

# Reconstructing Lives Through Sustainable Livelihoods



A member of



## **Reconstructing Lives Through Sustainable Livelihoods**

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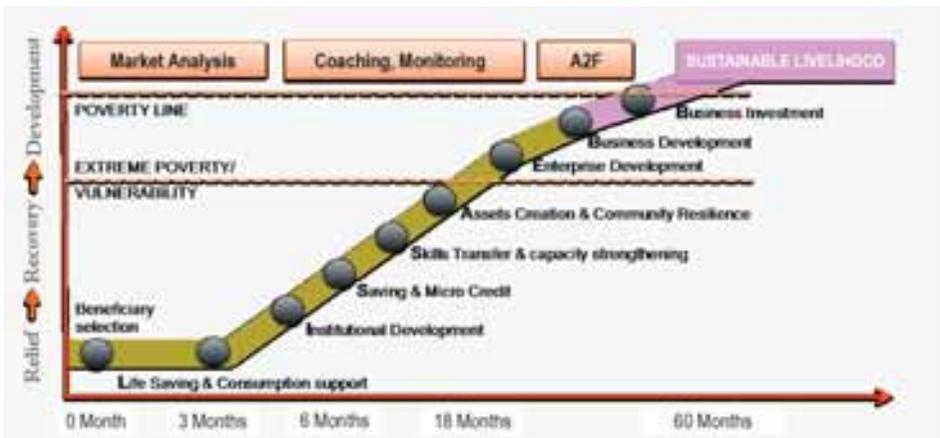
# Foreword

Restoring livelihoods to disaster affected communities is a critical component of post disaster reconstruction. LWF Nepal places high priority to resilient and sustainable livelihoods ensuring “Right to Livelihoods” of the affected communities linking humanitarian relief to long-term development. It begins with life saving emergency response towards recovery, rehabilitation and reconstruction along with economic self-reliance of the affected communities. Protection, safety and social cohesion are prerequisites for self-reliant livelihoods. It truly considers all aspects of resiliency and sustainability in all stages of its operation such as build back better, climate smart environmental considerations, and long-term socio-economic sustainability of communities affected by disaster and people at risk.



The LWF Nepal works in a systemic approach harnessing the vast experiences and expertise from across humanitarian actors including local government, civic society organizations, private sectors, academicians, and other market actors linking relief and recovery to long-term development in a sustainable manner. It is based extensively on local know-how, collaboration and collective actions with local institutions and community creating humanitarian ecosystem that ensures disaster preparedness, response and development at the local level.

## PATHWAYS TO SUSTAINABLE LIVELIHOODS



The LWF Nepal, from day one of the Gorkha earthquake 2015 in Nepal, operated different humanitarian programs/projects and linking them to long-term sustainable development. It worked with different stakeholders from the life saving and consumption support during emergency phase to social and economic institutional development and reconstruction of resilient community assets and skills during recovery phase. These initiatives are linked with long-term development. The long-term development is backed by enterprise/business development, business investment through access to finance (A2F), and market linkages.

The United Nation, World Food Programme (UNWFP), and Private's World Relief and Development Fund (PWRDF) are the long-standing partner of LWF Nepal partnering with all aspects of humanitarian and development in Nepal. Protracted Relief and Recovery Operation (PRRO) in Gorkha is the earthquake response program in partnership with UNWFP and PWRDF. It contributes to ensure food security of 2772 food insecure households and their physical access through Food/Cash for Assets rehabilitating the critical community assets destroyed by the earthquake. Together with Canadian Food Grain Bank (CFGB) and PWRDF, LWF Nepal operated food for work in Rasuwa district of Nepal, which had contributed food security to 950 food insecure households. Similarly, LWF Nepal in partnership with PWRDF has been implementing livelihood recovery program in Lalitpur district transforming the livelihoods of the people affected by earthquake through innovative and climate resilient technology transfer.

In this background, this document captures successful human stories and innovative ideas generated in the field from Gorkha, Lalitpur and Rasuwa. Replication of these successes and good practices would improve livelihoods of the disaster affected communities and people at risks. This will support socio-economic transformation of rural Nepal.

“Reconstructing Lives Through Sustainable Livelihoods” is a collection of successes stories with the changes witnessed in the livelihoods of the earthquake affected people after the project intervention. I take this opportunity to thank the Government representatives and authorities and the supporting partners UNWFP, CFGB, and PWRDF, Canada. I would like to thank Mr. Keshab Poudel, Editor of New Spotlight and his team for collecting and analyzing case stories. I would also like to thank Dr Subash Gurung, Sustainable Livelihood Development Coordinator and Kritagya Regmi, Communication Officer, LWF Nepal for their contribution.

Furthermore, I would like to acknowledge the efforts of LWF staff for their contribution in supporting the earthquake affected people to live with dignity.

I am particularly grateful to the earthquake affected communities who have been part of the projects entitled Protracted Relief and Recovery Operation (PRRO) in Gorkha, Livelihood Improvement of People Affected by Earthquake (LIRE) in Lalitpur and Food Assistance for Earthquake Affected People in Rasuwa District. All the projects were implemented in compliance to Core Humanitarian Standard. The interventions have added to their overall resilience. This success is the combined result of the cooperation among the communities, support partners, government agencies and the implementing partner organization.



Dr Prabin Manandhar  
Country Director  
LWF Nepal

# 1. Reviving Lifeline Trails

Although foot trails and drainages received less priority in the national and provincial planning of the country, foot trails are the lifeline of remote parts of Gorkha district. The foot trails connect one village to the other and increase speed and load capacity of mule and human. After the earthquake of 2015, almost all foot trails, small irrigation, wooden bridges, roads, community schools and water taps of Laprak, Gumda, Kashigaun, Uhiya and Sirdibas either destroyed or washed away. For villagers, the destruction of these basic infrastructures was more devastating than their own shelter. As a result villages were cut off from one another. That was where the Protracted Relief Recovery Operation (PRRO) project approached to completely change the faces of remote and rural parts of earthquake affected villages of northern Gorkha.

The Lutheran World Federation (LWF) Nepal in partnership with UNWFP and Primate's World Relief and Development Fund (PWRDF), Canada implemented PRRO; the first and second phase of Food for Asset (FfA) and Cash for Asset (CfA) projects. It supported food insecure households in the rural remote northern parts through a local partner Goreto-Gorkha.

Along with the local stakeholders, elected representatives of Gorkha also hailed the contribution made by PRRO projects as the project is in the last stage of completion. Chairperson of District Coordination Committee





(DCC) Gorkha, Ashok Kumar Gurung, who has inspected a number of projects and interacted with the local people of project sites, viewed PRRO as a successful model of community user groups, social organizations, development partners and Elected Representatives working together.

