

RIDS-Switzerland / RIDS-Nepal
2nd Pere Village Holistic Community Development Program in Jumla, Nepal
Project Progress Report
September 2021 to December 2023



December 2023

Project Brief Facts/Figures:

1.	<u>Full Name of Implementing Organizations:</u> RIDS-Switzerland (Rural Integrated Development Services, Switzerland; www.rids-switzerland.org) & RIDS-Nepal (Rural Integrated Development Services, Nepal; www.rids-nepal.org)
2.	<u>Project Title:</u> 2 nd Holistic Community Development Program in Pere Jumla, Nepal <u>Location:</u> Patrasi Rural Municipality, Ward No. 2. Pere Village , Jumla Chaudabise Valley, North-East Jumla District, Pere Village Coordinates: North: 29° 18' 09"/ East: 82° 21' 42"/ Altitude: 2'713 m.a.s.l.
3.	<u>Project Duration:</u> 2 nd HCD Program in Pere village (RC Augst-Raurica): 1st September 2021 to 31 st August 2024
4.	<u>Reporting Period:</u> September 2021 to December 2023
5.	<u>Funding Partners:</u> The RC Augst-Raurica, Switzerland
6.	<u>Funding Budget Approved:</u> The RC Augst-Raurica: CHF 232'000.-
7.	<u>Funding Budget Received till 31st December 2023:</u> From the Rotary Club Augst-Raurica: CHF 228'000.-
8.	<u>Total 2nd Pere Project Expenditure:</u> Till 31 st December 2023: CHF 211'236.-
9.	<u>Remaining Funding:</u> 2 nd Pere Project for 1 st Jan. 2024 till 31 st Aug. 2024: CHF 16'764.-

Project Description:

With the generous funding support from the Rotary Clubs Augst-Raurica, Switzerland, [RIDS-Switzerland/Nepal](#) was able to partner with the Pere village community in developing and implementing the 2nd phase project entitled "[Holistic Community Development Program](#) in Pere Jumla, Nepal". The duration of the main HCD project is set for three years, from the 1st September 2021 to 31st August 2024. The project partnering [Pere village is located in Chaudabise Valley, North-East Jumla District, Patrasi Rural Municipality, Ward No. 2](#), Latitude: 29°18'09" North/ Longitude: 82°21'42" East, Altitude: 2'713 m above sea level.

The goal of the project is to improve the overall living conditions and well-being of the impoverished Pere village community with 241 families (1'385 people) by 2024 (base-line survey data from Dec 2020 with 235 families, and the village with an annual growth of ~ 1.8% - 2%). The project aims to achieve that through a long-term, 3-year holistic community development (HCD) project, improving sanitation, personal and environmental hygiene, eradicate indoor air pollution from traditional cooking and heating methods, increase food

security, reduced mal-nutrition among children <5 years of age, improve access to energy services and education. Each project is based on the self-identified needs of the community and is implemented in close partnership with each family and the village community leadership. The HCD project is highly contextualized to fit its geographical, cultural and environmental context. The project area has been chosen due to the impoverished and marginalized status of this community and their written request to address these urgent development needs in partnership with RIDS-Switzerland/Nepal.

Based on the needs identified by the Pere village community, a total of 12 key objectives over the 3-years HCD program, have been identified. They are as following:

- 1) All families and people of Pere village need greater and clearer awareness for the need of a multi-sectorial, [Holistic Community Development \(HCD\) program](#), to improve their overall living standard, and to learn through the implementation of the HCD programs to take development activities increasingly into their own hands.
- 2) Create clean indoor air through a [Smokeless Metal Stove](#) (SMS) for cooking and heating in all 235 households, and reduce firewood consumption, and therefore CO₂ emissions by 50% or more per installed SMS and family (as certified by [Climate Stewards for the RIDS-Nepal SMS CO₂ Emission Reduction certificate](#)).
- 3) 130 Families grow vegetables for up to 10 months per year through the building of, and planting vegetables in a [high-altitude greenhouse](#) (GH).
- 4) 130 families dry and preserve their high-altitude greenhouse vegetable harvests, and other food ingredients, through a [solar drier](#) (SD) installed in their homes.
- 5) Six Improved Water Mills (IWM) are built and running to mill the various locally grown cereal products to produce flour in a more efficient way, benefitting all 241 families.
- 6) 15 mal-nourished children <5-years of age and their mothers experience [improved nutrition and health status](#).
- 7) 10 women/men receive a tailoring skill training for increased income generation.
- 8) 10 men/women receive a basic carpentry skill training for increased income generation.
- 9) Monitoring and follow-up of all the projects implemented during the 3-years project period.

