



Improved Technologies; Improved Livelihoods

Stories of Changes and Impacts from
the Eco-Village Development Project



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FOREWORD

Centre for Rural Technology, Nepal (CRT/N) has been conducting different activities for the development of eco-friendly and rural appropriate technologies in close coordination, consultation and collaboration with different local, national and international agencies and organizations; in order to improve the livelihood, especially of poor and marginalized people of rural communities at the remote areas, CRT/N has been prioritizing gender inclusiveness, social and economic aspects and has been emphasizing on promotion of appropriate and renewable rural technologies along with the capacity, knowledge and skill enhancement. In the context, where direct and adverse impact of climate change is witnessed by rural marginalized communities, the major objectives of CRT/N is the social and economic empowerment of those people through local resource mobilization in coordination, consultation and collaboration with the local governing bodies by promoting the environment friendly and rural appropriate technologies that can instantly help them improve their livelihood and being able to adapt in the changing climate.

With support from Danish International Human Settlement Service - DIB and International Network for Sustainable Energy- INforSE and funded by Civil Society in Development- CISU, Denmark, CRT/N has been implementing "Advocating for upscaling for local climate solutions as 'Eco-village development' as a mean to strengthen pro-poor climate agenda in South Asia" in four South Asian countries India, Srilanka, Bangladesh and Nepal. The objective of this program is to facilitate the reduction of greenhouse gas promoting local, affordable, renewable energy technologies and improving rural livelihood by providing various environment-friendly capacity development training.

This program has helped to reduce the adverse effects of climate change at local level and improve the livelihood of the people residing in rural areas and provided them with the new and better opportunities to livelihood as this program has integrated different easily adaptable alternative methods for the energy, food and water security in those areas as well as improving the livelihood of the people living in those areas. Hence, this publication has been prepared to document and disseminate some success and impact stories of the people at the rural communities who have achieved remarkable changes and improvement in their livelihood by applying such eco-friendly technologies and interventions. We hope that through this booklet the readers and the people at the local community will get the practical knowledge and information about those eco-friendly alternative means.

Thank you for your continued support and cooperation.

Centre for Rural Technology, Nepal (CRT/N)

Bethanchowk Rural Municipality Transforming Into Eco-Village

The communities in Bethanchowk Rural Municipality of Kavrepalanchowk District, Nepal is enthusiastically heading towards developing their village as an Eco-Village.

The Eco-Village Development (EVD) is a bottom-up, integrated development approach, which empowers communities to engage actively in the development and decision-making processes. It provides a basket of solutions which are decentralized, affordable, robust, low carbon and emphasize on the productive utilization of local resources to fulfil the needs and wants of vulnerable communities in a sustainable manner. The range of solutions includes sustainable farming practices, food preservation techniques by using solar energy, switching to appropriate crops for livelihood improvement, improved cookstoves and biogas for clean cooking, rainwater harvesting and water pumping to improve water access, and domestic solar lighting.

Centre for Rural Technology, Nepal (CRT/N) has initiated the project 'Advocating for upscaling for local climate solutions as Eco-Village Development as a mean to strengthen pro-poor climate agenda in South Asia' from September 2017 to October

2018 to implement the EVD concept in collaboration with Bethanchowk Rural Municipality of Kavre district, which is a continuation of same project being implemented since 2015 as "Evidence based advocacy for low-carbon, pro-poor sustainable 'Eco-Village Development (EVD)' in South Asia".

CRT/N implemented the second phase of the EVD project in three villages of Kavre district namely Chaymrangesesi, Dhunkharka and Chahal Ganeshsthan with the application of the concept promoting various eco-friendly solutions for sustainable village development, after successfully completing the first phase.

The project has helped beneficiaries from 108 households including women, youth and disadvantaged groups in the project sites by enhancing their livelihood through the use of various eco-friendly solutions such as renewable energy technologies, improved agricultural practices, forest conservation, water and waste management by using local level resources and also created awareness among the beneficiaries about the use and benefits of these technologies for its maximum use to enhance their livelihoods.