“The projects implemented in the remote parts of Uhiya, Laprak and Sridibas showed how effective coordination among the local elected leaders, beneficiaries and local NGOs and INGOs brings tangible changes in the life of people,” said Gurung who coordinates the programs and projects among local bodies Implemented by local NGO Goreto-Gorkha under PRRO II with support from LWF Nepal, PWRDF and UNWFP, the reconstruction and of trails, drainage, bridges, community buildings and water taps helped to enhance the life of local community.

Elected fifteen months ago, Chairperson Gurung, inspected the revived infrastructure like foot trails, wooden bridge, community buildings, drainage, water taps, irrigation canals and public toilets. He said that these infrastructures are earthquake resilient and the Build Back Better Model will contribute to improve the livelihood of the people. Gurung also visited sites where the reconstruction is still ongoing.

Gurung got a positive impression about the project’s work when he visited a drainage constructed in Laprak. “I saw a reconstruction of drainage over the road which redirected the water to river, preventing possible landslides in the human settlement. This made me realize how a small intervention can prevent major disasters.”

“The people’s ownership of the project was ensured because it involved beneficiaries and local stake holders in the process of planning, selection and implementation,” said Gurung. “With the involvement of all stake holders, the project follows accountability and transparency parts. Truthfully, there are more demands for projects like this from the remote villages like Uhiya and Sirdibas Rural Municipality of Gorkha district.”

Chairperson Gurung holds the view that modality like food for asset and cash for asset are best suited in the villages. They fulfilled the demands of food for the food insecure local communities and cash based intervention helped local population to generate money required to fetch other necessary goods.

“After earthquake, many projects were implemented in Gorkha by different organizations for reconstruction of houses, schools and livelihood support. I found PRRO has secured a special place in the hearts and minds of people,” said Gurung,. “When I inspected some of the projects and interacted with our elected representatives and local community about the outcome, I found that people and elected representatives have owned it as their own programs.”

Gurung, who visited several other earthquake related projects implemented in the district, said PRRO has shown that there are plenty of spaces for elected representatives, local beneficiaries and LWF Nepal, UNWFP, and Goreto to work together.

“We have already received requests from elected representatives of Rural Municipality of Laprak and Uhiya to continue PRRO project in the region for a certain time,” said Gurung. “During the implementation of PRRO I and PRRO II, many local infrastructures were reconstructed.”

Projects come and go. However, some projects have left a long lasting impact. People were also found to be concerned about strong and earthquake resilient reconstruction.

The five project implementing sites are situated in two northern Rural Municipalities’ i.e. Chunumbri and Darche. The villages Sirdibas, Uhiya and Kashigaun villages are highly food insecure remote villages whereas Gumda and Laprak are found remotely located villages with improved food security situation but they have not returned to normalcy.

According to a study conducted by LWF Nepal, a total of 2,747 households are benefitted and about 12,361 populations ensured their food and nutrition through direct food and cash support during lean seasons. This was the time when they were in need.

## 2. PRRO Improved Livelihood of People

In the last five months, Narayan Prasad Bhattarai, Chief District Officer, chief representative of central government's administration in Gorkha District, has interacted with several groups, organizations, elected representatives and communities from all parts of district. He discussed many issues including the earthquake reconstruction, and livelihood.

“When I interacted with the people from the remote northern parts of the district, they mentioned success stories of reconstruction and rehabilitation of foot trails, bridges, irrigation canals, drinking water, drainages as well as livelihood programs like vegetable farming and reconstruction projects under, LWF Nepal, UNWFP, PWRDF, and Goreto-Gorkha,” said CDO Bhattarai, whose responsibility includes maintaining law and order and coordinating with central programs and projects.

The locals talked about food for assets and cash for work contributing to rebuild the Infrastructures in Laprak, Uhiya and Sirdibas. Elected representatives of local level and community people are positive about the outcome of the PRRO projects.

According to CDO Bhattarai, small bridges, trail, and community buildings are their lifeline of remote villages like Laprak, Uhiya and Sridibas. “One of the positive parts of the project is generating employment in remote parts of Nepal through food for asset as well as cash for work. Accountability and transparency are other important aspects of the project design and implementation,” said CDO Bhattarai.





With the rehabilitation of many trails, small bridges and community buildings using local user groups and local resources, they also enhanced the capability of the local community to construct earthquake resilient buildings and infrastructures.

“I personally find the project modality accountable and transparent and it also helped to support unemployment through cash based intervention or food based intervention. When there is involvement of community and elected representatives in the project selection, designing and implementation, controversies on the issue of ownership never arises. I have received some

complaints on earthquake reconstruction project facing the question of ownership but people have completely owned the project under PRRO. I would like to thank UNWFP, LWF Nepal, PWRDF and Goretto-Gorkha for their work and support to earthquake victims,” said Bhattarai,

“As most of the villages like Sirdibas, Gumda, Laprak, Kashigaun and Uhiya are food deficit villages, food for asset and cash for asset both are relevant and useful for the district,” said Bhattarai who holds the view that there is a need to include the livelihood programs side by side with the reconstruction and improvements of trails, irrigation canals and other infrastructure.

People, who had lost their livelihood options after the earthquake of 2015, have now revived their hope after receiving necessary cash incentive to lessen the damage caused by earthquake.

### 3. Food and Cash For Livelihood and Reconstruction

Pramila Ghale, 25 is one of the user group members working under both cash for asset and food for asset program has bitter and difficult experiences of the 2015 earthquake. Ghale, who is also a woman ward member of Darche Rural Municipality Ward 3, Uhiya village witnessed destructions of shelter, foot trail, bridges, drinking water taps and irrigation canals. Lack of food was one of the most painful experiences for her.

Most of the people in these villages rely on subsistence agriculture. Maize, millet and potato are the major crops whereas beans and vegetables are partially grown in some part of villages. Moreover, the villages have poor market access due to harsh geographical terrain. Only, Laprak and Gumda have road access. The situation aggravated after earthquakes, forcing people to live under higher incidence of poverty and food insecurity.

For those with lack of adequate food, employment and livelihood options, PRRO project implemented by Goreto Gorkha in partnership with UNWFP, PWRDF and LWF Nepal was a boon. Like Ghale, mother of a 3-year-old girl child many others were benefitted.

During the last month of pregnancy, Ghale faced a lot of difficulty due to the lack of food. For a few months, her family members collected food from the community. However, after implementation of PRRO, the situation has improved.





“With the destruction of foot trail, wooden bridges and water sources by earthquake, our village faced huge problems. As there were no foot trails and bridges, we were disconnected with the rest of Nepal. As we could not fetch food from Arughat, we lived on our own food for many months,” said Ghale. “Although many NGOs, INGOs came to us to provide support and relief in the two years period, no tangible changes had been made. After the project launched under PRRO, people in our village found the hope of revival,” said Ghale.

Normally, one can reach Uhiya by two days of trekking from Arughat, northern town of Gorkha where the bus service used to be available during winter. With the onset of monsoon, Uhiya village is cut off from the rest of Nepal, including Gorkha. It takes three days to reach the place now.