Accomplishments against Planned Activities as of December 31, 2023:

1. HCD (Holistic Community Development)/Health and Hygiene Awareness Program:

The objectives of the HCD/Health and Hygiene Awareness program are as follows:

- To provide basic knowledge and skills on improved health, sanitation and personal hygiene.
- To enhance the practice of indoor and outdoor environment cleanliness.
- To enhance knowledge and practices of using their new pit latrines, SMSs and other HCD interventions (GH, SD, SSWF (Slow Sand Water Filter), IWM).

During this reporting period, activities undertaken by the HCD/Health and Hygiene Awareness program are as follows:

- **PIC (Project Implementing Committee) Meeting, Training and Capacity Building:** In 2023, RIDS-Nepal continues to conduct two, one-day, capacity building trainings for the PIC's members of Pere village. Nine PIC members and one representative from Mothers' group, attended the trainings. The main purpose of the trainings was to enhance the knowledge, better understanding and skills on the effective use and implementation of the

projects/programs under the “[Family of 4](#)” HCD concept: pit latrine, smokeless metal stove (SMS) and clean drinking water in the village (only 3 of the 4 programs of the “Family of 4” as Pere village has already basic access to electricity through their own, government funded and built, micro-hydro power (MHP) plant since 2016). Further, the PIC members also received capacity building training in regard to the “[Family of 4 PLUS](#)” projects such as the greenhouses (GH), solar driers (SD), slow sand water filters (SSWF), Improved Water Mill (IWM) etc. The training contained teaching sessions on the role the PIC plays in the effective implementation of the HCD program. Additionally, the trainings also covered areas of health and personal hygiene, indoor and outdoor cleaning etc.

- **Health and Hygiene Training for Women:** This year, RIDS-Nepal conducted two, one-day trainings on health and hygiene in Pere village. One female trainee from every household from Pere village was expected to participate in the training. 241 women attended the first and 247 women attended the second training. The two trainings were conducted by the RIDS-Nepal staff along with a government Female Community Health Volunteer. It helped the participants to increase their knowledge and skills regarding personal hygiene, keeping the indoor and outdoor environments clean, good garbage management, and the proper use of their toilet and the SMS (smokeless metal stove). Additionally, the training contained teaching sessions on basic hygiene such as eye care, the dangers of dirt/dust and how to remedy these conditions, skin care, the need for clean clothes, the need of access to clean drinking water, the importance of regularly washing hands, cutting fingernails, brushing teeth and regular hair combing (due to lice) and hygiene. Each participant also received personal hygiene kit.

2. The [Smokeless Metal Stove](#) (SMS) Project:

The main purpose of the Smokeless Metal Stove (SMS) project is to improve cooking, room heating, water heating for tea cooking and personal hygiene (through the availability of warm/hot water from the attached stainless steel water tank), alongside creating a smoke free indoor environment, thereby ensuring better health (by eliminating the enormous indoor air pollution that leads to respiratory chest disease, cancer, low birth rates and mental impedances due to high and long-term exposure to carbon-monoxide (CO) during pregnancies, and other chronic ailments), and to reduce significantly (50% - 60%) of the daily firewood consumption per family, saving women and girls (who are the ones to most of the time collect the firewood) valuable time. The considerably lower firewood consumption reduces CO₂ emission by up to 6.5 tons CO₂ equivalent per SMS and family per year as stated in Climate Stewards’ CO₂ emission reduction certificate for the RIDS-Nepal developed Smokeless Metal Stove (see Appendix 3).

As of this reporting period (31st December 2023), a total of 235 SMSs (target was 235) were installed and in use. The user families were trained how to use and maintain their new SMS, benefitting 1’400 people of the Pere village.

Key Milestones Achieved:

- The installations of the SMSs in Pere village proceeded only after each respective family had completed the construction of their individual pit latrines as part of the TRF Global Grant. SMSs for the households were granted by the RIDS-Nepal Jumla office only upon receiving a written recommendation by the RIDS-Nepal technical field staff and the Pere

PIC (Project Implementation Committee), who first inspected and checked each PL for its quality and its proper use by each family.

