Tamang: A child with disability, who frequently fell ill during the recurring aftershocks fell ill less after a toilet was built in her home.

Sensing a potential catastrophe, LWF Nepal mobilised the youths of SOLVE Nepal and started a community toilet-building project.

Villagers were provided with zinc sheets and materials required for constructing toilets, along with proper training. Volunteers also educated the people living in shelters about potential threats from poor sanitation.

"LWF Nepal provided us with sanitation kits, towels, soap and mugs, along with pipes and sheets to build toilets," says Dambar Bahadur Tamang, Sapana's father.



Dambar Bahadur Tamang, father of Sapana Tamang, has benefitted from sanitation support. Previously, his house did not have a toilet.

"We are now well aware of the importance of proper sanitation."

LWF Nepal extended its support to 270 houses from the VDC, all of which now have toilets. Even though the villagers are still living in zinc-sheet shelters, they have a toilet nearby. Villagers, comprising mostly single and elderly women and children with disability like Sapana, are now safer from the spread of epidemics.

"Because of improper shelters and lack of basic sanitation facilities, my grandchildren and I suffered from ailments during the winter," says 77-year-old Kamala Loh. "Now we have learned a lesson."



Bishnu Maya Rumba of Bhardeu VDC in Lalitpur rests infront of her house. Elderly women like her are now accustomed to using toilets.

Another elderly woman, Bishnu Maya Rumba, shares a similar experience, "It became hard to live, as waste had piled up and a foul smell began to spread. People, especially children, started getting ill. But the situation has improved now as we have proper toilets."

SOLVE Nepal, with support from LWF Nepal, has managed to successfully transform the community's attitude towards sanitation.

"The change was for the good and we have all learned a lesson," says Dambar Bahadur. "The village has almost returned to normalcy now, without any threat of disease."

Text & image: Prahlad Rijal, LWF Nepal

Livelihood and Food Security Progress



Tashi Tamang, a resident of Ramche-8 Rasuwa received Rs 5,000 from LWF and Manekor Society Nepal. She utilized the money to purchase additional items for her grocery.

Since a majority of Nepali households rely on income from farming activities for their livelihood, agricultural losses had a significant impact on the rural population in the affected districts. Additionally, over half of Nepali households own livestock and depend on it as a source of food and income. Thus, the loss of livestock and poultry could have had detrimental impact on food security. LWF Nepal addressed this problem as part of its earthquake response.

Progress on Livelihood and Food Security

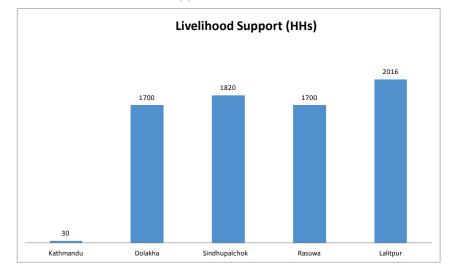
A total of 7,266 households in Rasuwa, Dolakha, Sindhupalchok, Kathmandu and Lalitpur were provided with cash support aimed at helping them secure and improve their livelihood.

As part of livelihood support, Rs 12,500 was provided to 30 households in Nanglebhare and Sanagaon of Shankarapur municipality in Kathmandu. Similarly, 1,700 households from Jiri, Suri and Marbu VDCs of Dolakha districts received Rs 7,500 each from LWF Nepal. Likewise, 1,820 households in Sindhupalchok, 1,700 in Rasuwa and 2,016 in Lalitpur got Rs 5,000 each.

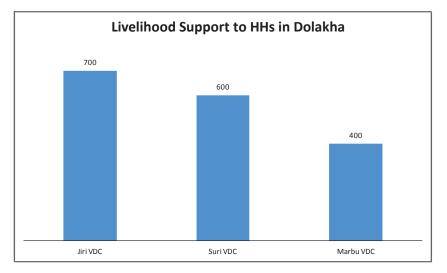
Beneficiaries utilized the money to revive their livelihood. Our post-distribution monitoring report shows that earthquake survivors had used the money for mushroom farming, tailoring, opening up a grocery, goat farming, livestock, dairy farming (yaks/cows in Rasuwa, cows and buffalo in Lalitpur, Dolakha, Sindhupalchok and Kathmandu), among others.