Eco-Village Development Concept Acknowledged by The Local Government in Nepal

CRT/N implemented EVD Project since 2015 at three different villages of Kavrepalanchowk district to promote several environmental friendly activities like renewable energy technologies, improved agricultural practices, forest conservation, water and waste management by using local level resources.

For the maximum utilization of local resources, labour and by deploying local knowledge and capacity and identifying effective environment-friendly alternative for livelihood enhancement and implementation of such concept in actual life, the 'Eco-Village Development (EVD)' concept has been

developed. 108 households, including women, youth and disadvantaged groups, are directly benefited by the project activities. The project has played a vital role on enhancing the livelihood of beneficiaries through the use of various eco-friendly solutions such as renewable energy technologies, improved agricultural practices, forest conservation, water and waste management by using local resources. After developing successful demo villages, CRT/N has been advocating in the national and international arena for the inclusion of such concept in the national climate-related policies of Nepal.

With a new federal structure, where all power is now with the local level government, CRT/N has signed a contract with the newly elected local government of the Bethanchowk Rural Municipality to implement the second phase of the project collectively. Since then all the activities of the project are conducted with full support from them. Newly elected body with new enthusiasm has seen the output of the project and has accepted this concept. During several one to one meeting and local and national events, CRT/N has been advocating to include EVD concept in their village development plan. CRT/N has also played facilitation role to link rural municipality with the National Planning Commission (NPC) and Alternative Energy Promotion Centre (AEPCC) to develop their village as renewable energy friendly village. In their revised planning process, they have mentioned EVD component and agreed to work on the promotion of renewable energy technologies like improved cookstoves and other to reduce the impact of climate change, to conserve, and preserve watershed area, forest, to manage solid waste, encouraging local level enterprise by using locally available resources and so on.

Some of the highlights (policies and regulation) from the annual development plan of Bethanchowk Rural Municipality

- » Land use management for categorization of agricultural, mining, residential, medicinal plant area in scientific way
- » Minimize use of chemical fertilizer and pesticides for promoting organic farming
- » Promoting off seasonal vegetable farming under plastic tunnel with micro irrigation facility.
- » Encouraging people participation in local natural resource use and economic development.
- » Promoting greenery and eco-tourism along with prevention of soil erosion
- » Prioritization of identification of watershed area and its protection and development.
- » Developing rule and regulation for waste management
- » Promotion, development and use of renewable energy technologies by formulating and implementing short term and long term program
- » Encouraging use of environment friendly resource and discouraging use of plastics and other harmful products
- » Formulating program as per '1 house 5 trees and 1 Nepalese 1 fruit tree' campaign
- » 1 house 1 improved cookstove program for promoting renewable energy technology and as a climate change mitigation technology.



The EVD project has a greater impact in Bethanchowk Rural Municipality. From the inception period of the second phase, CRT/N has actively and jointly implemented various eco-village related activities and climate-friendly activities with us (Municipality office) which are very productive and liked and accepted by the beneficiaries. Especially, the agro-biodiversity management and skill-based training and capacity building activities are the unique approach to engage local farmers. We are thankful to CRT/N and looking forward to supporting and collaborating on scaling up this concept or initiatives that the organization wants to implement in this area.

Mr Prem Bahadur Timilsina
Chairperson, Bethanchowk
Rural Municipality, Kavre



The EVD project is one of the best projects implemented in Bethanchowk Rural Municipality by CRT/N, as the project has taken care of improving the environment and biodiversity of the area and is jointly implemented in association with local governing bodies in a very transparent way. The project is women-friendly and also has engaged many youths who are unemployed and eager to learn something practical about agriculture, farming system, and new technologies to improve their livelihood and climate change mitigation and adaptation.

We are also planning to declare one of the ward or village as a model eco-village in future.