- RIDS-Nepal provided onsite support and user training to each household in Pere village in the installation, use and maintenance of the SMSs correctly and effectively. The SMSs were installed under the direct guidance and supervision of the RIDS-Nepal technical team. The household members were fully involved during the installation phase of the SMSs so that they became aware of and learnt all the different processes and are now able to solve simple technical problems by themselves if and when they do occur.
- Further, RIDS-Nepal conducted a monthly follow-up visit to each household, to ensure the proper use and maintenance of each newly installed SMSs.
- Community Contribution: Households transported the SMS from the RIDS-Nepal Jumla office store to their homes in the Pere village. They also collected the needed mud for the insulation and contributed the needed labor for the installation of and user operation and maintenance training for their new SMS.

Outcomes/Impact of the SMS Project

The key changes observed/noted during the quarterly household meetings and follow-up visits are as follows:

- The indoor environment is completely free from smoke, any dangerous CO and soot. The kitchen is much cleaner and significantly less dust particles (especially the harmful PM 2.5 particles) are in the air. The SMS, which has three burners to cook the local traditional meal “dhal bhat” (rice, lentils and a vegetable dish) all in one go, has certainly improved and shortened the working/cooking conditions for women, as they spend much less time to cook the family meals.
- Prior to the installation of the SMS, 3 - 4 “bhari” (“a “bhari” is a bundle of firewood”; 1 bhari = 15-20 kg) of firewood per week was consumed per household for cooking and heating on their traditional ‘odhan’ (open fireplace) or inappropriate, old and damaged metal stove. Whereas now, after the installation of the new RIDS “Jumla Design” SMS, only 1.5 - 2 bhari of firewood per week is consumed for all the cooking, water heating and room heating. That amounts to an approximate 50% firewood saving which is in line with the now CO₂ emission reduction certificate (declaring 59.5% firewood reduction) RIDS received from “Climate Stewards” for its “Jumla” design SMS, reducing 65.1 tons of CO₂ equivalent compared to a traditional stove per 10 years of use.
- The walls inside the homes are now visibly much cleaner, free of all the black soot that previously hung down from the ceiling and wooden beam structures inside the homes, posing great danger to people’s health.
- Hot water is readily available to cook/brew tea, wash hands and faces before and after food and after any other task demanding washing the face and hands. That is especially important e.g., after the use of the Pit Latrine, an important new behavior to teach the small children.
- Food is cooked faster. Previously, it took up to 2 hours to cook “dhal bhat” on the traditional “odhan” or inappropriate metal stoves which have only 1 or 2 burners, no water heater or “roti” (unleavened bread) slot. But now on the RIDS-Nepal SMS, it takes only 35-50 minutes as all three dishes, plus baking “rotis” can be cooked at the same time. Food can be eaten warm and not overcooked, in a much cleaner environment (as no flies sit anymore on cooked food while it was cooling down when the next dish was cooked as previously on the open fire) and more nutritious, as it is easier not to overcook the food on the RIDS-Nepal SMS.

3. High-Altitude Greenhouses (GHs) for Off-Season Vegetable Farming Project:

The main purpose of a high-altitude greenhouse is to extend the present annual 4-5 months agricultural season up to 10 months. The high-altitude greenhouse allows off season vegetable farming, thus increasing food sufficiency and nutritious diet, and the inevitable increased food security which comes along with it. It also improves peoples' overall health condition through the increased availability of a more balanced and more nutritious diet for most of the year.

As of this reporting date (31. December 2023), RIDS-Nepal was able to successfully support and guide the construction of 130 new, high-altitude greenhouses in Pere village, benefitting 728 people. Further, 130 model farmers received a one-day basic training in growing off-season vegetables in their newly built greenhouses.

Key milestones achieved:

- 130 motivated local farmers from Pere village were first identified together with the PIC. They were advised to collect and provide all the locally available materials, such as stones, wooden beams and mud, all required for the construction of their greenhouses (GHs).
- Once they collected these materials, the RIDS-Nepal technical team guided and instructed each farmer individually throughout the construction process. All of the other needed materials, such as the UV stabilized plastic, agricultural tools, hybrid seeds and other construction accessories (nails, metal netting for the windows, door hinges, water cans etc.), were provided by RIDS-Nepal.
- After the construction of the GHs, RIDS-Nepal provided high quality hybrid seeds twice over the year and continued to provide onsite support on vegetable farming to the 130 local farmers who built each their own greenhouse in Pere village. The farmers are now able to grow off-season vegetables in their greenhouses. Being able to add now more nutritious food through different kinds of fresh, home-grown vegetables to their otherwise meager diet, thus improving their overall health conditions, is something they did not know before.
- The staff of RIDS-Nepal continue to meet each farmer periodically (usually monthly) to increase awareness among all users regarding the proper use, what and how to plant seeds, how to till effectively, watering, adding compost etc. and maintenance of their greenhouses. The farmers own their greenhouses with a great sense of pride, as they are now able to grow and harvest off-seasonal vegetables with great enthusiasm through their newly acquired skills.
- Community Contribution: The local community took on the full responsibility to organize, collect and manage all locally available materials such as stones, wooden beams and mud, all needed to construct the high-altitude greenhouse. They also contributed all the labor needed to construct the greenhouses, as part of their voluntary participation.

Changes/Impact of the High-Altitude Greenhouse project:

The farmers are now able to produce off-season vegetables such as cauliflower, cabbage, various kinds of spinach/green leaves, carrots, chili and even tomatoes in their newly constructed high-altitude greenhouses. They are even able to grow some vegetables during the winter season, something never heard of or experienced previously. The impact this has in the long-term on their overall health because of the improved diet, which is now much more nutritious, goes without saying. So far, the farmers have been mostly growing vegetables for their own consumption, thus improving the nutrition in their daily diet. However, in the long term it is possible that they can sell some of their produce either in their own village to

neighbors or carry their yield to the next market to sell it, thus earning a new income stream for their family.

4. **Solar Drier (SD) Project:**

The purpose of the SD project is to enable farmers to dry surplus vegetables grown in their high-altitude greenhouses during times when more than sufficient vegetables can be grown. The local people are able to store them hygienically (free of dust and contamination from animals) and safely (with the correct moisture content) for use during the very harsh winter months when vegetables cannot be grown easily even in the greenhouses.

Key Milestones Achieved:

- 130 SDs were manufactured in Kathmandu and transported by truck to the RIDS Nepal office in Jumla from Kathmandu.
- 130 motivated local farmers with high-altitude greenhouses were provided each with a solar drier by RIDS-Nepal in 2023.
- As part of this program, the local people, at least one per family, received training in installing, operating and maintaining the SDs.
- The RIDS-Nepal technical staff visited each household regularly to check upon the installation and proper use of the SDs.

Changes/Impact of Solar Drier (SD) project

The use of the SDs increases food sufficiency and security as well as the overall health of families in the community. The selected 130 model farmers are now able to dry surplus vegetables grown in their newly constructed high-altitude greenhouses even during off season, thus improving nutritional value in their family's daily food intake throughout the year.

5. **The Improved Water Mill Project:**

The Improved Water Mill (IWM) is a modified version of the traditional water mill. It is an intermediate technology that increases the efficiency of the traditional water mill, resulting in increased energy output, thus helping both the millers and their customers. Replacement of wooden parts (rotor/turbine and shaft) with metallic parts is the main improvement made in the technology.

It is RIDS-Nepal's practical experience over the years that users (mainly women) say that the IWM with a steel turbine, mills up to three times faster with the same, or often even better, quality of the milled products. That enables women to mill their grain during the day, preventing them from staying throughout the night in the mill to get the same amount of grain milled. Previously, using the traditional mill, they had to stay in the mill all night long, lighting a fire during the long, cold winter night to keep them warm. That often led to dramatic accidents as frequently women fell asleep during the night, falling into the open fire and getting badly burned. As they don't need to mill their grains anymore through the night, they are now also safe from potential attacks from wild animals/people.

As of this reporting date (31 December 2023), a total of six new IWMs were built, benefitting 1'400 people from Pere village.

Key Milestones Achieved:

- RIDS-Nepal provided all of the construction materials such as the metal turbine sets, corrugated metal roofs for the new mill, nails, and other accessories. RIDS-Nepal staff provided the teaching and the necessary technical support to the villagers during the planning and construction phase of each IWM.
- The technical staff of RIDS-Nepal, in coordination with the PIC, conducted an awareness campaign in Pere village, advocating the importance and benefits of an IWM. They were also given coaching on how to be more responsible regarding the proper use and maintenance of their newly built IWMs.
- Community Contribution: The village community transported all the IWM materials such as the metal turbine sets, corrugated metal roofs, nails, and other accessories from the RIDS-Nepal Jumla office to their village. Furthermore, the local people also arranged the needed labor and collection of the local materials needed, such as stones and timber beams and planks, to build the IWM stone and mud houses. This is all part of the voluntary contribution by the respective households toward the IWM program.