With the inception of the project last year, our village has seen massive reconstruction and upgradation of foot trails, wooden bridges, drinking water and drainage. As local people were involved in the reconstruction and rehabilitation of infrastructure, built with earthquake resilient skill and technology, there is now a pool of masons with capability to maintain the trails, bridges and other buildings in Uhiya.

“PRRO was our life saving program for last one year. The project not

only rehabilitated our infrastructure but also provided employment to our people who were able make money to purchase food," said Ghale. "With the renovation of foot trails and wooden bridges, we are connected to the rest of Nepal. Our mule can carry food items to our village and carry our own productions like potato beans and millet to the city. The speed and capacity of carrying food has gone up," said Ghale.

With its model involving local user groups and elected representatives in all stages of program planning and design, PRRO has become popular in the rural areas of Gorkha. "Our Rural Municipal Council members have already decided to request District Coordination Committee, Gorkha to take initiative to negotiate with supporting partners UNWFP and LWF Nepal to extend the programs for some more time," said Ghale. All the villagers consider PRRO as their own program.

Ghale holds the view that this is one of the most exclusive programs which covers people from all walks of life, including women, single women, elderly, people with disability, dalits, marginalized and others.

Like Ghale, 1,692 households comprising 7,614 populations benefitted from diversified livelihoods interventions ensuring their food security and 750 households developed their institutions and achieved access to bank facilities.

According to the report, of the total households targeted 1,692 highly food insecure households achieved diversified livelihood options benefitting of 7,614 populations. Similarly, 750 households of the total households established their local institutions achieving access to banking facilities. This has enabled low-income people of the community developing saving habit and credit operation.

Dr. Subash Gurung, Sustainable Livelihood Development Coordinator, LWF Nepal said that the project has laid foundation for resilient livelihoods of the people affected by earthquake linking relief and recovery to long term development.

## 4. People Change Plan of Going to Gulf Countries for Job

As he was waiting to get a letter from Kuwait for employment, twenty-five years old Min Bahadur Sunar, a dalit, changed his mind as he was offered a job in his own village under cash for work program. Goreto Gorkha, implemented PRRO with the support from LWF Nepal and UNWFP in Uhiya Although it was a temporary work to restore the foot trail in his village, he learned skills in earthquake resilient reconstruction. This new skill changed his mind about going for foreign employment PRRO paid him Rs 640 (approximately \$ 6) but this money came with a skill.

Discouraged by the lack of employment opportunities in the village, Sunar, who also taught at a primary school, holds the view that earthquake victims like him needed cash and skills. The program implemented under PRRO had both components. “We have rehabilitated many foot trails and reconstructed some wooden bridges through PRRO project. We secured employment and skill as well. In the first phase, the project provided food which was good in the given conditions,” said Sunar. “Our problem with food was that it needed a long time to fetch from nearby town Arughat, which is almost two days’ walk. Majority of farmers preferred cash because it gave them freedom to purchase the food they wanted” he added.

“After the implementation of this program, some young people from our village gave up the idea to go for foreign employment. With new skill in hand, we could make money in our own areas,” said Sunar.

As a gateway to Manasalu Himal, local people like Sunar expect, the newly rehabilitated foot trails can lure large numbers of people this year. “If the





number of tourists increases this year, the village will generate employment opportunities in our own areas through ‘home stay,’” said Sunar.

Sunar was not alone many others have benefited from the first and second phase of food for Asset (FfA) and Cash for Asset (CfA) projects implemented by LWF Nepal in partnership with UNWFP and PWRDF supporting food insecure households in the target area through a local partner Goreto-Gorkha.

Based on the success, lessons learned and strength of the first phase, the second phase was designed to create employment opportunities for food insecure earthquake affected households of Gorkha district through Cash for Asset (CfA).

Like Sunar each household should work for 40 days and only one person per household can be involved directly in the assets creation activities.

According to project final report, after the completion for first 20 days, each household was entitled for 75 kilograms of rice and 13.5 kilograms of yellow spited beans (YSP) or NRP 12,800 depending upon the assets creation modality in the respective ward. Similar amount of second entitlement was distributed after the completion of remaining 20 days of assets creation activities.

The project “Restoring Food & Nutrition Security and Building Resilient Livelihoods in Earthquake Affected Areas” in the earthquake-hit communities in 5,500 households have benefitted so far, LWF is now working to support 1,708 households in the villages of Kashigaun, Uhiya, and Sirdibas of Gorkha district.

## 5. PRRO Restores Community Assets

For the past two and half years, people living in Khorla village of Darche Rural Municipality ward 3, faced a very hard time to cross the village. As the earthquake destroyed the nearby wooden bridge, the village was cut off from the rest of other villages during the monsoon.

With the partnership of UNWFP, PWRDF, and LWF Nepal, Goreto-Gorkha, an implementation partner of Protracted Relief and Recovery Operation (PRRO), restored the wooden bridges. With the completion of the bridges, the locals felt a sigh of relief.

“With the reconstruction of a wooden bridge, our village has been reconnected with the rest of other villages. This is a positive news for a remote area like ours,” Shanta Gurung, 30, ward member of Dharche-3. After Gorkha earthquake in 2015, along with houses, foot trails, community buildings and water taps, Kholo village also lost a few bridges, which were lifeline to the people during the rainy season.

“We are very much obliged to UNWFP, PWRDF, LWF and Goreto-Gorkha as they came to us with food and cash to restore our much needed infrastructure and helped fulfill our household needs including food,” said Gurung.

“When our people were in desperate need of food to feed the family, the project delivered us food items and they agreed to provide cash for work in second phase as demanded by the community,” said Gurung. “As ward members of local level, we are requesting the Village Development Committee to replicate the projects run through the PRRO in our areas.





It showed that a small investment can make a lot of difference in the rural life," said Gurung.

With the demand of the community, for the community and by the community, PRRO projects showed how earthquake resilient projects can be constructed to benefit the large number of rural population.

Shanta Gurung is one of the beneficiaries of PRRO, one of the major earthquake operations of LWF Nepal in Gorkha partnership with UNWFP. The project covers five remotely located northern wards of two Rural Municipalities namely Laprak, Gumda, Kashigaun, Uhiya and Sirdibas.

Under the modality of cash based interventions like cash for asset and food for assets, the project provided employment to food insecure households contributing to their food security. Under the project, community's productive assets destroyed by the earthquakes will be rehabilitated.

"One of my family members worked 40 days in each first and second phase. After completing 20 days' work, my house got 75 kilograms of rice and 13.5 kilograms of yellow beans. In other 20 days, we received similar amount of food," said Gurung.

As planned, like Gurung 2, 772 households of five northern villages received the benefit through FfA and CfA intervention in Sirdibas 3, of Chumsubri rural municipality and Uhiya 3, Kashigaun villages of Darche Rural Municipality and CfA/FfA intervention in Laprak, and Gumda villages of Darche rural municipality in Gorkha District.

