USAID | NEPAL
FROM THE AMERICAN PEOPLE

Building a Resilient Nepal

2014 CALENDAR

Photo: © WWF Nepal/Susheel Shrestha

INSURING THE MOST VULNERABLE TO BUILD A MORE RESILIENT NEPAL

MESSAGE FROM THE USAID/NEPAL MISSION DIRECTOR

Since USAID began its partnership with Nepal more than 60 years ago, the country has made remarkable development gains. Fertility and infant mortality have decreased, life expectancy has doubled, literacy has risen significantly, roads, hospitals and schools have been built, and natural resource management has markedly improved. This progress, coupled with a transition from a monarchy and armed conflict to democracy and greater social inclusion, has created a strong foundation on which to build a prosperous future for all Nepalis.

Yet, Nepal remains vulnerable to shocks and stresses which occur locally and internationally, that could undermine this progress and reverse development gains. Dramatic events such as earthquakes can have a disastrous, immediate impact. Stresses such as drought, global economic volatility, or chronic poverty can take more gradual but nonetheless insidious forms.

Development professionals around the world increasingly recognize the importance of building resilience to such shocks. In December 2012, USAID issued a policy and guidance on "Building Resilience to Recurrent Crisis." The policy notes that "the actual impact of any given shock or set of stressors at the community level is largely determined by the magnitude of the hazard itself, combined with the vulnerability to the shock and the capacity of those affected to withstand them." It goes on to define resilience as "the ability of people, households, communities, countries, and systems to mitigate, adapt to, and recover from shocks and stresses in a manner that reduces chronic vulnerability and facilitates inclusive growth."

Here in Nepal, USAID is working to build resilience across all sectors—from agriculture and economic growth, to health and education, to democracy and governance, to natural resource management. For this calendar we selected the theme "Building a Resilient Nepal" to showcase how USAID strives to support and improve resilience. Our programs strengthen the communities where we work so that they are better prepared and able to take anticipatory action to avoid major losses, and in the event that crisis occurs, they are able to respond more effectively.

Nepal is ranked the 14th most vulnerable country to climate change worldwide. It also has the largest concentration of glaciers outside the polar region, with Himalayan peaks that provide water to some 1.3 billion people in South Asia. Climate change is rapidly affecting the melting of Himalayan glaciers, posing a rising threat to the lives and well-being of the people living in those areas and beyond. As the glaciers melt, hundreds of new glacial lakes are formed that are held back by walls of unstable soil, ice and rock. Lake Imja did not exist before (compare pictures in 1956 and 2012). Due to increased glacial melt, it has greatly expanded over the years.

Recognizing that climate change is a risk multiplier that drastically increases the threat to biodiversity and vulnerable populations, USAID works through the U.S. Presidential Global Climate Change Initiative (GCC) to reduce threats to Nepal's vast physical and biological diversity. GCC activities protect critical bio-diverse forest areas covering over almost a third of the country and supports livelihood options that protect forests and other natural resources. USAID also helps communities develop local plans for adapting to climate change by: reducing the risk of landslides, using mobile technologies to warn of forest fires, adopting new tools to capture and conserve water, and adapting planting and harvesting practices to align with new rainfall patterns.

(Left) Three years old Amrit Neupane is now able to walk with the assistive device and physiotherapy support received from the STRIDE project.

Like Amrit, more than 3,600 children with cerebral palsy have received physical rehabilitation services. According to the National Census 2011, two percent of Nepal's population is afflicted by some kind of disability and require rehabilitation services. Since 2010, the USAID supported Strengthening Rehabilitation in the District Environment (STRIDE) project has reached more than 19,090 people with physical rehabilitation services.

(Top) Dambar Kumari Shrestha, a 79 year old resident of Dang district, enjoys the company and care provided by a community disability worker during her rehabilitation therapy.

The STRIDE project helps persons with disabilities integrate into their communities. STRIDE works in 13 districts of Nepal, and provides personalized social support to 2,000 persons with disabilities, including disabled ex-combatants. The project provides counseling and linkages to existing, appropriate livelihood programs, related vocational training opportunities, and assists community development workers in advocating for rehabilitation of physical disability through local government planning procedures and budget mechanisms.

(Bottom) Seven year old Bikram Malla of Dang district returns to school after surgery and rehabilitation of food deformity.

Born with club foot, Bikram received corrective surgery from the STRIDE project, implemented by Handicap International Nepal. The project began in 2010 to improve the quality, accessibility and sustainability of rehabilitation services in Nepal. The project improves the functional independence of people living with disabilities and encourages their participation in education and employment – making them more resilient, especially to everyday shocks and stresses.

