

ICA Nepal

Brief December Activity Report

ICA Nepal would like to extend our heartfelt wishes for Happy New Year 2021. With the increasing rates of success of COVID-19 vaccines, we hope that our prayers and the hard work of all the frontline workers will make this year the most joyous year for all of us.

ICA Nepal conducted the following community development activities in December to create a whim of development across rural communities.

1. Promoting science and innovation at rural communities



ICA Nepal promotes science and innovation in rural communities of Nepal. With the funding of the Nepal Youth Council, ICA Nepal gave training on science at Sindhupalchowk. Prof. Dr. Tatwa Pd. Timsina gave his insights on the need for science to a bunch of youths of the Sindhupalchowk district. He encouraged them to take an interest in science and innovation so that they can contribute significantly to their small and underdeveloped country. A common perception of Nepalese is that science and innovation are difficult to learn. The feeling is extreme among the youths of rural communities because they do not have access to qualitative education. A participant shared that he invented a projector with the local resources recently. Since the projector was reflecting upside down, he discontinued. Our members encouraged him and other participants to innovate similar inventions and that the best one will get a reward.

Mr. Sagar Nepali gave training to the interested participants on sewing cloth sanitary napkins, while Er. Gangadhar Chaudhary trained youths on making water filters with local resources, and Mr. Gokul Kunwar trained the participants on vermicomposting.

2. Community Development Update from Japan funded Sindhupalchowk project

2.1 On-the job training to plumbing participants and solar panel installation

Participants of the plumbing training got an opportunity to have hands-on experience by installing solar panels themselves at a restaurant in Sukute. As installing solar panels requires ample practice, participants later installed the solar panel at the ICA Community Training Center of Karkitar.

2.2 Closing ceremony of plumbing training



ICA Nepal project team gave farewell to the plumbing training members, felicitating them with certificates. Trainees learned about the history of plumbing, installing shower, com board, drinking water project, sewerage, geyser, rainwater harvesting, and solar panels. Ward Chairperson Bel Bahadur Mahat from Chautara Sangachowkgadhi, Social worker Yam Bahadur Mahat, Er. Chandra Bhakta Nakarmi and Ms. Ishu Subba were present. Ms. Ishu Subba assured that the plumbing participants will have a refresher training for the next five days and requested them to prepare for the government-certified skill-testing. Participants Mr. Amos Thapa and Ms. Nisha Tamang reflected on the course using the ORID method of ICA. Er. Nakarmi encouraged the participants that several government provisions will help them uplift their career. Trainer Shyam Krishna Shrestha shared that he was astounded by the energy that young people in the village had. He believes that we must use that potential to the fullest to develop our nation. Trainees also believe their trainers pampered them as their brothers by giving extra time to sharpen their skills and responding to all their questions. Participants stated that they learned more than what they initially thought of and are confident that they will earn handsome.

2.3 Participatory Community meeting for rehabilitation



Prof. Dr. Tatwa Pd. Timsina, Dr. Binod Nepal, and Mr. Aatma Ram Timsina conducted a workshop on leadership development for the people of five localities from Sindhupalchowk district. The workshop aimed to discuss how to make the project sustainable. Besides, we designed the workshop to build the leadership capacity of the community people. More than thirty community members participated in the training. They together analyzed the development trend in the past, present, and future. They also developed their understanding of leadership globally and in Nepal, the difference between leaders and managers, and how

to become a strategic leader. Participants shared that it opened a new insight into their existing knowledge.

2.4 Mini-dairy update



ICA Nepal team members visited the milk collection center and buffalo farm of Sindhupalchowk district. The team comprising of Prof. Dr. Tatwa Pd. Timsina, Mr. Arjun Dahal, Ms. Ishu Subba, Mr. Jhamka Bahadur Mahat, Mr. Sushil Kumar Mahat, Mr. Nischal Karki, Ms. Karuna Mahat and Ms. Yunusha Kafle got a thorough glance of the operation of milk collection center. Besides, buffalo farm of Mr. Yam Bahadur Mahat has more than twenty buffaloes. Nepalese farms are dependent mostly on manual labor for raising cattle. ICA Nepal team got a retreat from him for a calf was born on our day of visit.

Mr. Jhamka Bahadur Mahat, Mr. Binod Nepal and Mr. Aatma Ram Timsina gave training to the local farmers of theoretical aspects of dairy production. Farmers of Sindhupalchowk are unable to reap the maximum benefits through milk production because they are unable to convert their milk supply into value added products. Once the milk is processed to make variety of dairy items, these farmers shall be able to raise their income.

2.5 Construction of brand new irrigation tank



The new irrigation tank is under construction at Thulosirubari-13, which can contain 165000 L of water. The water will be directly gathered from the river. The new tank will be operated manually. With the operation of both a new tank and a repaired out, crop-yield of farmers of Thulosirubari will improve significantly.

3. Sewing machine handover to Women's Group and sewing training

Due to the coronavirus, many interested women from Kadambas village could not participate in the advanced sewing training conducted recently. They expressed their eagerness for the sewing training to the ICA Nepal team. Thus, ICA Nepal, on its initiation, handed over two sewing machines to the Women's Group and started a month-long training to the interested participants in the area. Local women expressed their gratitude to ICA Nepal.

4. Menstrual hygiene management program

Sanitary pads manufacturing training and Menstrual Hygiene Management dialogues



ICA Nepal actively promotes the Menstrual Hygiene Management Program throughout the country. ICA Nepal trained ten young ladies of Sindhupalchowk district for making cloth sanitary pads. Many women and girls in rural communities have appalling feminine hygiene because of a lack of menstruation hygiene resources and common menstrual stigmas. Along with providing menstrual hygiene management education, ICA Nepal also trained these young women to make sanitary napkins from clothes. Clothes sanitary napkins are affordable and environmentally sustainable. They also have a high market demand. It is believed that due to this project, the school attendance rate of female students will improve, female reproductive health will improve and producers of sanitary napkins will have increased earnings.

Besides, with the funding from Seikyo COOP, ICA Nepal continued to raise awareness on Menstrual Hygiene Management throughout December. The beneficiaries of the program are school students, teachers, parents, and women of Sindhupalchowk district.

3 COVID-19 Response workshop



ICA Nepal organized a COVID-19 response workshop for students of Shree Balhit School at Sindhupalchowk. Children below 12 years of age enjoyed while learning to wash hands and danced after having chocolates.

4 Exploring development needs and assessing development opportunities in rural communities



Prof. Dr. Tatwa Prasad Timsina, Mr. Sarad Singh Bhandari, Dr. Binod Nepal, and Mr. Jhamka Bahadur Mahat visited Sarvodaya and a farm at Lamjung. Bhimad municipality of Tanahu, Gorkha, old age home of Arughat, and Nikantha of Dhading. Books were donated to the schools of Bhimad and Gorkha. During his visit, Prof. Dr. Timsina and the team discussed and identified various developmental opportunities in these places, especially in Bhimad, which was isolated from the rest of the communities with the mountains. However, it has phenomenal potential for tourism and other economic activities.

5. IIQA certifies ISO 9001:2015 Quality Management System to Best Himalayan Export Pvt. Ltd.

Sister organization of ICA Nepal, IIQA certified ISO 9001:2015 Quality Management System to the Best Himalayan, an organization pioneer in promoting Nepali handicrafts. Dr. Binod Nepal, Lead Auditor of IIQA handed over the certificate to the organization's Director Sudip Neupane.

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