## 6. Reconstruction of Water Tap Ends Water Scarcity

The newly reconstructed Chamakharkha drinking water scheme provides potable water to 109 households. Before the construction of this scheme, these households had to stay in long queues in front of the limited taps for hours. Under this scheme, a new source of water was utilized, a reserve tank of 12,000 liters was constructed and five new taps were added across the settlements of Chamakharkha, Kashigaun.

Monitored by the Site-Engineer, the construction is well planned. With proper engineering advice and monitoring during the construction, the water tap can resist any shocks bigger than 2015.

One beneficiary of the project is Sukmaya Gurung. She mentions that the addition of new taps in her settlement has considerably decreased her and her children's time in fetching water for daily usage.

She utilize the saved time in productive activities such as working in the vegetable garden, attending meetings, etc. My three children have more time to play and do their homework". Gurung said she is thankful to the project and expects that in the near future safety railings will be constructed in one of the treacherous trails connecting her village.

Gurung shares that she feels much safer now with her newly built tap and other infrastructures in the village. With the reconstruction of a new taps much stronger than the past, Gurung thinks that she will not have to face the crisis of safe water as earlier.



## 7. Employment For Elderly

When LWF Nepal in partnership with UNWFP and PWRDF launched Protracted Relief and Recovery Operation (PRRO) in Laprak, one of the earthquake affected areas of Gorkha, people of all ages joined the work.

As an elderly, seventy-eight years old Damini Gurung, a resident of Laprak, had hardly thought that she would also be a part of the program. As all young people of the village joined the reconstruction of road and other infrastructure, a new issue regarding taking care small babies emerged, the project called elderly Damini Gurung to work as a caretaker. Along with taking care of the children, she also performed light work like giving water to beneficiaries who were working on site.

Production from her small patch of land is not sufficient to feed both them. Although she produced corn, millet, potato and beans from her land, this sustained their kitchen for just four to five months.

Second wife of her husband, she did not have her own children. Life was difficult for her with a lot of economic problems because they have been leaving separately. As her husband was physically weak and could not work, she was a bread earner for the family.

“Taking care of children was not an easy job. It was very challenging but a lot of fun as well,” said Damini. Living on a monthly Rs 2000 (\$18) each as social security allowance provided by the government, Damini has been in a miserable condition. With the implementation of the project, Damini Gurung has had enough food to eat.

Although for a short term, PRRO support came to Gurung as a remedy. “I am very grateful to this project as it helped me to fulfill the immediate need of food as well rebuild community infrastructure damaged by earthquake,” she said. Although she also worked under the food for asset and cash for asset scheme, Gurung preferred cash rather than food for work. “If you have money you can buy any food you like. It was fun to work and see that all villagers collectively reunite and work for common good,” said Gurung.

At a time when all other programs are directed to one or the other group, PRRO gave a special attention to the elderly people like Gurung. “Although I am old and cannot contribute through labor, I am very happy to be a part of the project which supported to rebuild community infrastructure damaged by the earthquake. These are our common property and this kind of working trend brings sense of belonging and responsibility to preserve for a longer period of time,” said Gurung.



## 8. Dignity And Respect To Food Deficit Family

Kuman Gurung, a food deficit family of formerly Laprak Village Development Committee-9 and now Darche Rural Municipality 3, forty days of supplementary work was a great contribution. LWF Nepal in collaboration with UNWFP, the project operated under Protracted Relief and Recovery Operation (PRRO) rescued many food deficit families of Laprak, one of the remote and earthquake devastated regions. Gurung's was one of them.

"Now I feel like I am capable and proud head of the house as I make money and I can buy new clothes and good food for my children. The project not only gave me money but also respect and dignity," said Gurung.

With the forty days of work, Gurung, who had few options for any job, earned the money securing employment opportunity in his doorstep. "Other organizations also need to replicate UNWFP and LWF's work employing people with economic vulnerability like me.

Having five family members, Gurung is alone to earn in family because children are studying and wife is busy with her household chores. With the land is buried by the earthquake, his livelihood was under a threat. "Along with my own land, I am tilting the land of others. However, the production is not adequate to feed the family for more than six months. After the earthquake, the situation has gone really bad."

"Our only source of income is agriculture. "As I was a part of reconstruction of foot trail scheme for 40 days, I also acquired construction skills under the build back better scheme," said Gurung.

At a time when the number of skillful masons is low in the villages, Gurung's newly acquired skill to build back better is likely to provide him employment opportunity for a long time to come.

"As a beneficiary, I am completely satisfied with the project. It gave me much needed employment for 40 days, new skills of better construction and community assets for all our children. The assets constructed under the project are really helpful for vulnerable population like children, women, elderly and people with disability. We don't have to walk any more in the slippery foot trails."

The project also helped to bring all the villagers together to rebuild the community. "This is the first time that all villagers have united to rebuild our own community infrastructure damaged by the earthquake and it also pays back so it's really worthwhile to be a part of the program," said Gurung.

Following the inclusive approach in the program implementation, the project has shown that giving job to poor vulnerable, marginalized, dalit and woman is to pay respect and dignity to them as a human being. For Gurung, the project gave much needed confidence and skills to work in the future.



## 9. Learning Climate Change Through Climate Field School

Sita Dulal, 63, a farmer from Bagmati Rural Municipality, Ward No 3, Pokhari Chaur, recently experienced strange temperature and has seen new types of insects.

“The rain pattern is irregular. I am feeling the place is hotter than it was fifty years ago. I have seen new insects in our crop which I had never seen in the past,” said Dulal who lives 5500 feet above sea level. It is strange to see corn drying earlier than in the past. We used to harvest corn in the third week of September but this year the corn has already dried by end of August)” said Dulal.



Jun Maya Lopchan, 45, a resident of Bulaki Chaur, living almost 7000 feet above Dulal’s village, too has same experiences. “I have seen more intense rain recently than in the last forty years. The temperature is getting warmer as we can grow all the vegetables now and mosquitoes, which used to rare, come in swarms in our village,” said Lopchan.

At a time when climate change has been gradually affecting weather pattern with intensity of rainfall and temperature in Bagmati Rural Municipality, it is likely to have major impacts in the subsistence agriculture pattern of the region.

As farmers are gradually recovering from destruction and devastation of earthquakes in 2015, the climate change will have long lasting impacts on their livelihood.



As other regions have yet to see any early interventions, farmers of Bagmati Rural Municipality will have climate field school, which will provide knowledge about the climate change and solutions to the community.

Under the Livelihood Recovery of People affected by Earthquake (LIRE), LWF Nepal in partnership with PWRDF is supporting its implementing partner Integrated Community

Development Organization (ICDO) to establish Climate Field School in Bhattedanda of Bagmati Rural Municipality.

Climate Field School is in a developing process at Bhattedanda ward 3 of Bagmati Rural Municipality, Lalitpur. As the school will be integrated with Municipality, local agriculture office will provide technical support to run the school.