Under the health and family planning portfolio, USAID's efforts to build and increase resilience of families cuts across all activities, from improving nutrition of expecting mothers and babies to protecting vulnerable communities from HIV/AIDS. Activities to improve nutrition, hygiene and sanitation target the poorest of the poor. The USAID-funded Strengthening Rehabilitation in District Environs (STRIDE) Project, implemented by Handicap International, strengthens the functional independence of people living with disabilities and facilitates their participation in education and employment, making them more resilient and able to adapt to life's ever-changing and demanding circumstances. Since 2010, more than 19,000 people with various impairments have received physical rehabilitation services from the project.

Nepal is also exposed to numerous geological and hydro-meteorological hazards, most prominently earthquakes, floods, landslides, windstorms, hailstorm, fires, glacial lake outburst floods, and avalanches. The country is ranked 11th in the world in terms of vulnerability to earthquakes and 30th for flood risks. USAID and the U.S. Department of Defense work closely with the Government of Nepal and other donors to build national capacity to prevent, mitigate, and respond to disasters, particularly the threat of an earthquake in the Kathmandu Valley. USAID and the U.S. Department of Defense also train first responders, implement programs to increase public awareness of what to do in a disaster, and ensure that key medical and transportation facilities can withstand a major earthquake.

Good governance is key to building resilience and creating the economic growth necessary to lift people out of extreme poverty. USAID, for instance, is building Government of Nepal capacity to address Trafficking in persons. Trafficking in Persons is a serious problem in Nepal, characterized by cross-border, international and internal trafficking of women, men, and children. Non-governmental organizations in Nepal estimate that as many as 15,000 Nepali women and girls are trafficked annually to India, while 7,500 are trafficked domestically for commercial sexual exploitation. The USAID-funded Combating Trafficking in Persons (CTIP) project, implemented by The Asia Foundation, takes a holistic approach to address protection, prosecution, and prevention of trafficking in persons. Since 2011, the project has trained 207 judicial and law enforcement officials on effectively investigating, prosecuting, and adjudicating human trafficking cases. In 2012, this training directly contributed to 28 convictions—and 3 landmark cases.

This calendar showcases a few of the people and communities whose lives USAID has touched over the last year. We are honored to support the strong, resilient people and communities of Nepal who have so eagerly embraced the opportunity to provide a better future for their families and who are committed to achieving their goals.

We look forward to continuing this journey together. On behalf of the entire USAID family I wish you a happy New Year 2014!
Beth Dunford

Mission Director
USAID Nepal

ALL PHOTOS: © BBLONDEL, HANDICAP INTERNATIONAL

Imja glacier in 1956, taken from Pt. 5252 above Island Peak basecamp. Photograph by Erwin Schneider, courtesy of the Association for Comparative Alpine Research, Munich. Archives of Alton C. Byers, The Mountain Institute.

Photograph by Alton C. Byers, The Mountain Institute.

Climate change is rapidly affecting the melting of Himalayan glaciers, posing a rising threat to the lives and well-being of the people living in those areas and beyond. As the glaciers melt, hundreds of new glacial lakes are formed that are held back by walls of unstable soil, ice and rock. As a result of increased glacial melt, Lake Imja has formed and greatly expanded over the years.

By 2012, the Imja glacier had receded dramatically, leaving behind a lake 110 m deep and containing over 60 million cubic meters of water. The glacier terminus is still actively calving, as can be seen in the photograph, a process that in recent years has accelerated.

USAID | NEPAL
FROM THE AMERICAN PEOPLE

Ram Kumari Tharu displays her harvest and smiles after collecting her money from a local trader. From her fresh cucumber harvest, she earns about Rs. 15,000 every season.

To build farmer's confidence and promote ownership, USAID's project worked with food-insecure households through a phased approach over several crop seasons to introduce improved farming practices, encourage increased investments in agriculture, and facilitate market linkages.

Ram Kumari Tharu, 33, heads out to a local collection center with her morning cucumber harvest. After extensive training on improved agriculture practices, her annual income has tripled in just two years. She farms and grows enough to not only feed her family and send her two sons to school, but has also started investing in improved seeds and irrigation tools.

Building on the successes of previous projects, USAID's ongoing Feed the Future initiative works to sustainably improve agricultural productivity and nutrition for one million food-insecure Nepalis. USAID projects help farmer households obtain high-quality seeds and credit; learn improved farming techniques; connect to markets; and improve nutrition, hygiene and sanitation, especially among women and children under 5.

Photos: © USAID/Kashish Das Shrestha (Left) and USAID/Nepal - Nepal Economic Agriculture Trade Project (Right)

JANUARY 2014

पुस / माघ

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 १७ New Year's Day ●	2 १८	3 १९	4 २०
5 २१	6 २२	7 २३ ◐	8 २४	9 २५	10 २६	11 २७ Tol Lhosar
12 २८	13 २९	14 ३०	15 १ Maghe Sangkranti ○	16 २	17 ३	18 ४
19 ५	20 ६ Martin Luther King Jr.'s Birthday	21 ७	22 ८	23 ९	24 १० ◑	25 ११
26 १२	27 १३	28 १४	29 १५	30 १६ Sahid Divas ●	31 १७ Sonam Lhosar	

DECEMBER 2013

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

FEBRUARY 2014

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	

PHOTO: © USAID/KASHISH DAS SHRESTHA

Ram Kumari Tharu (far right), single mother of two children, breaks into laughter after trying to fully articulate the transformations she and her family has experienced after moving out of a near extreme poverty state. She previously worked as a daily-wage laborer.