Ms Sarita Lamichhane
Vice Chairperson, Bethanchowk
Rural Municipality, Kavre



Ram Bahadur Shrestha (Right) and his wife Putali Maya Shrestha (Left) at the improved water mill.

Improved Technologies, Improved Livelihood

Ram Bahadur Shrestha (66 years), a resident of Bethanchowk Rural Municipality, Dhunkharka-3, Chanaute, Kavreplanchowk is visually impaired. There is a water mill at a distance from his house. To reach the water mill one needs to cross a bridge across a river where the water mill is installed. But, Ram Bahadur can walk on his own and reach there without anyone's assistance. He goes there to grind his food grains and help other villagers to grind their feed too. CRT/N under its EVD Project, from the first phase, has been promoting Improved water mill which was installed with financial and technical support from CRT/N's earlier projects.

Ram Bahadur shares that the grinding

has been easy for him and his fellow villagers after improving their traditional water mill into improved water mill.

Putali Maya Shrestha, wife of Ram Bahadur also helps him in grinding grains at the mill. Both of them are very happy to get improved water mill.

27 households family at Chanute are benefited by this improved water mill. Villagers come to the mill to grind their grains and pay for the service. The payment is utilized for the repair and maintenance of the water mill by Ghatta Management Committee.

The community members of Chanaute are also getting benefit from a hydraulic



The water mill was installed in June 2016.

The total cost of the technology was NPR 17,000 (147 \$), where the subsidy of NPR. 10,000 was provided by project implemented by CRT/N with support from SNV. This watermill is owned by Mr Bishnu Bandhur Shrestha (Son of Ram Bahadur Shrestha) and serving 27 houses from the village.

ram pump (hydam) established from the support of CRT/N.

A hydraulic ram pump (hydam) is an automatic pumping device which uses energy from a large amount of water falling through a small height, to lift a small amount of that water to a much greater height. With a continuous flow of water, a hydam operates automatically and continuously with no other external energy source.

The community draws water from the tank or from collection points on pipes further downhill. The pump operates continuously to deliver water to the reservoir which typically fill up overnight and then drained down through the day. To use the scarce water, drip irrigation systems was introduced among the potential users.

Putali Maya Shrestha is also using improved cookstoves, solar-based lighting system, and also has adopted homestead based vegetable farming

practice. The solar-based lighting system has made their life easier than before. During the period of power-cut or load-shedding, they use the solar home system to get light.

Likewise, the local resident, Yam Maya Shrestha (40 years), daughter in law of Putali Maya has also started to grow diverse vegetables in her greenhouse plastic tunnel after she attended the three days agriculture skill development training organized and supported by CRT/N. She used to grow just a few crops like maize,



People observing hydraulic ram pump.



Putali Maya benefited using solar-based home lighting system.

barley, cauliflower, and cabbage before she got this support from CRT/N. She now grows a number of vegetables like cauliflower, radish, coriander, garlic, onion, cabbage, potato and so on. Maiya and her family not only use the vegetables for their personal consumption but they also sell some of the production in the local market. She shares that the vendors' sometimes visit her homestead garden to buy the vegetables and potato. The money she earns by selling the vegetables helps her to look after her family and pay for her children's school fees and buy stationary for them. In addition to the organic vegetable farming, Maiya also uses the improved cookstove and solar power.



Yam Maya using improved forced draft stove.

According to Yam Maya, in comparison to the traditional stove, the improved cook stove introduced by CRT/N consumes less firewood, emits less smoke, cooks food fast and has additional benefits and advantages. She shares her experience that the improved cookstove is smokeless and hence is less harmful to people's health who are busy in kitchen household works, especially women like them. As the improved cookstove consumes less firewood, Maiya shares that this has saved their huge time and energy that they spent on collecting firewoods from the forest located very far from their village.

Beneficiaries like Putali Maya, Yam Maya and Ram Bahadur including beneficiaries of 27 households of Chanute and nearby villages are improving their livelihoods by using the improved technologies.