“We are in the process of establishing Climate Field School in Bhattedanda Ward No 3 of Bagmati Rural Municipality of Lalitpur District,” said Bashudev Ghimire, Program officer of ICDO. “We have already completed several rounds of meeting with Ward Office and Rural Municipality. With the support and cooperation from Rural Municipality, we will set up the field school within few weeks.”

After the establishment of the climate field school, it will map crop systems, soil and water resources, temperature pattern, new insecticides; sustainable solutions including conservation agriculture, land mapping, mulching, contour leveling, rotational cropping, crop diversification and monitoring.

The school will help farmers develop solutions for challenges such as eroded top soil, gullies, not enough water, too much water, drought, and a lack of knowledge of effective techniques for adapting to a changing climate. Prior to training and incorporation of new solutions, these challenges had led to reduced harvests, reduced income, and reduced food security.

The problems in the villages include eroded top soil, waste land management, not enough water, too much water, drought, and a lack of knowledge of effective techniques for adapting to a changing climate.

These challenges lead to reduced harvests, reduced income, and reduced food security.

“Municipality is ready to support civil society organizations like LWF Nepal and ICDO opening such an innovative venture in our area where overwhelming populations are subsistence based farmers,” said Ranjana Ghimire Timilsina, Vice Chairperson of Bagmati Rural Municipality

As production declines and traditional crops produce fewer yields, subsistence farmers will likely suffer from widespread malnutrition caused by a changing climate. These challenges will exacerbate the already complex problem of poverty due to a lack of agricultural income.

After the establishment of school, focus will be given to the community members and they will first develop a participatory mapping of crop systems, and soil and water resources, and then consult with an expert in soil, water and agriculture to develop a participatory training process for developing a Climate Smart Agricultural Program specific to their local context.

“This school will minimize the damage and will help poor and marginalized farmers to learn the technique to find out the possible way out to cope with it in the future,” said Ghimire.

On a similar note on Climate field School, Dr. Subash Gurung, SLD Coordinator, LWF said, “This can be a good tool for smallholder farmers in adapting climate smart technologies contributing their livelihoods. LWF Nepal has planned to promote climate smart resilient technologies benefitting the most vulnerable people”.



## 10. Institutionalization of Cooperatives Empowers Women

“Financial Security is a pre-requisite for women empowerment and this is possible only through strengthening the women cooperatives and increasing access of women to easy lending and saving,” said Ranjana Ghimire Timilsina, Vice Chairperson of Bagmati Rural Municipality.

Ranjana Ghimire Timilsina holds the view that one of the main achievements of LIRI Project is that it supported the strengthening and institutionalizing of women cooperatives of the Rural Municipality.

Founding member of Shree Satkany Women Cooperative Timilsina said, “LWF Nepal and its local partner ICDO need to implement more programs to institutionalize the local women cooperatives so that women can have easy access to loan and other facilities”.

“As ICDO chose three local Cooperatives Mahashakti Women Prangarik Cooperative, Sisautar Mahila Saving and Credit Cooperative and Shree Satkany Women Jagriti Cooperative to distribute the grants to earthquake victims, the money is hundred percent utilized to meet the targets of the project. This also helps to institutionalize the cooperatives,” she added.



In the last one year, the project strengthened and linked three cooperatives with Rural Municipality, wards, DADO and micro-finance institutions.

As the project is in the last phase of completion, it enhanced the capacities of 156 members of earthquake affected households of 3 Cooperatives to access services and resources from the government agencies, District Agriculture Development Office, Bagmati Rural Municipality, Ward and micro-finance institutions for diversified livelihood options. The project also revitalized three cooperatives and communities based social institutions.

With earthquake affected families, who are small land holder farmers, the support given by LIRE helped them to improve food and nutritional security through innovative integrated ecosystem based farming system.

“I have been regularly interacting with small farmers of the three wards on my inspection visits and I find that the Bhakaro Sudhar (Cow Dung improvement and Compost Pit) helped them to diversify their livelihood options,” said Timilsina. “We have already decided to replicate Bhakaro Sudhar and Compost Pit. As the farmers have started to use compost manure, Rural Municipality is now considering declaring the whole area as organic village,” she further said.

As ICDO selected local women cooperatives to distribute grants, the project targets to provide necessary materials to the target groups reached through institutional manner. Although the kind of support including water tank, sprinkle, cement and other agriculture tools provided by ICDO through local cooperatives is equivalent to Rs 20, 000, the success results is much higher.

“For the elected representatives like us this project showed how to uplift the livelihood of the people and empower women,” Timilsina added.

“This project also has shown a lesson for us how local elected representatives, local cooperatives, NGOs and INGOs can work in a coordinated manner to uplift the life of women, poor, vulnerable and marginalized population,” said Timilsina. As there is a great success of this model, Rural Municipality has already decided to replicate the program as annual program of the municipality. “We will provide grant under Bhakarosudhar (Cow Dung) and compost pit program,” she further said.

As duty of cow dung cleaning goes to women, any investment in Bhakarosudhar improves women’s condition. With two years of working under LWF and ICDO, local women cooperatives have already strengthened their institutional capacity to distribute loan to women and it will ultimately empower women. The project is in the final stage of completion.

## 11. Organic Farming Pays To Rita Bajgai

Even though they have been producing organic products for the last ten years, Rita Bajgai, 44, a single woman, has learnt better skills and techniques recently. Her house is just over 25 kilometers south of capital Kathmandu, Pokhari Chaur of Bhattedanda of Bagmati Rural Municipality but it is still remote in terms of transport connectivity.

Mother of two children, Bajgai found the year 2015 too painful for her as earthquakes demolished her home and buried food items and cattle. Her recovery was gradual as it took her almost three years to reconstruct a two room house and move from a temporary to permanent shelter.

A subsistence farmer Bajgai invested a small saving to reconstruct the house as she was desperately searching some kind of support to maximize her income. "As a farmer, we don't know other skills than farming and cattle rising. However, it is impossible to maximize the income without investment," said Bajgai.

For the desperately poor earthquake victims like Bajgai the implementation of Sustainable Integrated Farming System (SIFS) of LWF-Nepal with local partner ICDO came as a savior. As she was searching for some investment for her sustainable livelihood, SIFS through ICDO's local partner Satkanya Multiple Cooperative Society Ltd, Bhattedanda came with support in kind necessary for organic farming.



After Bajgai was selected for the grant, she secured membership of the cooperative. The cooperative provided her two plastic water tanks, one to collect urine of cattle and one for collection of water, drip irrigation equipment and sprayer equivalent to Rs 20,000 last year.

Although this support was small, it helped her double her earning from agriculture and livestock. With three buffalos, five goats and a cow, Bajgai had enough manure for organic production.

Along with this, ICDO also provided training for Bajgai to make cow manure and organic-pesticide. "Although I used chemical fertilizers and pesticide in past, I don't use it in my farm now a days. I save almost Rs 3000 to Rs 4000 annually," said Bajgai.