FOLLOW US ON:

facebook.com/usaidnepal

twitter.com/usaidnepal

youtube.com/usaidnepal

USAID | NEPAL
FROM THE AMERICAN PEOPLE

A local Musahar woman uproots invasive plant species from a water source, 'Bhutaha Dhaab' in Namuna Buffer Zone Community Forest (BZCF), Amaltari, Nawalparasi. The effort is part of wetland management carried out with support from the USAID-funded Hariyo Ban project. Healthy wetlands are essential for cultivation, irrigation and filtering pollutants, which in turn build the local communities' food security. Healthy wetlands also aid flood control, thus reducing local communities' vulnerability to flooding. The locals are actively involved in restoring this degraded wetland as it provides them with a source of livelihood.

USAID works through the Global Climate Change initiative to reduce threats to Nepal's vast physical and biological diversity by protecting critical bio-diverse forest areas covering over a third of the country and supporting livelihoods that do not threaten forests and other natural resources. USAID projects also help communities in those areas develop local plans for adapting to climate change by reducing the risk of landslides, using mobile technologies to warn of forest fires and other disasters, adopting new tools to capture and conserve water, and changing planting and harvesting to align with new rainfall patterns.

Photos: © WWF Nepal, Hariyo Ban Program/ Kashish Das Shrestha (Left) and Pallavi Dhakal (Right)

Locals of Amaltari in Nawalparasi district come together to protect their water source. The locals, engrossed in uprooting invasive species from the water source, understand that healthy wetlands are the ticket to healthy livelihoods. Wetlands not only help maintain a balanced ecosystem and provide a reliable supply of clean water and natural resources, but also have recreational, religious and cultural values. The USAID funded Hariyo Ban project supports restoration of this wetland through the local community. The community is well aware of the fact that any loss of biodiversity is bound to affect their livelihoods which rely, to a greater or lesser extent, on agriculture, wildlife, and tourism.

FEBRUARY 2014

माघ/फागुन

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 १८
2 १९	3 २०	4 २१	5 २२	6 २३	7 २४	8 २५
9 २६	10 २७	11 २८	12 २९	13 १	14 २	15 ३
16 ५	17 ६ President's Day	18 ७ Democracy Day	19 ८	20 ९	21 १०	22 ११
23 १२	24 १३	25 १३	26 १४	27 १५ Maha Shiva Ratri	28 १६	

JANUARY 2014

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

MARCH 2014

SUN	MON	TUE	WED	THU	FRI	SAT
30	31					1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

PHOTO: © WWF NEPAL, HARIYO BAN PROGRAM/ KASHISH DAS SHRESTHA

Locals practice controlled burning and cutting of woody plant species as part of grassland management in a community forest buffer zone.

The forest is home to a number of rare and endangered species such as the Bengal Florican and the hog deer. Rhino, spotted deer, barking deer, peacock and thrushes all need grasslands for their survival. The Hariyo Ban project supports conservation of grasslands to prevent species like these from disappearing.

FOLLOW US ON:

facebook.com/usaidnepal

twitter.com/usaidnepal

youtube.com/usaidnepal

USAID | NEPAL
FROM THE AMERICAN PEOPLE

Freshly plucked green chilli ready for the market.

USAID's Nepal Economic Agriculture and Trade project enhanced food security of the most vulnerable farmers by linking subsistence farmers to formal value chains, increasing their productivity and access to improved inputs such as seeds and irrigation tools to promote diversification into vegetable crops and to increase incomes. Over a period of almost three years, the project worked with 20 private firms and about 67,000 farmers, increasing agriculture sales by $26.5 million, with another $10 million in farmer sales in the summer of 2013.

Photos: © USAID/ Kashish Das Shrestha

This chilli farmer in Bardiya district, used to earn less than $0.25 per day as a laborer. With USAID's support, he now owns a farm and produces two harvests a year, earning $2,350 annually.