A Training That Changed Life

Nirmaya Tamang (55 years), a local of Sikrighyang, Chahal Ganeshtan, Kavre cultivated only vegetables for her family. After receiving a training from CRT/N with collaboration with Bethanchowk Rural Municipality three years ago, she learnt to cultivate varieties of crops. She says that she has been able to improve her traditional agricultural practices with the help of that training. She used to cultivate a few vegetables for her family consumption. Now, there has been a substantial increase in the production of a wide range of diverse vegetables in her field.

Nirmaya grows coriander, green vegetables, radish, cabbage, cauliflower, tomatoes, beans, etc.

according to the season and earns about 5,000 to 10,000 Rupees in a season selling them. She reveals that the villagers gossiped about her cultivating and selling the vegetables. There were many from the villages who took the training along with Nirmaya but only a few of them were able to utilize it for commercial farming.

Nirmaya has grown not just vegetables but also fruits and fooders. She has even kept a tomato nursery for which she is supported by her husband Sovit Man Tamang (52 years) to construct and maintain the tunnel. Due to her husband's health issue, now Nirmaya has to do all the works by herself.



Nirmaya clening her plastic pond.

According to Nirmaya, she sells her vegetables at her sister's store located in the main road below the village. Other vendors nearby (eg: Panauti) also purchase vegetables from her.

According to Nirmaya, she had invested herself to construct the tunnel. Her family members supported to construct it. She says that the cost was also not that high. By selling the tomatoes she has been able to earn well, about 15,000 to 20,000 Rupees.

Nirmaya has also installed a plastic tank, a rainwater harvesting technology in her home. She shares that with that technology water is collected in the monsoon which can be utilized for irrigation during winter.



Happy Nirmaya with harvested cabbages.

Nirmaya states, "We are very happy to get the training. We don't have to eat rotten foods stored in stores. Producing vegetables ourselves has helped us to stay healthy and also earn a living by selling the surplus. Had the training been organized much earlier, this village would have been a much better place by now."



The Man Who Create an Opportunity Within the Community

In contrary to the case of migration of majority of youths seeking opportunities, an individual of Bethanchowk Rural Municipality Ward no-4, Ram Bahadur Tamang (36 years) is fully occupied with opportunities within the village.

Having spent five years of his life overseas (Malaysia and Saudi Arabia), Ram learnt hardships and is one of the energetic returnee migrants who has resolved to do something in his own community. After returning from abroad two years ago, he started seeking local opportunities for earning money. Organic vegetable farming is one of the businesses he initiated during that period. For the village that

has a scarcity of even drinking water during the dry season, how would be the irrigation requirement fulfilled? As the saying goes, “Where there’s a will, there’s a way”, he learnt about micro-irrigation technology from the Eco-Village Development (EVD) project running in the village. He learnt about the technology of collecting rainwater and wastewater (from the public tap and household usage) in the plastic pond and using it for vegetable farming. On February 2018 he participated in a training on ‘Composting and organic pesticides making from household biomass waste and animal waste’ and learned about turning waste into compost. Benefitted with the new knowledge, he has initiated producing



Bimala Tamang harvesting cabbage from her vegetable field.

compost fertilizer and organic pesticides at home within a week. Initially, he found it hard to believe that the sloppy land of his harvesting one season corn alone with rainwater could be transformed into a smart vegetable farm.

However, the EVD program operated by the facilitation of CRT/N and coordination of various bodies ignited the hope for the transformation. It began two years ago when his wife, Bimala Tamang (35 years) received training on 'Household waste management, a collection of wastewater and utilization of sewage, and organic farming technology'. She even purchased a 500-litre plastic drum with contribution of CRT/N and her own investment for beginning organic vegetable farming. With a collection of rainwater and wastewater from household usage in the tank and in plastic pond respectively, she started testing the micro irrigation method with plantation of Nrs 300



Ram and Bimala together in their agro-field.

worth off-seasonal cabbage seedling (during the dry season) last year. The trial farming turned out better than her expectation. Due to lack of adequate knowledge, the harvesting began little late rotting away few of the last harvest batches by rain. However, she was able to earn Nrs 24,000 within three months from the same land which was not even harvesting Nrs 2,000 worth corn every year. The success paved way for her foreign returned husband to start together with the commercial vegetable farming by building a pond near the farm.

