



SWASHTHA Building Healthy Communities



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Forewords

Practical Action implemented SWASHTHA project with the co-funding support of the European Union under its Non State Actors in Development Programme, UN-Habitat's Water for Asian Cities Programme and the ISLE of Man Government. The project is implemented by Practical Action in partnership with MuAN and ENPHO as non-state actors, and the respective municipalities and concerned VDCs as local state actors.

The project implemented from 2009 to 2012 focused in Bharatpur, Butwal, Gulariya and Tikapur Municipalities of Nepal with the main objective of improving the health and wellbeing of the urban and peri urban settlements. The project also worked on the few urban environmental problems of neighbouring municipalities and small towns like Ratnanagar, Ramgram, Sidharthanagar, Sunawal, Bardaghat and Kawasoti. The overall objective of the project is to contribute to sustainable improvement in health and wellbeing of vulnerable population especially women and children residing in urban and peri urban settlements in the project areas. The specific objective of the project is to improve access to safe water, improved sanitation condition, better hygiene practices, proper waste management and better kitchen management.

Fifteen among the 21 project communities have been declared as the ODF zone and rest are in the process of becoming so. The project prioritised the use of various kinds of water filter to increase the access of safe drinking water. The community of Guleriya Surajpur, Dipendranagar and Kothiya has been declared as safe water zone. Similarly, Bagbazar in Chitwan has been declared as a 'Healthy Community'.

It is encouraging to see the communities take a keen part in all the activities and work together with the project team to create change. I hope that these stories will inspire other communities to walk in the same path towards better sanitation and health.

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Acronyms



CS	Colloidal Silver
D-WASH-CC	District Water, Sanitation and Health Coordination Committee
DWSSDO	Drinking Water supply and Sanitation Divisional Office
ECOSAN	Ecological Sanitation
ENPHO	Environment and Public Health Organisation
HCES	Household Centred Environmental Sanitation
ICS	Improved Cooking Stove
MuAN	Municipal Association of Nepal
NPR	Nepalese Rupees
ODF	Open Defecation Free
PMC	Project Management Committee
SWASHTHA	Strengthening Water, Air, Sanitation and Hygiene Treasuring Health
VDC	Village Development Committee
WASH	Water, Sanitation and Health



Creating a healthy home

Not having a toilet was a matter of embarrassment when guests or relatives came to my house and needed to use toilet.

~ Hari Krishna Chaudhary

Hari Krishna Chaudhary (30), a school teacher lives in Jamuna Tole of Tikapur, Kailali District. His family had migrated from a nearby village to this place about 17 years ago. Despite being an educated person, his family of eight members had no toilet facility at their home. Same was the story for majority of the households of his community. A few years ago, only two households among the total 48 had toilet facility. “Not having a toilet was a matter of embarrassment when guests or relatives came to my house and needed to use toilet,” Hari Krishna says.

There were numerous problems caused by not having a toilet at home. Hari Krishna’s wife Rajkumari Chaudhary shares her own bitter experiences, “I had to go far for defecation so that there would be no people around. It was more difficult during the rainy season and especially at night.”

Things have changed for Hari Krishna and his community after the implementation of SWASHTHA project in Tikapur. Hari Krishna learnt about different types of toilets after participating in a three day ECOSAN toilet construction training. He also participated in an exposure visit to Kathmandu to observe such toilet. Following the training and exposure visit, Hari Krishna was convinced about the benefits of having toilet in his home. He started toilet construction right after the exposure visit with material support from the project.

Hari Krishna’s commitment to maintain a healthy home does not end here. With some support from the SWASHTHA project, he now has a Colloidal Silver (CS) filter at his home, which has a dual function of filtering turbidity and disinfecting micro-organism. He has installed Improved Cooking Stove (ICS) to prevent harmful effects of the smoke inside the kitchen and built concrete platform around the hand pump to prevent seepage of contaminated water. Moreover, Hari Krishna has also constructed a *Chang*¹ to sun dry washed utensils.

Hari Krishna’s wife Rajkumari is happy after the improvement in her kitchen, “My kitchen is clean now, previously, it used to be filled with noxious smoke that caused health problems for me. But now, I can breathe freely inside my kitchen.”