MARCH 2014

फागुन / चैत

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30 १६ Ghode Jatra	31 १७					1 १७
2 १८ Gyalbo Lhosar	3 १९	4 २०	5 २१	6 २२	7 २३	8 २४ Women's Day
9 २५	10 २६	11 २७	12 २८	13 २९	14 ३०	15 १
16 २ Fagu Purnima	17 ३	18 ४	19 ५	20 ६	21 ७	22 ८
23 ९	24 १०	25 ११	26 १२	27 १३	28 १४	29 १५

FEBRUARY 2014

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	

APRIL 2014

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

PHOTO: USAID/NEPAL - NEPAL ECONOMIC AGRICULTURE TRADE PROJECT

Pavitra Aryal, a member of the EcoTea Cooperative, plucks the first flush of organic tea in her farm in Illam in eastern Nepal. To help Nepal meet the growing demand for organic tea in the U.S. and European markets, USAID's project supported farmers to convert to organic farming and obtain certification.

FOLLOW US ON:

facebook.com/usaidnepal

twitter.com/usaidnepal

youtube.com/usaidnepal

USAID | NEPAL
FROM THE AMERICAN PEOPLE

In communities where climate change threatens water availability, the USAID-funded Initiative for Climate Change Adaption (ICCA) project is installing solar-powered water systems that can be used within households and on farms. The beneficiaries seen here utilize drip irrigation water for off-season high-value vegetable crops. Drip irrigation technology reduces water consumption by up to 75 percent, helping farmers cope with more erratic water supply from climate change and increases crop yields by up to 30 percent. The water systems also reduce the time women spend collecting water by an average of three hours a day, giving them more time to cultivate nutritious vegetables that improve family nutrition and can be sold at high prices to supplement household income.

All photos: © ICCA project/ Bimala Rai Colavito

This solar-powered Multiple Use Water System (MUWS) was developed by the USAID-funded ICCA project with support from a number of other organizations. The installation of each solar MUWS costs about $15,000. The beneficiaries, who now have access to a regular supply of water, have seen their annual income increase by over $5,000 from production of high-value vegetables.

APRIL 2014

चैत / वैशाख

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 १८	2 १९	3 २०	4 २१	5 २२
6 २३	7 २४	8 २५ Ram Nawami	9 २६	10 २७	11 २८	12 २९
13 ३०	14 १ Nepali New Year 2070	15 २	16 ३	17 ४	18 ५	19 ६
20 ७	21 ८	22 ९	23 १०	24 ११ Loktantra Diwas	25 १२	26 १३
27 १४	28 १५	29 १६	30 १७			

MARCH 2014

SUN	MON	TUE	WED	THU	FRI	SAT
30	31					1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

MAY 2014

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Above the solar MUWS spring source, the project developed a recharge pond that collects rainwater. This recharge pond maintains the flow of water in the Solar MUWS spring and provides water for direct irrigation, thereby helping the community to cope with the impact of climate change.

FOLLOW US ON:

facebook.com/usaidnepal

twitter.com/usaidnepal

youtube.com/usaidnepal

USAID | NEPAL
FROM THE AMERICAN PEOPLE

Laxmi Sharma, a Female Community Health Volunteer (FCHV) from Salyan distict, poses for a photograph. On December 5, 2013, Nepal celebrated the 25th anniversary of its Female Community Health Volunteer program. These ordinary women perform the extraordinary task of bringing health education and outreach services to Nepali families throughout the country. Today, an army of 52,000 female volunteers help improve the health and well-being of women and children across Nepal, strengthening resilience of families, especially in rural pockets where access to healthcare is limited.

All photos: © USAID/ Bibek Bhandari

A father holds his young girl. Nepal's Female Community Health Volunteers have not only played critical roles in family and women's health but have also garnered recognition for their ability to educate men about the responsibilities of fatherhood.

MAY 2014

वैशाख / जेठ

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 १८ May Day	2 १९	3 २०
4 २१	5 २२	6 २३	7 २४	8 २५	9 २६	10 २७
11 २८	12 २९	13 ३०	14 ३१ Buddha Jayanti	15 १	16 २	17 ३
18 ४	19 ५	20 ६	21 ७	22 ८	23 ९	24 १०
25 ११	26 १२ Memorial Day	27 १३	28 १४	29 १५ Ganatantra Diwas	30 १६	31 १७

APRIL 2014

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

JUNE 2014

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

A Mother's Group meeting in Banke district. These Aama Samuha meetings serve as a forum to counsel mothers about various health issues, including the importance of at least two-year spacing between pregnancies, exclusive breastfeeding, antenatal checkups, and delivering at a health facility. These meetings have also evolved to become a platform for women to talk about issues like education; sanitation and hygiene; female empowerment; and reproductive rights.

FOLLOW US ON:

facebook.com/usaidnepal

twitter.com/usaidnepal

youtube.com/usaidnepal

USAID | NEPAL
FROM THE AMERICAN PEOPLE

A young child looks on as his father, a small shop owner, uses his low-cost cell phone to pay his suppliers.

With over 70 percent of Nepal's families equipped with a mobile phone and 72 percent without access to formal financial services, USAID recognized the potential of mobile banking to reach the country's households. Since 2011, USAID has partnered with private banks, regulators, and mobile technology providers to support the launch of mobile banking services that allows customers to make deposits, transfer or receive money, and take out loans using their phones.