Outcomes/Impact of the IWM project

- Due to the building and installation of the six new IWMs, the grinding capacity has significantly improved (up to 3 times based on previous feedback and data). Thus, women don't have to stay all night long anymore in the mills to grind their crops, keeping them much safer.
- The village community witnessed drastically shorter waiting time. The time saved is utilized for household sanitation, childcare, field work etc.
- The flour from the improved mill is finer, and thus better, than that of the traditional one.
- In the traditional mill the wooden runner had to be replaced every ~2 years, cutting a huge tree to build the wooden turbine, while the improved metal mill turbine can be used for more than 10 years.

6. Nutrition Support to mal-nourished children <5 years of age:

This program aims to improve the health condition of the targeted children suffering from malnutrition in Pere village through increased knowledge and information about proper, lifesaving vaccinations, balanced diet and increased food sufficiency, security and nutrition.

The objectives of this program are to:

- Save the lives of malnourished children <5 years of age.
- Bring malnourished children under 5 years of age back to their normal growth.
- Protect children from becoming again malnourished.
- Identify food items locally grown and available as a source of increased and balanced diet.
- Increase awareness and understanding among the general public (especially mothers) about a balanced, healthy diet and more diverse diet.

In order to achieve these project objectives, RIDS-Nepal has conducted the following activities during this reporting period:

- RIDS-Nepal conducted a survey in July 2023, identifying and enrolling 15 malnourished children <5 years of age in the Pere village in the program.
- During the nutrition support program, RIDS-Nepal staff recorded the height and weight of the initially malnourished children on a monthly basis, providing the needed teaching, support and advice to the mothers on how to prepare and cook a more nutritious diet.
- RIDS-Nepal organized two food cooking demonstrations in Pere village, using locally grown and available ingredients: First, how to cook “dhido” (mashed corn porridge meal), and second how to cook a jam-jelly with apples. RIDS-Nepal health staff and a local female community health volunteer (FCHV) provided the nutritious food cooking practice courses. During the cooking demonstrations, mothers were informed about the importance of nutrition, the feeding of infants and young children (IYCF = Infant and Young Child Feeding), UNICEF child nutrition program approach), 3Es (Early breast feeding, Exclusive breast feeding and Extensive breast feeding), groups vulnerable to malnutrition, balanced diet, locally available nutritious food items and the importance of family planning.
- RIDS-Nepal taught mothers how to prepare nutritious porridge “sarbotam pitho” from locally available/grown ingredients (including soya beans, corn, wheat). Each malnourished child’s mother received 1 kg “sarbotam pitho” as a sample, with the needed instructions on how to prepare it herself afterwards.
- RIDS-Nepal staff visits each household and checks the immunization cards of the children. They educate the mothers on the importance of immunizing their children. They also provided guidance to the mothers on visiting the nearest government health post to fulfill all required vaccinations for the children in time.

Changes/Impact of Nutrition and Immunization Program

- The participating mothers have since their training been exclusively breastfeeding for six months, and adding solid food after six months while continuing to breast feed.
- The participating mothers are preparing a more balanced diet for their daily meal by mixing carbohydrates, proteins and vitamins, which are available either from their own fields or the local market.
- RIDS-Nepal noted improvements in the overall health situation of malnourished children through monitoring the children’s monthly growth rates (upper arm circumference, weight and height).
- Each family now has an immunization card for each of their children and visits the nearest health post to get prescribed vaccines according to the government’s approved time periods.

7. Tailoring Training to 10 women:

The main purpose of this program is to enhance the knowledge and skills of the selected people to be trained through appropriate, hands-on skill training, which allows as well to start income generation activities and thus to raise their family’s income. The following activities have taken place as part of this 1-month skill training tailoring program:

RIDS-Nepal identified and selected 10 women for a 1-month, intensive tailoring training in coordination with the PIC (Program Implementation Committee). The equipment and material for the tailoring training were identified, ordered and transported to RIDS-Nepal Jumla office from Nepalgunj. A locally trained and certified tailor was contracted as the resource person for

the 1-month practical skill tailoring training in Pere village. The training took place from July to August 2023. RIDS-Nepal provided the tailoring tools including a sewing machine (a mechanically, foot powered machine), a scissor, and other necessary training materials to each training participant. The participants are now able to stitch and sell clothes locally and provide repair services for their own or neighboring villages, enabling them to create a new, valuable income stream.