From going nearly bankrupt, Bajgai is now selling 12 liters of milk daily and almost Rs 15000 equivalent of vegetables like cucumber, pumpkin, brinjal, mustard leaf and okra. "Targeting Dashain festival, I have already planted cauliflower and cabbage. If everything goes right, I can produce the vegetables worth over Rs 20,000," she further said

After implementation of the project, 138 households improved their SIFS model, Bhakaro Sudhar, improved compost manure, tunnel for vegetable production and technical support through technical staffs (JTAs) inputs.

The project also established well managed compost manure pit for three households headed by one male and two females of three wards of project area.



## 12. Tunnel Helps Diversify Agriculture

Since the construction of tunnel four months ago, thirty-five years old Jun Maya Lopchan, chairperson of Women Group, Bulaki Chaur of Bagmati Rural Municipality has been busy all the time.

Built with the support from LWF Nepal by ICDO and its local partner Shree Satkanya Women Jagriti Cooperative, the tunnel has changed not only crop but also maximized her income.

As per the agreement, ICDO provided her input support worth Rs 15,000 under off season vegetable farming as start-up support for promoting on-farm activity. After getting the support, she cultivated off seasonal vegetables (cauliflower, broad leaf mustard and spinach) in her small piece of land. To qualify for the grant, she joined Satkanya Multiple Cooperative Society Ltd, Bhattedanda, as a share holder.

Not only tunnel, ICDO through its local partner, also offered her training in nursery management, composting, home garden, integrated pest management and market management. With necessary skills and receiving input support, she has completely devoted herself to commercial vegetable farming.

“I have already sold first batch of spinach and earned income of about Rs 5000 As there is a high demand, my next harvests will double my income,” said Lopchan. In year 2018, 44 farmers were given Rs 15, 000 each under Tunnel with Seasonal Farming. In 2017, the project provided Rs 20,000 each to 20 farmers.



To institutionalize the process, ICDO chose cooperatives in all three wards including Bhattedanda, Ghusel and Malta to distribute necessary kinds support to the farmers. Satkanya Multiple Cooperative Society Ltd is local partner in Bhattedanda.

For years, farmers of Bulaki Chaur of Bagmati Rural Municipality-3 grew two crops a year. They normally cultivated subsistence crop like corn, soybean and summer vegetables like cucumber, green beans and pumpkin, potato, radishes, and mustard. Few farmers even produced cauliflower and cabbage.

As heavy frost usually wiped out all kinds of vegetables after the month of November, the farmers have no option other than to leave their land barren till the time of corn planting in March.

The situation of the village has changed with the implementation of tunnel with seasonal farming under the Livelihood Recovery of People Affected by Earthquake (LIRE).

She is not alone. The project has established plastic tunnel for 60 households (with 19 male and 41 female members) on three wards and started commercial vegetable production.

Now she saves Rs 9000 a month. Besides her regular saving, her engagement with the cooperative has boosted her confidence. Now, she is ready to take loan of Rs 1 00,000 to expand for her agri-business. It is Goma, who solely manages her entire household expenses. She wants to increase her beehives and expand commercial vegetable farming and goat raising for gainful income with a view to rendering her livelihood options resilient.

Dr Prabin Manandhar, Country Director of LWF Nepal, said, "Empowering the poor and oppressed people, particularly women, economically is one of our priority areas. The support to establish and operate cooperatives mostly led by women has brought about phenomenal changes in the lives of our rights holders."

LWF Nepal has been working with the poor and marginalized communities since 1984. One of the areas of success of the organization is supporting the poor particularly food insecure, Dalits, ex-bonded labors (freed Haliyas and former Kamaiyas) people with disabilities, indigenous people, and single women to establish and graduate cooperatives. On that note, the LIRE project is truly instrumental in contributing to people livelihoods through innovative and climate smart technologies.

Till date LWF Nepal has supported to set up and operate 46 cooperatives, mostly women-led, across its working areas. There are 11,183 share holders including over 70% female. These members have saved Rs 86,583,594 and mobilized Rs 77,673,135 in productive sectors such as agriculture, livestock, grocery, micro-enterprises, emergency expenses, education, and health and shelter reconstruction.

## 13. Bhakaro Sudhar Program Helps Women Farmers To Save Time

Saving two hours every day is like saving two months for Sunita Dulal, 35, of Pokhari Chaur of Bhattedanda, Bagmati Rural Municipality Ward 3. She gets additional two hours for relaxation.

Supported by LWF Nepal and implemented by ICDO with its local partner Satkanya Multiple Cooperative Society Ltd, concretization of earthen floor of cattle shed under Bhakaro Sudhar and Compost Pit (Cowshed Improvement Program) saves two hours for Sunita Dulal.

The traditional cowsheds were constructed in soil and the dung and urinates lied here and there. As cleaning cattle shed remains a primary duty of woman, takes hours.

Although several programs have been implemented to reduce workload of women in Bhattedanda in the past, nothing worked. From cooking to cleaning the cow sheds, harvesting the crop to rearing children, everything is under the jurisdiction of woman family members.

Normally, a woman spends almost 15-16 hours in household chores depending upon the farming seasons. If there is a harvesting season, women are busy from early in the morning till the middle of night in Bhattedanda.



Mother of two children, Sunita also has to take care of a mentally handicapped brother-in-law. I used to spend at least two hours to clean cow shed and manage the manure. Now, I can clean the shed within half an hour because the earthen part is now covered by concrete," said Dulal.

With the kind support of Rs 20,000 Dulal has also brought two plastic tanks to store urine. She has a separate pit to store the dung and make manure. "I also utilize the spare time for other creative works which I used to devote making compost manure mixing dung and other decaying leaves and agriculture residues in traditional ways," said Dulal.

Learning technical skills and knowhow from Junior Technical Assistant, Dulal is now making compost manure in the shortest time as she has well prepared cattle dung in her home yard.

"I am spending two hours additional time to take care of my mentally disabled brother in law and children and concentrating on household affairs," said Dulal. "You cannot match this time with financial gain. I am using this time to improve the quality of life and agriculture product" she added.

One of the aims of the project is to revive services of social and economic institutions of the earthquake affected small landholder farmers by integrating women, marginalized groups into planning and implementation process which ensures both women and men are equally benefitted.

It also aspires to improve food and nutritional security of earthquake affected small landholder farmers through integrated farming system.

Like Dulal, the project targets to enhance efficiency and technical capacity of 156 members to fulfill their food and nutritional requirement through diversified livelihood options.

## 14. Integrated Agriculture Increases Production

After the earthquake demolished his home and cattle shed burying his property, forty-four years old Kedar Dulal, a resident of Pokhari Chaur decided to return home after living for almost two decades in the valley. It took him two years to revive his house and family.

Father of two children, Dulal was searching a way out to sustain himself in the village. Although his village had a long practice for vegetable farming, he did not have any knowledge about it.

With the implementation of Sustainable Integrated Farming System (SIFS) by LWF Nepal through ICDO and local cooperative in 2017, Dulal also applied to be a beneficiary.