Hari Krishna, who previously used to face embarrassment for not having a toilet at his home, has now become a source of inspiration in his community creating a model healthy home and influencing others to do the same. Hari Krishna now is an active community leader suggesting community members to construct toilets, ICS and use CS filter in their households to create a healthy - SWASHTHA community as a whole.

¹. A wooden rack to dry utensils.



Multiple benefits of Biogas

The firewood was expensive and would not burn properly, it gave away smoke and consumed a lot of time. My eyes used to water continuously and I had problems in breathing.

~ Khima Bisowkarma

Khima Bisowkarma (22) from Tikapur, Kailali begins her day preparing food for her family consisting 12 members. Finding firewood for cooking was always a problem for her as there were no forests nearby thus she used traditional dung cake as a cooking fuel.

But that was not enough and Khima's family had to spend NPR 10,000 (£75) to purchase at least four bundles of firewood every year. Nonetheless, even after spending that sum there were many problems associated with the firewood. "The firewood was expensive and would not burn properly, it gave away smoke and consumed a lot of time. My eyes used to water continuously and I had problems in breathing," says Khima.

The story does not end here, as Khima's family had no toilet in their house and they had to cross a nearby river every day in search of hiding place for defecation. "It was difficult, as we used to get wet while crossing the river. And there was no other place to go as people would be around," Khima shares the family's problem.

Whenever guests came to their house, and asked for toilet facility, they had to face an awkward and embarrassing situation. Khima did not have any other option but to give them a mug of water and send them across the river.

After implementation of the SWASHTHA project in her community in 2009, Khima participated in many training like use of filter for safe drinking water, toilet construction, use and construction of biogas, construction of improved cooking stove, kitchen management, and waste management.

"I was able to understand the importance of toilet and its benefits after attending the training. After learning that biogas can be used instead of traditional firewood, I decided to construct a toilet along with the biogas," Khima says.

"Other people in the community already had started constructing toilets in their homes. But it was difficult for my family, as we did not have enough money required for construction," shares Khima. SWASHTHA project was supporting low income families to construct the biogas. Upon learning that Khima, borrowed NPR 30,000 (£225) as a loan from Agriculture Development Bank, pulled the support from National Biogas Company and SWASHTHA project and finally constructed a toilet linking it into the biogas.

Things have changed after the installation of biogas plant in Khima's house. "Cooking has become much easier and time saving, and as there is a toilet in our own house, do not have to go across the river for defecation. Initially, my child refused to use the toilet as he was not habituated for it. But now, he has become familiar and never defecates in open," says Khima happily.

"At first, I was little reluctant to use the residue from the biogas as fertilizer in my field. But I used the product hesitantly and the result was incredible. The outcome was quite instant, it increased the productivity of our land. With the use of biogas slurry, this year we had a better harvest of the maize. Moreover, use of biogas has significantly reduced the time taken in the kitchen. Now, I can use the time saved in other productive activities," opines Khima.



Healthy community in Nepal

After various activities carried out by the project, water-borne diseases has reduced. The flow of patients with diarrheal diseases in the local health post has decreased significantly.

~ Krishna Kumari Gurung

There are 80 households in Bagbazar Tole of Saradhanagar, Chitwan District. The population here basically comprises of various ethnicities such as Chhetri, Magar, Tamang and Brahmin. Wage labour is the primary source of income to majority of families in this village as they do not have sufficient farmland. The community lacked proper health and sanitation practices. Sanjaya Thapa Magar (27), President of Tole Lane Organisation (TLO) explains, “We were not aware about the importance of sanitation and healthy behaviour. Many people suffered from sanitation related diseases such as typhoid, diarrhea and the likes.” Krishna Kumari Gurung, Female Community Health Volunteer, adds, “Water-borne diseases were rampant in every household.”

But things have changed significantly in this village, which has set an example almost unique in the context of Nepal. Every single household in the community now has toilet, safe drinking water, improved sanitation condition, better hygiene practice, proper waste management, and better kitchen management. Consequently, the community has been declared as a SWASTHA (Healthy) community. This became possible after the initiatives taken by the community people, SWASHTHA project and local government institutions in past four years.