This year the Tamang couple has planned to invest on reconstruction of their home damaged due to the mega earthquake of 2072 BS (2015 AD). Following year, Ram Bahadur has also planned to extend the organic vegetable and fruits farming.



Lok Bahadur Income Enhanced by Selling The Buddha-Chitta Income of 3 Lakhs from 4 trees within two years

The person in the picture on the top is Mr Lok Bahadur Tamang (53 years) of Bethanchowk Rural Municipality, Ward No. 4, Chalal, Sikrighyang, Kavrepalanchowk.

While visiting the village, often Lok Bahadur is found doing some work in the field. Following the agriculture as occupation since his childhood, despite growing old, his vigour for learning and practising modern farming techniques is unmatched by any of the youths around. Among the locality who had not seen alternatives to traditional farming practices, whether it is about vegetable and fruit farming or the high-value trees plantation, he is the pioneer.

The massive earthquake of 2072 BS (2015 AD) did huge damage to the entire village. During that hard time, youths from the village started going abroad in search of better opportunities to earn. His younger daughter was also among them. Since his son had been studying in Kathmandu, the couple was left alone in the village. After the absence of working men, for him, who had been seeking alternatives to traditional agriculture all along, was compelled to seek new ideas. In the same time, 'Eco-Village Development (EVD) Program' started in the village by CRT/N. He was delighted to find the solution when he participated in the capacity building training focusing on modern agriculture technologies,



The Buddha-Chitta Mala.

high-value trees plantation, renewable energy promotion and waste management. Having learnt about high-value plantation before, he purchased the Buddha-Chitta seedlings and started plantation soon after receiving

the training.

The plants taking three-four years to flourish generally started bearing grains just after two years thanks to the care and labour of Lok Bahadur. Out of 10 seedlings purchased at 400 rupees per seedling, additional 4 started bearing grains since last year and 4 started from this year (2018). The harvest from last year was sold for approximately 300,000 (3 Lakhs) rupees. Besides them, he had produced 20 seedlings on his own and planted which are expected to start bearing from the next year.

What is Buddha-Chitta Mala?

Buddha-Chitta is a holy tree which can be grown in the natural garden in tropical regions. The tree starts bearing grains after three years of plantation. Buddha-Chitta is organic holy beads used to make prayer beads, meditation beads and Buddhist prayer beads. The 108 ripe seeds (grains) of similar size is used to make prayer beads or Japa mala used as a customary tool for counting the number of times a mantra



Lok Bahadur says that the value of the grain is determined by the size of the beads of 108 prayer beads. Smaller beads are very expensive. According to him, one of the most popular size (7 mm) prayer beads costs more than Nrs 200,000 (two lakhs) while bigger beads of sizes larger than 12mm cost only Rs. 400 to 500.

During the conversation, Lok Bahadur also mentioned notable experience, by selling about 5 kg of bead grains, he managed to make worth of Rs. 300,000 (three lakhs). This year, he has targeted to earn more. However, the market rate may be affected by the production quality and quantity.

With the every year income from his small investment, he is confident to earn more with Buddha-Chitta farm. This alternative to traditional farming has earned him a comparable amount to the abroad earning. People who had followed his footsteps are happy with the return while those who had not believed before are regretting.

Improvement in Living Standard of Lok Bahadur with Growing Income

Lok Bahadur knows not just to earn more only but also to utilize it. He was living in a temporary shelter due to the damage caused by the earthquake in his old house. He recently started building a new house with partly relief grant support from the government. He will be getting Nrs 300,000 (3 lakhs) from the government. He is going to invest his own savings for the new house which is estimated to cost Nrs 1,300,000 (13 lakhs).