After passing several steps of selection process and criteria, he was chosen for the program to practice model integrated agriculture farming. Then Satkanya Multiple Cooperative provided him two poly think tanks for water collection and urine collection, water sprinkler, sprayer and other necessary equipment's equivalent to Rs 22,000 (\$220).

"With the arrival of equipments, the cooperative also sent JTA to teach us integrated agriculture practices," said Dulal. "We were taught to make



liquid manure using cattle's urine and dung, diversification of crops, making compost manure and so on. The cooperative visited us and provided class for market access," said Dulal.

"With such wide and extensive knowledge, our production of vegetables was doubled. We made almost Rs.40, 000 selling the vegetables last year. As our production was organic, we sold our products on our own," said Dulal.

With three buffaloes in house, Dulal sells 15 liters of milk every day. "With the equipment and knowledge on how to make organic pesticide and mixed compost manure and use them in the land, we saw a drastic improvement of productivity in just a matter of year," said Dulal.

"Although we are small farmers with limited land, the technologies and training provided through the project will contribute to longer period of time. For instance, 500 liters plastic tank helps us to store water for winter and for dry season when we face scarcity of water," said Dulal.

For Dulal, who just returned from the city to live in the village after earthquake, the support provided by LWF Nepal is a boon for sustainable agriculture.

Dulal is not alone, the project increased efficiency, technical capacity of 156 farmers, including 57 male and 99 female to fulfill their food and nutritional requirement through diversified livelihood options. This includes Bhakaro Sudhar and Compost Pit. The project also increased income capacity of 156 members from diversified livelihood support.

## 15. Cooperative Teaches Marketing Mechanism

From early in the morning to late evening, Laxmi Ghimire, 40, manager of Satkanya Multiple Cooperatives (SMC) Bhattedanda, goes from house to house meeting with other women members.

“My life cycle is going this way for the last three years. After the implementation of the project, I have more to do,” said Ghimire, who has been spending her entire days to visit pockets and interacting with women farmers.

With programs in several pockets, as local partner of LWF Nepal and ICDO, the cooperatives have to provide necessary support to the stake holder of sustainable integrated farming System, Tunnel with Seasonal farming, shed management, compost management and liquid pesticide.

Along with this, the cooperatives also have to work to establish the linkage between the farmers and markets.

On August 31, fourteen women representing board of SMC and members of Market Management Committee decided to set up a market recommending to final negotiation with District Agriculture Office (DAO) and Ward Office.

With the middlemen taking more profits than the farmers, the demand is growing over the establishment of a market to buy and sell the vegetables and other agriculture products in fair prices.



As a main lender of women farmer, SMC is taking the lead role. Under a program, SMC has been organizing a series of meetings and consultations.

Holding meeting, encouraging women to get involved in productive sector and linking them with the market is the work of Ghimire. SMC is given responsibility to set up a market in nearby areas and has formed a committee among its members.

At a time when farmers are getting less for their productions due to lack of entrepreneur skills and knowledge, one of the aims of the SIFS is to improve entrepreneurial skills of earthquake affected small land-holders farmers and enhance their access to market for small land-holders products. And the cooperatives like SMC are to play a key role. Here comes the role of manager Ghimire, who has to summon the meeting of all stake holders.

Laxmi spends her entire month visiting from one pocket to other meeting farmers and knowing their problems and need. If women need any kind of loan for the product, Ghimire has authority to issue up to Rs 100,000.

"These are the hectic days. I have to visit house to house to know the state of our members and lenders. One of the major challenge for me is to establish linkage between farmers and market. As women farmers, our members, DADO and Ward chair have already agreed to open the farmers market in Bhattedanda, farmers will get the genuine price of their products," said Ghimire. "We take decision with the consultation of the people and we distribute the things through our system, there involves transparency, accountability and good governance practices," said Ghimire.

"In the recent meeting of Market Committee, Cooperative, ward and District Agriculture Office all agreed to open the market within two months," said Ghimire. "If we are able establish direct linkage between market and farmers, it will be another milestone in the agriculture," said Ghimire. This is what LWF Nepal and its partner also prefer.

Not only SMC, two other Cooperatives associated 107 households with 22 male and 85 female learned enterprising skills and strengthened market linkage. They also improved skills and knowledge of entrepreneurs for business plan development and chain. The project has also trained 107 households with 22 male and 85 female on market cycle and market management. The project also helped cooperatives associated 107 households with the technique for enterprising skills and strengthening market linkage.

## 16. Vegetable Farming Transform Gyanu Zimba's Life

The earthquake of 2015 April and May completely left residents of Bulaki Chaur helpless leaving nothing behind except some corn in the field. The Tamang community of the village, located just 25 kilometers South of Kathmandu also known as a gateway for international flights entering the Tribhuvan International Airport.

Gyanu Zimba, 45, lost her house and a buffalo, like every other victim was uncertain on what to do to recover. In the early stage, Zimba and her family received some relief materials to survive.

Even after waiting for one and half years, no one brought tangible programs for the improvement of livelihood. With no cash in hand and no idea of what to do, Zimba, mother of three children, waited helplessly.

Zimba's hope to bring transformation came true when she was selected by Satkanya Multiple Cooperatives through an open group meeting as an eligible earthquake victim to get the grant for tunnel for seasonal farming.

"I was one of the 20 candidates selected by the community on the basis of criteria laid down by cooperatives," said Zimba. The cooperative provided materials including plastic, bamboo, water jar, sprinkle irrigation and a plastic tank. She added, "With this, my journey to uplift my household



began. In the last one year, I sold vegetables worth of almost Rs 60, 000. I have already paid back loan of Rs 20,000 taken from the cooperative.”

With close proximity of Kathmandu and availability of water, Bulaki Chaur is now emerging as a major off season and on season vegetable growing area. “Our recent experiences have shown that growing traditional crops like soybeans, corn, millet and mustard cannot transform our life. We need to row vegetables which can increase our earnings” said Zimba.

Along with the support materials for tunnel, the cooperative also sends Agriculture Junior Technician to regularly monitors and visits the field and consults with the famers. With the encouragement to use liquid pesticides prepared for traditional plants, the project is also encouraging the farmers to go completely organic.

With its growing popularity and impacts on the life of people, Bagmati Rural Municipality has already decided to implement this program in other wards of the Municipality.

“With a tunnel and hard work, we can produce all kinds of seasonal and off-seasonal vegetables. My own experience have shown that vegetables can transform our livelihood,” said Zimba who is sending her children to school in nearby Chapagaun. “With high demand and higher prices, I have already sold spinach equivalent to Rs 30, 000 from my tunnel. I am growing tomato and brinjal in my tunnel and radish, cauliflower in my corn field,” she added.