The worsening sanitation and health practices improved after the SWASHTHA project intervened through its activities to create awareness among the villagers. The project initially carried out awareness campaigns together with training on health and sanitation. The VDC was declared Open Defecation Free (ODF) area but the community was not satisfied with the declaration of ODF area only. They were committed to make the

community a SWASTHA community. To turn this community dreams to a reality, the SWASHTHA project team developed indicators and checklist with participation from the community people. The checklist was approved by District WASH Coordination Committee (D-WASH-CC). The committee set the criteria that a community should obtain at least 80 per cent compliance to the indicators to be declared as a SWASTHA community. Bagbazar community was assessed against the indicators through an independent survey and it was successful in achieving 84.75 per cent compliance which was enough to declare the community as first healthy community in Nepal.

Sanjaya further illustrates, “The project also supported us to avail safe drinking water, waste collection bins were installed across the village, water-pumps and platforms were improved and kitchens of every household were improved which helped to maintain healthy environment in and around the house.”

“After various activities carried out by the project, water-borne diseases has reduced,” Krishna Kumari discloses, “The flow of patients with diarrheal diseases in the local health post has decreased significantly.”

Thanks to the integrated approach on water, sanitation and hygiene, the health condition of the residents of Bagbazar has improved. “Earlier, we had a very poor sanitation condition in the house. Now, things have changed for better with toilet construction, well managed kitchen with proper cooking and ventilation facility, safe drinking water and most importantly, better sanitation and personal hygiene practices. This has made our life better and healthier,” shares Sanjaya.



Arsenic Mitigation through bio-sand filter

I was impressed that my son gathered a lot of information on arsenic contaminated water and briefed this in our family, that made me buy bio-sand filter for which I also got support from the project.

~ Krishna Kami

Inhabitants of Guleriya Municipality of Bardiya District are solely dependent on groundwater as major source of water to meet their daily requirement. But unfortunately people here were unaware about excessive arsenic contamination of water in this area. There was high risk of using arsenic contaminated water as no mitigation measures were taken to prevent arsenic poisoning.

A survey conducted by Drinking Water supply and Sanitation Divisional Office (DWSSDO) and Red Cross in 2008 suggests that the water in this place contained more than 50 ppb arsenic that can cause many health problems. To address this problem, SWASHTHA project initiated awareness campaigns that primarily included photo exhibition, door to door visits, orientations on filters use to reduce the amount of arsenic in water and also to make the community aware about the hazardous use of contaminated water. People from all walks of life and age groups participated in the campaign.

Seven year old Shibu Kami residing in Guleriya also participated in the campaign and learnt about the harmful effects of excessive arsenic in drinking water. "I was impressed that my son gathered a lot of information on arsenic contaminated water and briefed this in our family," Shibu's father Krishna Kami discloses, "that made me buy bio-sand filter for which I also got support from the project."

After the campaigns, people became aware about the long-term harmful effect of arsenic contaminated water and bought bio-sand filters. Now, every household in Guleriya use the water filters to be safe from arsenic, consequently the community is declared as safe water zone. The community now lives free from the fear of the harmful effects of arsenic contaminated water. The added benefit of the bio-sand filter is that it also purifies excessive iron and harmful micro-organisms. It has capacity to purify 20 to 25 litres of water in an hour. After the massive use of the bio-sand filter, people have experienced that cases of water borne diseases like diarrhea has decreased significantly.



Girl-friendly toilets at school

I went to toilet and found that I had my first menstrual period. That was a terrible experience for me. I was ashamed and oblivious to whom I should tell this. I could not even come out of toilet for an hour.

~ Rama Thapa Chhetri

Rama Thapa Chhetri (15) attends Kiran Secondary School, a government run school at Saradhanagar, Chitwan. She vividly remembers a day about two years ago when she had her first menstrual period. While preparing to go to school, she experienced painful uterine cramps. She says, "I went to toilet and found that I had my first menstrual period. That was a terrible experience for me. I was ashamed and oblivious to whom I should tell this. I could not even come out of toilet for an hour."

She recalls, "Ultimately, I had to inform someone so I told my mother." Her mother gave her rags to wear, briefed her about menstruation and sent her to school. However, attending the school during that time was not easy. There was no facility in the school that was needed during menstruation. The topic was a taboo and Rama could not discuss about it with anyone, not even with her closest friends. She faced many problems while attending school during her menstrual periods. "It was difficult to change the pad in the toilet at school. When I took long time, friends used to knock the door constantly," says Rama.

