

## Livelihood Program

### 3.1 Livelihood Improvement Programme

Improved agriculture can help reduce poverty among those who live in rural areas and work mainly in farming. Improved agriculture can raise incomes, improve food security and benefit the environment. Improving agricultural performance is the most powerful tool we have available to reduce poverty and hunger. PHASE works in the most remote and disadvantaged areas of the country where 95% of the community members are directly involved in farming with traditional techniques. Thus, PHASE started to intervene with advanced techniques of farming for yielding higher outcome with similar input of effort.

Livelihood programmes have been ongoing in Sindhupalchowk since PHASE's programme start in 2006, but have recently expanded to Kabhre and Gorkha as well.

PHASE Nepal started implementing new livelihood programmes in Humla and Bajura from December 2014. Within 8 months of implementation of the Livelihood program, it has achieved remarkable progress in communities where green vegetables were almost completely unavailable.

#### 1. Community Meetings:

Table 10: Community Meeting /December, 2014 -July, 2015

Community Meeting	No of Activities	Participants	
		Male	Female
<b>Orientation Meeting</b>	10	302	347
<b>Group Selection &amp; Formation</b>	26	441	458
<b>Monthly Meeting with group</b>	136	920	1,795
<b>Saving credit group meeting</b>	33	67	341
<b>Nursery observation</b>	140	109	185
<b>Counselling /technical support to farmer</b>	101	126	355
<b>Coordination meeting with other organizations</b>	24	-	-
<b>Field visit</b>	15	31	29
<b>Distribution of certificate for old education group</b>	2	55	33
<b>Formation of new education group</b>	1	27	17

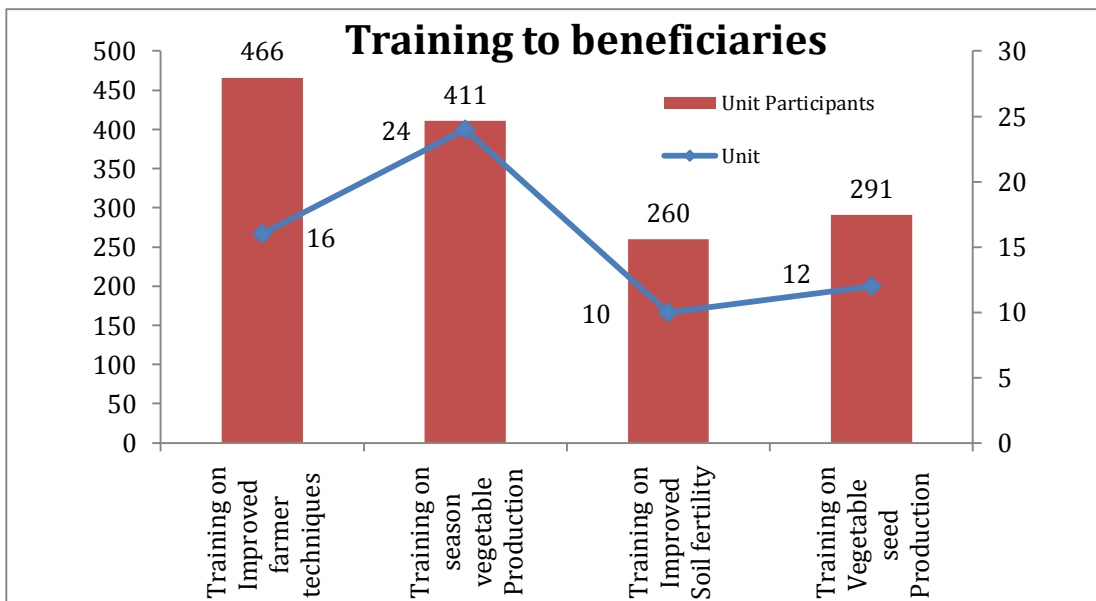
At the beginning, orientation about the programme was conducted for stakeholders in 10 VDCs of Bajura, Humla, Gorkha, Sindhupalchowk and Kabhre and a total of 649 participants were invited. In all 10 VDCs 26 farmers committees in total have been formed, with 899 members involved. Monthly meetings with the committees have been conducted 136 times. The Livelihood programme in Humla and Bajura also has provision of forming saving and credit cooperatives within groups with the aim to benefit farmers for investment. 33 meetings in total were conducted for saving and credit of cooperatives.

Nursery observation has been done 140 times after distribution of all seeds for germination to the farmers' groups. Counselling and technical support has been provided 24 times for collection of any suggestions, as well as for clarification of problems regarding making seed beds. Field visits have been conducted 15 times for monitoring and observation of the programme.



**Fig: 8 Training on making seed beds**

**2. Trainings to beneficiaries:**



**Fig: 9 Training to Beneficiaries**

Training on improved farming techniques for yielding higher productivity with the same effort has been accomplished 16 times, where 466 participants were successfully trained. Training on seasonal vegetable production has been conducted 24 times with 411 participants in total. Similarly, improving quality of soil training has been conducted 10 times with 260 participants. Training on vegetable seed

production has been conducted 12 times for producing quality seeds and a total of 291 members have been trained.