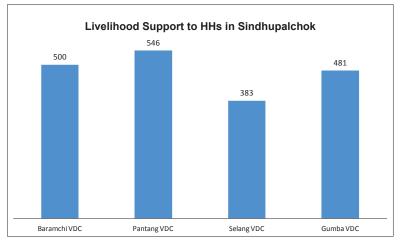
Livelihood Support Progress

Graph 1: District-wise Livelihood Support



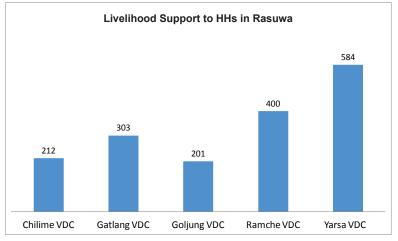
Graph 2: Livelihood Support Progress in Dolakha



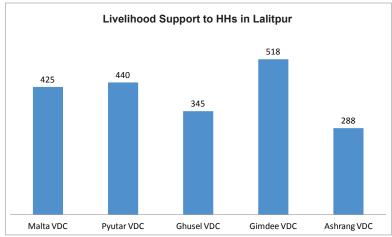


Graph 3: Livelihood Support Progress in Sindhupalchok









Voice of the People

Cash Grant Helps Padam Resume His Job

Sindhupalchok, 25 April 2016



Padam was able to purchases 2 new sewing machines through the livelihood support grant provided by LWF Nepal.

Forty-year-old Padam Bahadur BK, a resident of Baluwa, Baramchi-2 in Sindhupalchok district, lost all hope when the April 2015 earthquake destroyed his home. A tailor by profession, Padam was devastated to learn that his 2 sewing machines and an iron had also been destroyed. To add to his woes, he also fractured his left arm while trying to save his son and daughter-in-law during the quake.

As a member of the 'lower caste' Dalit community, Padam's tailoring business had been his only means of survival for the past 18 years. But at one fell swoop, the earthquake destroyed everything: his home, his business and his able hands. And, like everyone else in the village, Padam was left to rely on help from the government and humanitarian agencies for the next 4 months.

"I was hopeless. I had no money or resources to look after my family, and my fractured arm prevented me from working," says Padam. "Rebuilding my home and resuming my business were secondary concerns."

A year later, things have changed drastically for Padam. A tiny cabin-like structure made out of corrugated zinc sheets and wood now stands by the roadside in place of what used to be the remains of his house. The shelter, which is actually Padam's new tailoring shop, looks dark and quiet from outside, but is brimming with activity on the inside. Padam and his family live in a room attached to the shop.

Padam had never even considered being able to resume his tailoring business, until he received a livelihood support grant from LWF Nepal and its partner. With this grant, Padam was able to purchase 2 new sewing machines and his business bounced back within a few months. Padam now earns anywhere between Rs 5,000 to 7,000 per month, stitching clothes for people in the community.

"At one point, I had almost thought of giving up and migrating to the city. But when LWF came up with the grant, I changed my mind. It gave me the courage to resume my business here," says Padam. "Looking back, I think the support and encouragement was more important than the money itself."

Like Padam, nearly 500 families in Baramchi VDC have benefitted from LWF Nepal's livelihood support grant. People have utilized the money to start a variety of livelihood options like vegetable farming, goat rearing, retail shops and local transportation. This has reignited activity in many VDCs across Sindhupalchok and injected hope among people. However, with many still trying to recover from their losses, businesses are finding it difficult to attract customers like before.

"Business is not the same as before. The well-off *Bistas*, the upper caste customers, who formed a major part of my clientele, left the village after the earthquake. And those who do visit cannot afford clothes like they used to," he says. But Padam does not regret his decision to resume his business. "The earthquake destroyed everything. But it also gave us a chance to start again," says Padam, his eyes gleaming with hope.

Padam's fractured left arm has healed but it still aches from time to time. Still, he is determined to serve all of Baramchi. With the money from his business, he hopes to build a permanent home and expand his business further.



Young people line up outside Padam's tailor in shop to alter their clothes.

Text & image: Abhusan Gautam, LWF Nepal

Septuagenarians Regain Confidence

Dolakha, 25 April 2016

Up in the village of Marbu in Dolakha district, 4 elderly women, clad in Tibetan attire with protective shawls around their heads, sit in the hot sun, breaking stones. These stones, remnants of the debris from the 25 April 2015 earthquake, are roughly 9 to 10 kilograms. These elderly women, all septuagenarians, work to break the stones until they are very small. "I work to earn some money so that my husband and I have enough to eat," says Nidimche Sherpa, who is 79 years old. "My husband is older than me and cannot even stand properly."

The April 2015 earthquake brought about a drastic change to Nidimche's quiet unassuming life. In the past, her husband worked and they had enough to eat and enough to send their son and daughter to school. The earthquake destroyed their home and buried everything she owned under debris. Large cracks appeared in the land that the family had previously used for subsistence farming, rendering it unusable. Nidimche thus is forced to work for a neighbor, earning Rs 300-400 a day, even at her advanced age. To supplement this meager income, she also breaks rocks.