Supported by the LWF Nepal through its local partner ICDO, tunnel with seasonal vegetables schemes have contributed to uplift lives in rural areas of Bagmati Rural Municipality. Under this program, 20 women farmers received grant of Rs 20,000 in 2017 and Rs 16,000 in 2018 in Bhattedanda, Bagmati Rural Municipality -3. Under the same program, 20 farmers in 2017 and 44 in 2018 received the grant in Malta. Similarly, 20 farmers in 2017 and 33 in 2018 received the grant in Ghusel.

## 17. Transformation Through LIRE Project

Although earthquake devastated the life of people destroying their properties, home and killing family members, it also introduced a new way of life to many people. Living in a far away village of Lalitpur District as a subsistence farmer, Bir Bahadur Thapa, a resident of Bamgamti Rural Municipality ward no 2 Malta, found a post earthquake program that brought tangible changes in his life.

In the past, Thapa's used to produce food to feed his family. The traditional crops like corn, soybean and millet were not enough to feed his family of seven. With the introduction of livelihood programs by the LWF Nepal through Integrated Community Development Organization (ICDO), Thapa along his family found a new life. Just in a matter of three years after the earthquake, Thapa's family has made progress. Before the implementation of projects, people were unaware about homemade organic pesticide.

Although they did have cattle, they didn't know the technique about managing uterine and dung of cow and buffalo. They had a feeling that there is the need of a big investment for vegetable farming. However, all these concepts have changed following the earthquake of 2015. In the last three years, Thapa family established themselves as a lead vegetable



farmer of the Malta of Bagmati Rural Municipality. This was made possible when the Livelihood Improvement of people affected by earthquake (LIRE) project was implemented in the village targeting the earthquake victims with low economic status.

With Rs. 22,000 provided by the project and his own investment of Rs.4000, Thapa constructed the tunnel and started growing vegetable like tomato and brinjal. With the investment of Rs.26, 000, Thapa earned Rs.150, 000 last year. With the income increased, Thapa is extending more tunnels. "I would like to thank LWF and ICDO for the support. It is because of them my life changed.I reconstructed my house and I don't need to worry about the monthly fees of my son and daughter."

He has now transformed into an economically empowered man. His capacity to educate his children, construct a good house, and access financial resources has raised.

As Thapa constructed the tunnel, he started to grow off season and on-season vegetables. By using new technology and knowledge acquired through LIRE Project, Thapa has been carefully using cow dung and home-made pesticide and manure. "With the support and technical skills from LWF, I want to establish myself as an organic farmer in the region," Thapa.



## 18. Food for Work (FfW) Project Makes Food Deficit To Food Sufficient

The residents of northern parts of Rasuwa, a food deficits region, used to migrate for work to Kathmandu and other places to fulfill their needs. The earthquake of 2015 has made the situation much worse.

After earthquake in 2015, Pemba Dolma of Pajung, a resident of Chilime-7, lost everything. His house was completely demolished and food grains inside the home were buried.

For months he survived in a temporary shelter and on food donated from various organizations. As the new harvest came in September, he was a little relief. However, it did not last long.

After a few months of relatively good state, Dolma again faced the crisis. However, the implementation of food for work project in 2016 with the support from Canadian Food Grains Bank, PWRDF and LWF Nepal gave Dolma a respite. Implemented by MANEKOR Society Nepal, the project supported Gatlang, Golgunj and Chilime Village of the district, under food for work.

"I do not need to borrow money from others to feed my family for at least these three months," said Pemba. Under the program, he was given enough food to feed my family.



Fifty one year old Mrs. Pemba Dolma, one of the beneficiaries from Chilime-7, shared her happiness working in FFW project. Currently living with her two sons, all three family members participated in this project and helped to construct agriculture road and foot trail.

This helped in easy movement from Pajung to Chilime Village. In return, she reported that she received 2 liters of oil, 4.5 kg pulse and 30 kg rice once in every 15 days and 1 KG of salt for entire project interval of 45 days.

“The received food item has helped me to address food shortage during lean season. After FFW project, my family did not have to borrow money from other people,” said Dolma.

She seemed satisfied with the quality of food being distributed. She feels proud for being able to contribute to the development of her own village and is thankful to LWF Nepal and MSN for implementing such people oriented project. As her village remains food deficit, she further showed her preference to work in similar projects in future.

“Instead of migrating from the village for work and to purchase food, I find food for work is the best option. With the food available at the door step, we don't need to go out of the village.”



## 19. Food For Work Unites The Villagers

After the earthquake of 2015, the society has turned individualistic. However, the villagers of Gogunj-7 have found a way to come together.

Khasing Ghale, 46, a resident of Syo of Golgunj-7, holds the view that Food for Work program launched by Canadian Food Grains Bank, PWRDF and LWF implanted through the local NGO MANEKOR Society Nepal, has brought all the villagers together for the cause of rehabilitation of infrastructure.

After the devastating earthquake Ghale also saw the projects implemented by a few other organizations. However, FfW projects are of its kind which brought all the villagers together for the benefit of the community.

He also worked under FfW project and wanted to see people working together for common cause, which he wished to see after the earthquake. "I was very pleased to see all colleagues of my village working together for the development of the village through this project. Otherwise, these people used to stay in their houses and drink alcohol without doing any productive work," said Ghale.

Goljung 7 was severely affected due to 2015 earthquake. Not many organisations approached the village as it is located in remote area without any access to road. Ghale expressed gratitude to LWF Nepal and MSN for implementing FfW in his village. Furthermore, he appreciated FfW for distributing food against labor as majority of people would misuse cash. We spent many nights without food and listened to our children crying of hunger. Once the project started, it ended our woes" Ghale said. the food deficit village, FfW also helped to improve the nutrition status of the village.



## 20. Food For Work Transforms The Village

Although the earthquake destroyed many community built infrastructures, including foot trails, water taps and community buildings in Rasuwa district, they were quickly restored and reconstructed under a food for work program launched by Canadian Food Grains Bank, PWRDF and LWF which was implemented through the local NGO MANEKOR Society Nepal.

Dawa Tamang, 51, of Gre, Gatlang 7 never expected that he will witness a huge change in the village in such a short period “I never realized that the badly destroyed foot trail would come to be functional hortly,” said Tamang. Situated next to Parbati Kunda, Gatlang is one of the remote northern villages of Rasuwa district severely damaged by the earthquake.

“After two earthquakes, there was nothing left. The foot trails were demolished, buildings collapsed and water taps were buried. Everything is like a dream, we were disconnected from rest of other village and rest of the country,” Ghale explained.

For almost a year till the FfW work program was implemented in April 1, 2016, the trails were merely repaired to walk. However, situation has changed dramatically after the FfW program.

“The entire village with 152 households came forward to work for improvement of foot trail and agricultural road, maintenance of drainage and community space which changed the face of the village,” said Ghale.

He believes that the village will recover soon. Besides working for the community, he was happy to receive food items for his contribution. After FfW, he was been easily meet the needs of all family members comprising his wife, two sons, and a daughter.

Implemented in three villages of the district, Gatlang, Golgunj and Chilime, the FfW program came as a boon to the people like Ghale.







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