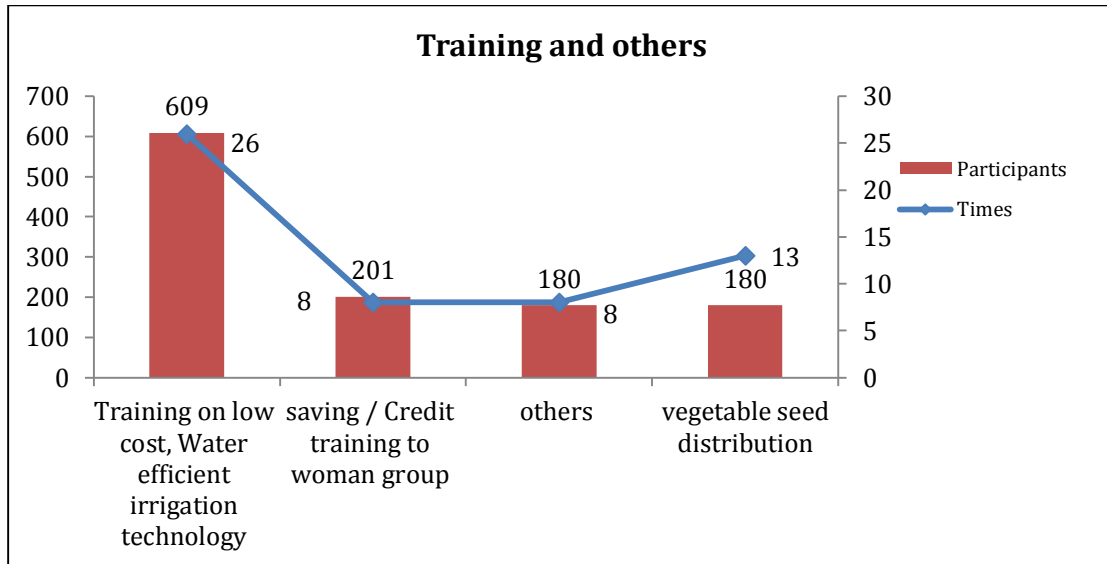


Fig:11 Training and others

Training has been provided on low cost, water sufficient irrigation technology for 26 times and a total of 609 participants have been trained. Similarly, saving and credit cooperative training has been provided to 201 women within 8 events.

Vegetable seeds have been distributed to 180 farmers. Other activities like digging compost pit, bee-hiving technique etc were taught to 180 participants throughout 8 separate trainings.

### 3. Improved Breed Stud Goat Distribution

In the working areas of Bajura and Humla, 2 male improved breed stud goats have been provided to each of 5 VDCs for the breeding of higher quality kid goats. 58 kids had already been born by the end of the financial year.



Fig:12 Goats brought for breeding

Table: 11 Material Support /December, 2014 -June, 2015

Material Support/ Distribution	No	Participants	
		Male	Female
Farming techniques	151	5	152
Saving credit training	6	33	37
Notebook, copy, pen, register and saving credit register	231	96	158
Water can ( hajari )	42	45	11
Off seasonal seed distribution	73	326	433
Irrigation pipe/water sprinkle	5	5	14
Garden pipe	3	4	2
Agriculture equipment	67	33	34
Tunnel plastic	60	31	29
Plastic sheet and poly bag	8	7	65

Training on advanced Farming techniques has been provided 151 times to communities, 56 pieces of watering cans have been distributed. Off seasonal seeds have been distributed 73 times, irrigation pipes and garden pipes have been distributed 5 and 3 times respectively. Agriculture equipment has been distributed 67 times, tunnel plastic has been distributed to 60 farmers, similarly plastic sheets and poly bags have been distributed 8 times to different groups.

#### Case Story: Change in knowledge and behaviour

Chapi Tirtha Giri, a women living in Kolti in Bajura, is 55yrs old now. She has been working in the agriculture sector for a long time and she is illiterate. In fact, agriculture is the only family business for her. In past days, when her family used to grow crops, they could not produce more than they invested and they could only see green in the fields during July (when it rained.) They could grow only a limited number of different types of vegetables and fruits. She explains this: –"it is difficult to manage money for buying a variety of seeds because it costs a lot in the markets and anyway, there is no market nearby to buy it."

Recently, she got involved in PHASE Nepal projects. PHASE Nepal has created a community of farmer groups and provided various advanced techniques of farming. Apart from that PHASE also provides seeds for farming free of cost, which would have been expensive to buy. With this approach, Tritha Giri's whole idea of farming has been changed.

She says "It was very difficult to get green vegetables, we used to rely on noodles as curry or salt and chilly, but now we do have enough vegetables for the family; the field that was only green in July, is now green in April too. Now, we are able to see seedlings in February too, which was merely a dream. I would like to thank PHASE Nepal for all this."

Her agricultural knowledge is boosted now and she is happy to be involved with PHASE Nepal. Apart from that, other community people who are not members of the groups, have been able to gain knowledge and skills from group members and applied this to their own farming. Some have even been able to sell vegetables and buy oil and salt from the money.