Nidimche works alongside Doma Sherpa, 72, and her cousin. Doma is a widow and lives alone ever since her son got married. "My husband used to fulfil my every wish and love me so much. His death has been the biggest loss to my life," says Doma with teary eyes. Doma too lost her home in the earthquake. "I am alone but I have the courage to face all difficulties and problems."

Psychosocial support the women got from LWF Nepal has helped them cope with their immense losses and move on with their lives despite the unimaginable pain and suffering they have gone through. "Psychosocial support from LWF Nepal has helped us regain our strength and we are motivated to live our life once again," says Doma. "Also, the shelters we built with the help of LWF Nepal have become a platform for us to gather and share our sadness and happiness with each other. The earthquake has taught us who we are and how far we can fight alone."



These are the 4 strong and energetic women breaking stone at their advanced age.

Text & image: Manisha Thapa, LWF Nepal

Livelihood Support Renders Community Resilient

Sindhupalchok, 25 April 2016



It's been a year since the earthquake but the remote village of Pangtang-2 in Sindhupalchok district still looks like it was struck recently. Most of the rubble from collapsed houses remains and a majority of families in Pangtang still reside in temporary shelters made out of corrugated zinc sheets, plastic tarpaulin and whatever local materials could be salvaged.

Along the main road, there are 2 small shops built entirely out of wood, mud and stone.

Dolma Lama Sherpa was able to purchase new products for her shop through the grant amount provided by LWF Nepal.

One of them belongs to 32-year-old Dolma Lama Sherpa, a single mother to 2 daughters. Dolma's husband left the village 3 years ago in search of employment abroad. She now looks after the shop and her daughters on her own.

When the earthquake struck, Dolma's home and shop were destroyed, along with her livelihood. Like everyone in Pangtang, Dolma and her family were forced to sleep out in the open for many weeks after the earthquake.

"I don't want to remember that day," says Dolma. "I was very frightened and wept continuously for hours. My daughters and I wandered around the village looking for shelter and finally took refuge in an animal shed. That became our home for the next two months."

The April earthquake and the aftershocks last year affected the livelihood of around 2.3 million households and 5.6 million workers across Nepal, according to a report by Oxfam. Farmers and livestock owners living in rural areas were among the hardest hit, and so were women like Dolma.

A year later much remains the same in Pangtang but Dolma is different. She has managed to build a temporary home with the few savings she had left and with a livelihood support grant from LWF Nepal, Dolma was able to reopen her shop.

"I used the grant money to buy new products for my shop," says Dolma. "The support came when I needed it the most and it gave me the courage to start anew. It was really helpful and I am very thankful." The livelihood support grant has been crucial in supporting individuals like Dolma generate income, particularly for women, given the key role they play in the family. Dolma, however, feels that organizations like LWF should also provide skills development training for women so that they have more options in the future.

Another beneficiary of the grant was 70-year-old Dhanmaya BK of Khamara, Baramchi-1. She used the grant money to begin vegetable farming on a small patch of land that was spared by the earthquake. Although she has 2 sons, Dhanmaya had been living alone when the earthquake struck.

"I used to live in a separate house but it collapsed during the earthquake. I like to do everything on my own so that I do not have to depend on my sons. But now, I don't have much choice. All I have is this land. So I have chosen vegetable farming," she says. Dhanmaya grows red chilies, cauliflower and beans on her small farm and hopes to find a good market in nearby villages.

Dhanmaya belongs to the Dalit community, considered as the 'lower caste' and thus, marginalized. Dhanmaya and her 2 sons did not get relief amount distributed by the government for winterization and to construct temporary shelters. When her sons were left without work after the earthquake, LWF Nepal came in with the grant support to help them restart their businesses.

Ramesh BK, her younger son, a blacksmith, used the grant money to buy raw materials and resources for his metal shop. Her elder son, Suresh, used the amount to rear goats. The livelihood support grant provided by LWF Nepal has helped Dhanmaya's family financially and provided them with the much-needed impetus to continue with their lives in a productive manner.



Dhanmaya BK gives us a tour of her vegetable farm. She has grown chillies, cabbage and beans on a small patch of land with LWF Nepal's grant money.

Text & image: Abhusan Gautam, LWF Nepal

Nepal Earthquake Response Program

Implementing Partners

Gramin Mahila Srijanshil Pariwar (GMSP) Sindhupalchok

Khadichaur, Sindhupalchok Contact: 011-482199

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Charikot, Dolakha Contact: 049- 421240

Integrated Community Development Organization (ICDO), Lalitpur

Chapagaun, Lalitpur Contact: 01- 5573382

Manekor Society Nepal, Rasuwa Dhunche, Rasuwa Contact: 010- 540053

Society of Local Volunteers Efforts (SOLVE), Lalitpur

Tinkune , Katmandu Contact: 01-4468960

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Supporting Partners





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