Rama's friend Pabitra Gurung also shares a similar story. She also had problems coming to school during her menstruation. She shared similar hesitation and fear. Same is the story of the rest of the female students of similar age studying in the school.

There are 315 students in Kiran Secondary School among which about 52 per cent are female. Every day there are at least a few students who have their menstruation period during school time. The principal of the school Maitsingh Tamang says, "Most of the students used to take sick leave during their menstruation period citing excuses of stomach ache or headache. It was considered a matter of embarrassment. They could not express their problems related to menstruation freely. Even we teachers did not have

proper knowledge regarding their difficulties." Most of the students attending the school are from low income families. "The parents themselves are not aware about such issues. So, it is quite obvious for the students to be hesitant about it," adds Maitsingh.

But things now have changed at Kiran Secondary School, as girls do not face problems during menstruation like in the past.

After the implementation of SWASHTHA project in Chitwan, there has been many changes in Rama's school. Girl child friendly toilets were constructed with the support from the SWASHTHA project. Besides, separate children friendly toilets have also been constructed for the primary level (below grade five) students. A separate toilet for girls during menstruation is also there which has facilities like soap, water, sanitary pads and a proper place to throw the used pads. Sanitary pads are available in the school itself. Students can get two sanitary pads by paying the amount of NRP five (₹0.03).

Yogmaya Gurung, a teacher at the school shares, "These days, students share their problems and ask for sanitary pads even with the male teachers when female teachers are not present." Yogmaya helps the students with pads during their menstrual period. She also provides them suggestions about proper care to be taken during menstruation.

The principal of the school, Maitsingh says, "We learnt a lot from SWASHTHA project. We attended various training about health. Our teachers have taken training on making sanitary pads. As most of the students are from low income families, they mostly use the home made pads. The process to make the pads at home and the method to clean it properly is very important to them, which they have learnt from the project."

Rama is now delighted with the facilities at her school, "Previously, I had to stay home and miss my classes during the menstrual periods. Now it has become much easier."



Learning from neighbours

When all of my neighbours started making toilets with support from the project, my family became one among the few defecating openly. It was embarrassing for us. Even my children started complaining and pressurising me to build toilet.

~ Harinarayan Chaudhary

Harinarayan Chaudhary (45) from Tikapur, Kailali has a family of seven. The only source of income to Harinarayan, a sole breadwinner of his family, is wage labour. The poverty ridden family did not have toilet at their home and lacked the important information on health and sanitation practices.

“We used bushes and nearby forest as toilet.

Indeed, it was challenging for all the members to rush and find a place for defecation. Harinarayan explains, “It was very difficult whenever anyone got sick. Children particularly faced more difficulty. There were many threats to be faced like the risk of being bitten by snakes and insects. There has been a case where one of my kin, living in a nearby village was killed due to snake bite while defecating openly.”

SWASHTHA project was implemented since 2009 to create awareness on health and sanitation practices in Tikapur. The project briefed the community

about the benefits of toilet and supported the poor families to construct toilets. Henceforth, most of the family constructed toilets, but Harinarayan was not yet convinced. “When all of my neighbours started making toilets with support from the project, my family became one among the few defecating openly. It was embarrassing for us. Even my children started complaining and pressurising me to build toilet”. Harinarayan’s community influenced him in a positive way, so he decided to construct a toilet of his own. The project provided material support such as seat, pipes and cement to him.

After the construction, he and his family does not have to go far to defecate. It has become easier when any family member gets sick. They do not have to worry about being bitten by snakes or being embarrassed in front of the community.



Better Sanitation; Better health

This summer there were only two incidences of diarrheal outbreak, whereas in the yesteryears, it used to affect the community severely. The environment of the community has grown pleasant and people now do not need to hide in a bush for defecation.

~ Khamba Prasad Gharti

There are about 11,500 households in Gulariya Municipality of Bardiya District, among which more than 80 per cent of households defecated in open. In one of the settlements of Surajpur, there were only two pit latrines in total 75 households. “There was human faeces every where and we could see people defecating in the fields,” recalls Khamba Prasad Gharti, a local who is also the treasurer of Tole Lane Organisation (TLO). “People had the impression that toilets had to be made of expensive materials (corrugated iron roofs and cement block walls) despite their houses being made of mud with hay roofs. There was very little awareness about other options for toilet construction like locally available materials which is much cheaper as well as sustainable.”