Installation of Solar Power System in his Shelter

Due to the problem with the distribution line from the national grid, he had installed a solar power system in his shelter a few years ago by taking loans. Now with his income, he is able to pay back the loan as well as manage money for required maintenance. Due to regular maintenance, the system is functioning properly and saving money on electricity bills as well.



Not Necessary for Job Migration When You Can Create Opportunities in the Village

26-year-old Bishwo Bandhu Dahal of Bethanchowk- 1, Chyamrangbesi, has been enjoying farming in his village for about two years now. After completing his plus two education, he started hunting for jobs. Unable to find a suitable job, he along with his friends went to Malaysia for a job. Not enjoying the work there, he returned to his country and initiated agriculture.

Right now, Bishwo is pursuing Bachelor's degree. According to him, when EVD project was initiated in his village three years ago, he gained information on several technologies and alternatives. Likewise, he also obtained agriculture-related training organized by CRT/N.

For his convenience and commercial farming, he has been using plastic tunnels to produce seasonal and off seasonal vegetables. He prepares manures (compost and organic) himself. Additionally, he also applies drip irrigation and sprinkles irrigation technologies. He uses the improved cooking stove and renewable technologies like solar-based home lighting system and biogas for household purposes. He also manages poultry farming and rears buffaloes, and prepares feeds himself. In these ways, Bishwo is one of the busiest persons in his village. As he is busy, he gave up the thought of returning to foreign land for employment. Seeing his

hardship and progress, other youths of his village are also venturing towards agriculture.

Initially, when starting an enterprise, he did not have much financial access. He was denied loan from many. Later, he initiated chicken rearing and preparing feed industry with the help of Nepalese Rupees 4,00,000 taken as a loan from his village's Nava Prativa Multi-Purpose Cooperatives Limited. He is usually busy in his farming and is very enthusiastic about it as he is also earning well. He is also supported in his works by his father, two sisters in law and niece. He also joined the 'Gahu Bali Bij Bridhi Samuha', which is recently established in his village.

Due to his own bitter experience of finding a suitable job in the country after completing the higher education and resorting to migration for a job, Bishwo has pledged to provide job opportunities to other youths like him in the village. Despite opportunities, he faces challenges in his poultry due to inconsistency in electricity supply caused by the distribution system. He is also facing problems in supplying his production due to the access to the road which is severely affected in the rainy season. He confesses that his production yields less market value than his initial investment and his profits are also affected by mediators in the market. However, he is able to earn about Nepalese Rupees 5,00,000 in a year. He concludes, "If local resources



Bishwo preparing Khuwa.



Biogas plant at Bishwo's house.

and means are properly identified then with their proper utilization and management, we can create plenty of opportunities at the local level."



Less Effort, More Earning

65-year-old Keval Prasad Dahal, a local of Bethanchowk- 1, Chyambangbesi, started farming from a very young age. Despite his hard work at early times, he did not earn much. But, now he is earning well with less effort and he thanks to informative and knowledgeable things learnt in the program.

Other than agriculture works, he is also using the improved cooking stove. Likewise, he also installed solar lights for domestic use with the help of EVD project. Including the changes in agriculture system with times, he is also using technologies such as the plastic tunnel, drip irrigation, sprinkles. He also prepares manures organically for his field. With the help of these

technologies, Keval is able to improve his livelihood.

Three years ago, the EVD project was initiated in his village which broadened his skills and knowledge of different eco-friendly technologies and practices. He is also actively participating in the 'Gahu Bali Bij Bridhi Samuha' that was initiated in his village. He is supported in his works by his wife. Keval is open and always ready to apply any new technologies that he learns and acknowledges about. His participation in any groups or committees in the village is never to be missed.