With access to banking, households can save money to buy equipment, like tractors and tools, or fertilizers and improved seeds. They can successfully adopt new farming technologies, like multiple-use water systems, or borrow money to invest in new business opportunities or find new jobs. If available at critical moments, effective financial services for savings, payment, credit and insurance can help households climb out of poverty or weather a crisis or emergency without falling deeper into poverty.

PHOTOS: © USAID/NEPAL - NEPAL ECONOMIC AGRICULTURE TRADE PROJECT

A small entrepreneur uses her mobile banking services to pay for her supplies. "Life and work has become more convenient now," she says.

As a result of USAID's support, since 2011, over 300 mobile financial services agents are operational in 30 of 75 districts of Nepal. Through these agents, Nepali private banks are now serving previously unbanked clients and have reached more than 19,000 new clients in 2013 alone. These new partners have disbursed over $2.3 million in rural loans to almost 8,000 borrowers, mostly women.

JUNE 2014

जेठ/असार

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 १८	2 १९	3 २०	4 २१	5 २२ ◑	6 २३	7 २४
8 २५	9 २६	10 २७	11 २८	12 २९	13 ३० ○	14 ३१
15 १	16 २	17 ३	18 ४	19 ५ ◐	20 ६	21 ७
22 ८	23 ९	24 १०	25 ११	26 १२	27 १३ ●	28 १४
29 १५	30 १६					

MAY 2014

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

JULY 2014

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

PHOTO: © USAID/ KASHISH DAS SHRESTHA

Krishna Prasad Bhattarai (right), uses his cell phone to transfer money to his daughter's account for payment of her school fees. Next to him is the agent at his village, a local shop keeper, through whom he acquired the mobile banking service of Laxmi Bank.

FOLLOW US ON:

facebook.com/usaidnepal

twitter.com/usaidnepal

youtube.com/usaidnepal

USAID | NEPAL
FROM THE AMERICAN PEOPLE

In the upper Mustang region of Nepal, a traditional way of life is being threatened by climate change. Historically, the people of this region have been resilient, and adapted to the harsh dry environment, but today they are struggling to keep up. Riding into the village of Dhey, one is struck by the browns of wilted grass and barren ground. The worst effect of climate change throughout Nepal is the lack of consistent water supply, both through changing rain patterns and the disappearance of glaciers that provide critical dry season water sources for communities like Dhey. USAID, through the Hariyo Ban project and the High Mountain Adaptation Program, is helping the people of the high Himalayas find new solutions to these new problems to protect their way of life.

All photos: © USAID/ Bronwyn Llewellyn

Villagers of Dhey are so affected by the loss of their glacier that the entire community is soon moving away from their ancestral home to settle in a new place. It is sadly too late for the Old Dhey, however USAID is working to help many other vulnerable communities better manage, store, and use their water. Techniques that perhaps the villagers in the New Dhey can use to be more resilient to climate change.

JULY 2014

असार/साउन

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 १७	2 १८	3 १९	4 २० Independence Day	5 २१
6 २२	7 २३	8 २४	9 २५	10 २६	11 २७	12 २८ Guru Purnima
13 २९	14 ३०	15 ३१	16 ३२	17 १	18 २	19 ३
20 ४	21 ५	22 ६	23 ७	24 ८	25 ९	26 १०
27 ११	28 १२	29 १३	30 १४	31 १५		

JUNE 2014

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

AUGUST 2014

SUN	MON	TUE	WED	THU	FRI	SAT
31					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

It is harvest time in Upper Mustang, along the northern border of Nepal, and the vibrant yellow of buckwheat surrounds most of the white-walled villages.

FOLLOW US ON:

facebook.com/usaidnepal

twitter.com/usaidnepal

youtube.com/usaidnepal

USAID | NEPAL
FROM THE AMERICAN PEOPLE

Kathmandu's landscape as seen from Swayambhunath Stupa.

Nepal faces multiple natural hazards, including annual floods, landslides, drought, and fires—chronic stressors that affect vulnerable populations the most. The Kathmandu Valley faces a high risk of a catastrophic earthquake, presenting potential challenges in all development sectors, with ripple effects across the country. Rugged and fragile geophysical structures, complex geology, global climate change, active tectonic movement, unplanned settlement, dense and increasing population, poverty, and low literacy rates make Nepal particularly vulnerable.

The U.S. Government considers Disaster Risk Reduction a top priority in Nepal and one that supports its objective of advancing Nepal as a more stable, resilient, and prosperous country.

All Photos: © National Society of Earthquake Technology - Nepal

Red Panda - mascot of the popular animated PSA developed and widely shared in 2013.