Changes/Impact of the tailoring training:

The Tailoring Training Program by RIDS-Nepal taught ten women in the village how to design and stitch clothes. Now, these women can stitch clothes for themselves and others in the village, creating a job and an income opportunity for themselves. This helps the whole village by providing access to new cloths and repair services locally. The program used local resources, like training through a local, certified tailor and providing tools, such as the tailoring machine and the needed tools for each trainee, so the trainees can start their own business. It was a practical skill training program that gave these women a new skill and tools to start creating a new financial income stream to improve their family's living conditions.

8. Carpentry Training to 10 men:

The main purpose of this program is to enhance the knowledge and skills of the selected people through hands-on skill training, which allows to start new income generation activities, raising their family's income.

The following activities have taken place as part of the carpentry skill training program:

RIDS-Nepal identified and selected 10 men for a 1-month intensive carpentry training in coordination with the PIC. The equipment and material for the carpentry training were identified, ordered and transported to RIDS-Nepal Jumla office from Nepalgunj. A locally trained and certified carpenter was contracted as resource person for the 1-month practical based carpentry skill training in Pere village. The training took place from July to August 2023. RIDS-Nepal provided each trainee with the necessary carpentry tools. The participants are now able to produce and manufacture basic carpentry works, such as chairs, tables or cupboard, which they can either sell locally or in their neighboring villages, thus increasing their family's income.

Changes/Impact of the Carpentry training:

The 10 trained men can now create basic wooden items, which they can sell either in their village or nearby places, bringing in more money for their families.

9. Monitoring and follow up of previously implemented Projects:

The RIDS staff continued to conduct the monthly household visits, follow-up and monitoring in Pere village through-out this reporting period. During these visits, they observe and instruct when needed, on the following issues: peoples' personal hygiene situation, cleanliness inside and around the house, the correct and hygienic use of the pit latrines, SMS, IWM, the village drinking water system (DWS) and SSWFs. Additionally, peoples' oral hygiene, trimmed nails, haircuts, frequency of washing themselves, cleanliness of kitchen utensils, more regular

washing of clothes, keeping children's faces and noses clean, washing hands with soap before meals and after defecation etc., are taught and reinforced through renewed teaching and instructions. The purpose of these visits were to create renewed awareness for improved personal hygiene and sanitation among individual households, including educating them on the importance of, and use of, their pit latrine, SMS, IWMs, slow sand water filter, Solar Water Heated Bathing Cabins and village DWS. The monitoring and follow up activities will continue as well throughout 2024.

Planned Pere Village Project Follow-Up Activities from January – August 2024:

- Continue the awareness raising activities for the Holistic Community Development (HCD) Program with brochures, pamphlets, dramas and public sessions about the multi-sectorial needs approach of a HCD program.
- 247 Smokeless Metal Stove (SMS) are in proper use in their homes.
- 130 Greenhouses are functional.
- 130 Solar Driers are functional.
- 6 Improved Water Mills are functional.
- 15 mal-nourished children <5-years of age and their mothers experience improved nutrition, better overall health and more normal growth.
- Increased income and livelihood for 10 men with carpentry skills.
- Increased income and livelihood for 10 women with tailoring skills.
- Follow-up and monitoring of the projects and activities implemented previously.

Conclusion:

This report presents the activities accomplished as of December 2023. All planned projects and interventions for year two, Jan to Dec. 2023 have been achieved successfully. The implemented HCD projects have brought the following significant changes and improvements in living conditions for the 1'400 people in Pere village.

- There is a visible change in personal hygiene and the overall village environment. The village is almost free (~97% free) from open defecation. The individual households, as well as the village surroundings, are cleaner, thereby improving the overall living conditions, hygiene and sanitation of all the people in the villages.
- 247 families have through their new SMS improved cooking and heating conditions in their homes with no smoke, CO. Their indoor air environment is now free of health impairing particle, ensuring better overall health for the whole families, especially for women and small children.
- Families consume up to 50% less firewood with their new SMSs for their daily energy services such as cooking, room heating and water heating, reducing the devastating deforestation and improving drastically the indoor air conditions for all family members.
- Less time for firewood collection (~40%), especially for women and young girls, needs to be invested since they use their new SMS.