Keval's participation and enthusiasm in agriculture work at such an old age are both astonishing and admirable to

the villagers. He shares, "Farming has changed a lot. It used to be subsistence farming with the traditional approach. Now, we can grow seasonal and off seasonal crops. Due to modern agriculture, I don't have to give more effort and time in agriculture like before and have been able to devote my time to social works as well."

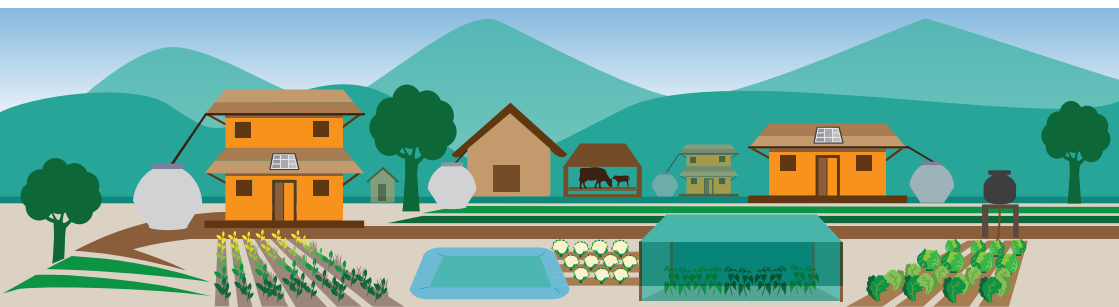
According to Kebal, he earns about Nepalese Rupees 1,00,000 (Tunnel farming: Rs. 35,000, dairy production: Rs. 35,000 and Seasonal and Off seasonal vegetable farming: Rs. 25,000) annually. There has been a substantial improvement in his family's financial condition. His family has been able to consume nutritional food and so there is an improvement in health as well. He plans to further upgrade his farming at a larger scale. Although he is unable to do so himself due to his age, he plans to do so with support from others.



Dahal couple working in their farm tunnel.



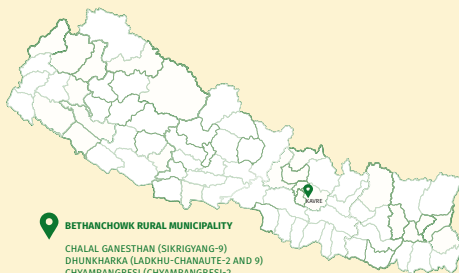
Dahal couple cleaning their cattle yard.



ECO-FRIENDLY TECHNOLOGIES AND INITIATIVES AT ECO-VILLAGE DEVELOPMENT SITES OF NEPAL



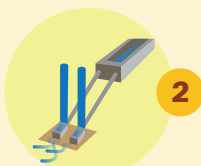
108 Households Benefited



Centre for Rural Technology, Nepal (CRT/N) is promoting the Eco-Village Development (EVD) Concept since 2015. The various environmental friendly activities includes renewable energy technologies, improved agriculture practices, forest conservation, water and waste management by using locally available resources. The project has been implemented in three villages of Bethanchok Rural Municipality; Chalal, Dhunkharka and Chyamrangbesi.



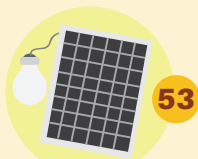
Improved Water Mill



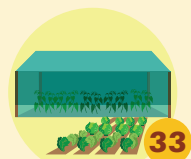
Hydraulic Ram Pump



Portable Improved Cook Stove



Solar Home System



Plastic Tunnel
(Off Seasonal Vegetable Farming)



Waste Water Management and Micro Irrigation



Fish Pond



Cow-shed Management



Biogas Repairing and Maintenance



Bio-composting



Rain Water Harvesting



Plantation of Hi-value Trees and Fruits

Read more to know more about EVD

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Development Program
<https://kathmandutribune.com/farmers-learning-turn-waste-compost-eco-village-development-program/>

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