USAID is working towards integrating and mainstreaming Disaster Risk Reduction issues in programs targeting civil society, local and national government, and political parties. In 2013, the USG created a series of public service announcements (PSAs) and comic books on disaster risk reduction to spread the message of earthquake preparedness. The PSAs have reached the general public through national TV channels and FM radio stations.

AUGUST 2014

साउन / भदौ

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31 १५					1 १६	2 १७
3 १८	4 १९	5 २०	6 २१	7 २२	8 २३	9 २४
10 २५ Janai Purnima	11 २६ Gai Jatra	12 २७	13 २८	14 २९	15 ३०	16 ३१
17 १ Shree Krishna Janmasthami	18 २	19 ३	20 ४	21 ५	22 ६	23 ७
24 ८	25 ९	26 १०	27 ११	28 १२ Teej	29 १३	30 १४

JULY 2014

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

SEPTEMBER 2014

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

A street drama in Bhaktapur Municaplity helps spread awareness on earthquake risks and mitigation measures.

A key aspect of the U.S. Government's strategy is to mitigate the potential effects of a major disaster, or recurring threat. Efforts include promoting earthquake awareness in schools and the community, retrofitting schools, and training masons in seismically sound building practices. The U.S. Government's goal, in partnership with the Government of Nepal and the people of Nepal, is to save lives and preserve the gains Nepal has made in 60 years of development collaboration.

FOLLOW US ON:

facebook.com/usaidnepal

twitter.com/usaidnepal

youtube.com/usaidnepal

USAID | NEPAL
FROM THE AMERICAN PEOPLE

All children deserve the healthiest possible start in life. These new mothers are among the 112 thousand women trained to take care and ensure optimal health and nutritional behavior of their young babies and themselves.

In Nepal, four in 10 children less than five years of age do not reach their full potential due to stunting. Stunting, or stunted growth, is the result of both child and maternal under nutrition that leads to not just lost height but impaired brain development – resulting in serious health, social and economic consequences. The USAID-funded Suaahara project, meaning "Good Nutrition", supports the Government of Nepal's multi-sectoral nutritional plan. Working in 20 districts, the project imparts simple, vital behavior changes in terms of health, hygiene and nutrition to promote a lifetime of good health for both mothers and their children – helping produce a healthier generation that reaches their full potential.

PHOTOS: © VALARIE CALDAS, SUAAHARA PROJECT (LEFT) AND SUAAHARA PROJECT (BOTTOM)

The Suaahara project teaches mothers how often to feed their infants in a day and the importance of responsive feeding. Since 2011, the project has worked in 20 districts to improve maternal and child nutrition through homestead agriculture, improved child feeding practices, sanitation and hygiene, and health services promotion.

The 1,000 days between a woman's pregnancy and her child's second birthday presents a critical window of opportunity to shape the health of a child. Providing the right maternal and child nutrition during this period is crucial in preventing malnutrition, stunting and wasting – a major public health problem in Nepal. To improve the 1,000 day women and children's access to nutritious food, the USAID-funded Suaahara project initiated homestead food production alongside hygiene and sanitation improvement. More than 61,000 mothers are armed with the skills to cultivate green vegetables and manage backyard poultry, ensuring that there's a sustainable source of healthy nutrient food to feed themselves and their growing infant right in their home.

SEPTEMBER 2014

भदौ / असोज

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 १६ Labor Day	2 १७ ◐	3 १८	4 १९	5 २०	6 २१
7 २२	8 २३ ○	9 २४	10 २५	11 २६	12 २७	13 २८
14 २९	15 ३० ◑	16 ३१	17 १	18 २	19 ३	20 ४
21 ५	22 ६	23 ७	24 ८ ●	25 ९ Ghatasthapana	26 १०	27 ११
28 १२	29 १३	30 १४				

AUGUST 2014

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

OCTOBER 2014

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Suaahara not only engages young mothers, but also fathers and other men of the family to ensure all-round support to improving the health and wellbeing of mothers and babies.

FOLLOW US ON:

facebook.com/usaidnepal

twitter.com/usaidnepal

youtube.com/usaidnepal

USAID | NEPAL
FROM THE AMERICAN PEOPLE

Helping people help wildlife: Human-wildlife conflict is a major concern for conservation. Crop raiding, livestock depredation, and human casualties frequently occur near protected areas and forests. Gyaneshwor forest block in Chitwan district is no exception. Here agricultural land adjacent to the forest is constantly threatened by crop raiding, particularly by rhinos. The fence (right side) now neatly divides cultivated land from the forest, helping villagers keep their crops safe from wildlife, the forest safe from encroachment, and still provides access by the community to important forest resources. In the past two years, the USAID-funded Hariyo Ban project has installed 35.4 km of new power fencing and helped maintain 86.1 km of existing fencing. A total of 15,881 households are expected to benefit through this preventive measure.