- The high-altitude greenhouses allow off season vegetable farming, increasing agricultural production of vegetables from previously 4-5 months to presently about 10 months per year.
- The GH and SD has increased the local peoples' food sufficiency, food security, adding valuable balanced nutrition to their diet.
- The Improved Water Mills helped improve the grinding capacity of the Pere village significantly. The flour from the improved mills is finer (preferred by the people) than that of the traditional water mills.
- Mothers practice nutritious diet behavior for their mal-nourished children.
- Mothers practice exclusive breastfeeding for six months and complementary feeding after six months while continuing breastfeeding.
- Increased livelihood and income of 20 families with tailoring and carpentry skills.
- Increased awareness of >75% of the people for the need of long-term HCD programs in their village.
- Happy, content and satisfied women, men and their children sharing their experiences and success stories of the HCD project in their village.
- Dr. Alex Zahnd, co-founder of RIDS-Nepal/Switzerland and international project director, has been living and working in Jumla since 1996. At that time, based on the local Jumla government data, the average life expectancy of the people in Jumla district was 53 years. Now, in 2023 (27 years later), with all the community development activities implemented since through various NGOs, the local Nepali government and RIDS-Nepal/Switzerland in [two defined, remote valleys in the east of the Jumla district](#) (partnering with 9 different villages in long-term HCD projects), average life expectancy in Jumla district has increase to 63 years. Alex Zahnd can testify to the accuracy of this encouraging improvement as the RIDS-Nepal staff live and work throughout the years in these villages implementing “[Family of 4](#)” and “[Family of 4 PLUS](#)” HCD projects. It is obvious, that the pit latrines, the smokeless metal stoves, access to clean and sufficient drinking water for each family, the ability to grow significantly more food through the greenhouses and store them dried through solar driers, the education of mothers on how to provide more nutritious food for the mal-nourished small children and how to keep them more hygiene and healthy, the skill trainings provided to young women and men, of whom most have paid jobs now, etc., all helped immensely over the last 3 decades to increase peoples' average life expectancy from 53 to 63 years. While that is encouraging and wonderful, it remains RIDS' aim to continue to partner with marginalized village communities to improve with them their living conditions in fair and sustainable ways.

The Pere village community expresses its thanks and gratitude to RIDS-Switzerland/Nepal, and its funding partner, the Rotary Clubs of Augst-Raurica, for helping them to bring such positive changes in their lives and village community. Further, the village community is very encouraged and fully committed to this project, looking forward to the next and final year of work and the projects' implementations.

The active voluntary participation of the local people in this project, and the resulting visible successes identified so far, achieved in this short span of time, are commendable.

Attachments:

Annex 1: RIDS-Switzerland Pere Village Project Financial Report Dec 2023

Annex 2: RIDS-Switzerland Pere Village Project Photo Report Dec 2023

Annex 3: Climate Stewards' CO₂ emission reduction certificate for the RIDS-Nepal developed Smokeless Metal Stove.

Appendix 3:

Awarded to: **RIDS Nepal**
On: **2 July 2019**
For the project: **Smokeless Metal Stoves**
Project type: **Improved Cookstoves**
Location: **Humla and Jumla regions of Nepal**

The award of this Seal of Approval is based on:

- Baseline surveys carried out by RIDS Nepal in 40 households in the Humla region and 84 households in the Jumla region to establish current fuelwood consumption.
- Monitoring surveys of existing improved cookstoves in 40 households in the Humla region and 82 households in the Jumla region to establish fuelwood consumption in improved cookstoves.

It is estimated that each stove will reduce annual carbon emissions by: **6.51 tCO₂e**

To give a total estimated saving per stove of: **65.1 tCO₂e**

Over an anticipated project lifespan of: **10 years**

A handwritten signature in black ink, appearing to read "Caroline", is positioned above the printed name and title.

Caroline Pomeroy
Director of Climate Stewards

Surveys were carried out in accordance with current best practice using baseline and monitoring forms developed by Climate Stewards. Emissions savings calculations are based on the Climate Stewards Seal of Approval "Methodology for the calculation of savings in CO₂e resulting from the use of Improved Cookstoves and Fireless Cookers" available at <https://climatestewards.org/soa>.