Photos: © WWF Nepal, Hariyo Ban Program/ Kashish Das Shrestha (Left) and Pallavi Dhakal (Right)

An electric fence separates the cultivated village land from a forest block in Chitwan. The 7.5 km long fence helps reduce crop raiding and trampling by wildlife such as rhino, tiger and deer. Prior to its installation, farmers around the area lost an estimated 58 percent of their rice crop, 63 percent of maize, and 53 percent of their wheat due to wildlife. After installing the fence, rice loss was reduced to zero percent, while wheat loss has been reduced to five percent. Maize loss was reduced, but was still occurring at 26 percent (Survey 2013).

OCTOBER 2014

असोज / कात्तिक

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 १५ Phulpati	2 १६ Maha-Astami	3 १७ Maha-Nawami	4 १८ Bijaya Dasami
5 १९	6 २०	7 २१	8 २२	9 २३ Kojagrat Purnima	10 २४	11 २५
12 २६	13 २७ Columbus Day	14 २८	15 २९	16 ३०	17 ३१	18 १
19 २	20 ३	21 ४	22 ५	23 ६ Laxmi Puja	24 ७ Gobardhan Puja	25 ८ Bhaitika
26 ९	27 १०	28 ११	29 १२ Chhat Parwa	30 १३	31 १४	

SEPTEMBER 2014

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

NOVEMBER 2014

SUN	MON	TUE	WED	THU	FRI	SAT
30						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

PHOTO: © WWF NEPAL, PALLAVI DHAKAL

Locals collect cattle fodder inside the Gyaneshwor community forest, a few meters away from a rhino habitat.

FOLLOW US ON:

facebook.com/usaidnepal

twitter.com/usaidnepal

youtube.com/usaidnepal

USAID | NEPAL
FROM THE AMERICAN PEOPLE

A trained counselor at a clinic shows the various methods for family planning. USAID's ongoing Saath-Saath project seeks to fully integrate family planning services into HIV services for key populations. This integrated approach aims to effectively address the gap in the use of family planning methods by key populations, such as migrant workers, female sex workers, men who have sex with men, and also reach them with quality HIV-related services.

PHOTOS: © SAATH-SAATH PROJECT/ USAID (LEFT) AND ASHA PROJECT/USAID (RIGHT)

Nepal's diverse and difficult geographical terrain and limited infrastructure makes health service delivery a challenge. Outreach workers supported by USAID projects have overcome these hurdles and provide continued essential HIV prevention-to-care support and treatment services and family planning services to key populations and people living with HIV.

NOVEMBER 2014

कात्तिक / मंसिर

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30 १४						1 १५
2 १६	3 १७	4 १८	5 १९	6 २०	7 २१	8 २२
9 २३	10 २४	11 २५ Veterans' Day	12 २६	13 २७	14 २८	15 २९
16 ३०	17 १	18 २	19 ३	20 ४	21 ५	22 ६
23 ७	24 ८	25 ९	26 १०	27 ११ Thanksgiving Day	28 १२	29 १३

OCTOBER 2014

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

DECEMBER 2014

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

PHOTO: © ASHA PROJECT/USAID

A USAID-supported outreach worker provides family planning and HIV/AIDS information to a woman who works for a dance restaurant in Kathmandu. USAID projects employ a range of interactive communication tools to inform and counsel most-at-risk individuals on HIV prevention and care. The USAID-funded Saath-Saath project seeks to decrease HIV prevalence among selected key populations, primarily female sex workers.

FOLLOW US ON:

facebook.com/usaidnepal

twitter.com/usaidnepal

youtube.com/usaidnepal

USAID | NEPAL
FROM THE AMERICAN PEOPLE

A women with disability is part of a mock polling exercise in the lead up to the November 19 Constituent Assembly. The exercise was part of the voter education and registration drive, targeted towards the most vulnerable and marginalized populations, conducted by the Election Commission Nepal with support from USAID's partners like IFES. Through the Strengthening Political Parties, Electoral and Legislative Processes (SPPELP) project, USAID strives to restore public confidence in democratic processes and institutions and to promote greater political participation of marginalized populations, like people living with disability.

PHOTO: © IFES (LEFT)

Seen here, a beneficiary of the USAID-funded Combating Trafficking in Persons (CTIP) project in Banke district. She is among the 61,000 targeted by the project since 2010 to raise awareness of the most vulnerable individuals on trafficking risks, safe migration, and their role and responsibilities in the process. The project has also created over 250 Safe Migration Networks at the grass-root level consisting of almost 3,000 men and women representatives working as frontline service providers, accessible at any time to provide services like information, referral, protection support, and link to local government funds. These networks are increasingly becoming part of the existing institutional mechanism that operates at the grass-root level, ensuring its long-term sustainability.

DECEMBER 2014

मंसिर/पुस

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 १५	2 १६	3 १७	4 १८	5 १९	6 २०
7 २१	8 २२	9 २३	10 २४	11 २५	12 २६	13 २७
14 २८	15 २९	16 १	17 २	18 ३	19 ४	20 ५
21 ६	22 ७	23 ८	24 ९	25 १० Christmas Day	26 ११	27 १२
28 १३	29 १४	30 १५	31 १६			

NOVEMBER 2014

SUN	MON	TUE	WED	THU	FRI	SAT
30						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

JANUARY 2015

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

FOLLOW US ON:

facebook.com/usaidnepal

twitter.com/usaidnepal

youtube.com/usaidnepal

USAID | NEPAL
FROM THE AMERICAN PEOPLE

A NEW DHEY

BRONWYN LLEWELLYN, USAID/NEPAL

It is harvest time in Upper Mustang, along the northern border of Nepal, and the vibrant pink of buckwheat surrounds most of the white-walled villages. However, riding into the village of Dhey, one is struck by brown, wilted grass and barren ground rather than lush fields.

In the southern Khumbu region, glacial melt is causing lakes to burst their boundaries in dangerous landslides. In Upper Mustang, glacial melt and changing rain patterns spark a different, but equally damaging effect: the recent loss of year-round access to water. In communities like Dhey, the only source of water after the monsoon rains pass is summer-melt water from the nearby glacier. Once that glacier is gone, there is no more water in the stream that provided dry season water for centuries.

Glaciers have always slowly melted in the summer, and snowpack helped recharge them in the winter. But throughout the Himalayas, climate change is making glaciers melt much more quickly than they did in the past. In a few places the extra water gets trapped in lakes, but in most of Nepal the villagers only notice a slight increase for a few years before the water suddenly stops coming at all.

The impact of this loss on Dhey, a close-knit community of 24 households, is so profound that the entire village has decided to move away from ancestral homes and land to resettle in new areas. This terrible loss raises land disputes and reduces the extended family's financial foundations. "People come and tell us we have such a beautiful village, why leave? But they do not live here. We cannot survive here," said village leader Mukhiya Pasang Gurung.

USAID/Nepal is working to help Dhey and other vulnerable communities across Nepal identify new technologies to better manage, store and use water, understand the effects that climate change will have on them, and promote their rights to sustainably access their resources. These techniques can be used by the new Dhey and other villages affected by global climate change for improved resilience that will last for generations to come.

USAID | NEPAL
FROM THE AMERICAN PEOPLE

A woman picks water spinach, popularly known as Kangkong from her kitchen garden. Kankong leaves are naturally rich in dietary fiber, protein, calcium, iron and vitamins which are highly nutritious for pregnant women and growing children.

Photos: © Valerie Caldas, Suaahara project (Left) and Suaahara project (Bottom)

Suaahara promotes hygienic practices such as improved quality of water and food hygiene, hand washing, use of latrines, and safe disposal of child feces to prevent health problems.

USAID | NEPAL
FROM THE AMERICAN PEOPLE

Radhika B.K. sells ginger to Annapura Organic through her women's cooperative. She is one of 9,000 ginger famers who benefitted from USAID's Nepal Economic Agriculture and Trade (NEAT) project. Annapurna Organic established Nepal's first large-scale ginger processing plant with USAID's support. The company was then linked to farmers like Radhika B.K. who had received productivity training from USAID. Annapurna Organic now has a contract agreement, the first of its kind, with the women's cooperative.

To increase competitiveness in the tea, lentils, ginger and vegetable value chain, USAID's NEAT project focused on a push-and-pull approach, working with farmers and enterprise-level producers to push a high-quality product to market, and on the demand side to increase uptake.

Photos: © USAID/Nepal - Nepal Economic Agriculture Trade Project (Left) and USAID/Kashish Das Shrestha (Bottom)

With microfinance services provided with support from USAID's project, new borrowers like this couple opened a beauty products shop in March 2013, the first of its kind in the Parseni community of Bardiya district. Access to finance, for the first time in their life, has given the couple a new lease on life – increased incomes and improved resilience.

2015

JANUARY

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

FEBRUARY

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

MARCH

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

APRIL

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

MAY

SUN	MON	TUE	WED	THU	FRI	SAT
31					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

JUNE

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

JULY

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

AUGUST

SUN	MON	TUE	WED	THU	FRI	SAT
30	31					1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

SEPTEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

OCTOBER

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

NOVEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

DECEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

FOLLOW US ON:

facebook.com/usaidnepal

twitter.com/usaidnepal

youtube.com/usaidnepal

Abritti Media/USAID-14

USAID | NEPAL

FROM THE AMERICAN PEOPLE

U.S. Agency for International Development
G.P.O. Box 295, Bramha Cottage, Maharajgunj, Kathmandu, Nepal
Tel: 977-1-4007200, Fax: 977-1-4007285, Website: usaid.gov/Nepal