Things gradually changed in Surajpur after Practical Action implemented SWASHTHA project focusing on awareness raising on personal hygiene, sanitation practices and provided support to the poor to construct toilets. The project initiated the discussions about the magnitude of the problem which helped raise awareness about the importance of having toilets and the ways it can be constructed.

The project used the existing structures such as the Tole Lane Organisation and network of female community health volunteers to ensure that everyone in the community is involved and motivated to adopt the good practices. After various such discussions and orientations, Project

Management Committee (PMC) comprising of community representatives, project staff and Gulariya Municipality officials decided to support for the construction of toilets. The project provided subsidies in the form of materials for the below ground work and people were trained in construction. Knowledge about the cheaply available local materials was also provided by the project for the construction of above ground structures. Khamba Prasad explains, “Once all the 75 households constructed toilets, Surajpur was officially declared as the Open Defecation Free (ODF) village, the first TLO out of 231 in Gulariya.”

The construction work was relatively easier but changing the attitude of people was more difficult. Initially, people practicing the open defecation found it very difficult to use the toilets. But the people from the community themselves played a very crucial role to bring about the change. Various kinds of social pressure were applied and fines were also instituted for open defecation. With the utmost effort from the people, all the 75 households in the community now have toilet facility and people are committed to make its proper use. The work already has begun to show results. “This summer there were only two incidences of diarrheal outbreak, whereas in the yesteryears, it used to affect the community severely. The environment of the community has grown pleasant and people now do not need to hide in a bush for defecation,” says Khamba.



Generating money from the trash

It is the practice in most of the cities to collect waste in a large scale, and due to this very reason it becomes problematic to deal with the large quantity of waste. But in this case, we are practicing waste management at small scale and the community itself is involved in the whole process. This is somewhat innovative practice and its yielding impressive results.

~ Bhuwa Prasad Luitel

A few years ago, residents of Ramnagar, a neighbourhood in the Butwal Municipality of Rupendehi District used to dump their waste haphazardly. The waste collected from the community was dumped in the nearby forest or river sides. Since the forest was at the close proximity from the residential area, the practice not only polluted the environment but also added the risk of communicable diseases. "We used to put the waste from our home in plastic bags and throw it in the nearby forest," says Sangita Gurung, a local resident of Ramnagar. "Everyone used to trash at roadside or in the forest causing widespread pollution," shares Rabina Gurung.

But the scenario at Ramnagar now has changed drastically, after initiation of a community compost plant. The plant, developed according to the principle of Household Centred Environmental Sanitation (HCES) is a glaring example of decentralised waste management. HCES has two fold objectives to treat waste as resource and to solve environmental problem as it is created.

The Community Compost and Recycling plant was installed by SWASHTHA project in partnership with Butwal Municipality on December 2011 and is fully operational. The plant has been able to effectively demonstrate how waste can be treated as a valuable resource. Everyday about 300 kilograms of waste is collected from the 425 households. Bio degradable waste is used to make compost while most of the non degradable waste is sold to the scrap dealers.

Bhuwa Prasad Luitel, a senior official at Butwal Municipality shares, "It is the practice in most of the cities to collect waste in a large scale, and due to this very reason it becomes problematic to deal with the large quantity of waste. But in this case, we are

practicing waste management at small scale and the community itself is involved in the whole process. This is somewhat innovative practice and its yielding impressive results." He further explains, "The job is not easy. Yet we plan to support the community to continue this work." The compost manure generated in the plant is bought by the Municipality for sales and distribution. According to Luitel, the Municipality is also providing electricity and transportation support to the initiative.

The waste collection and plant operation is handled by a local private operator - Marigold Concern. "The bio degradable waste is brought to the plant separately and it takes 90 days in different chambers to prepare the compost. Our work in waste management is directly benefitting the community and also creating employment opportunities," says Chhatra Gurung, promoter of Marigold concern. "We are producing 25 to 30 kilograms of compost manure per week. The price for one kilogram manure is NPR 20 (£0.15) and NPR 50 (£0.37) per month is collected from each household for the waste collection and management." The compost made from the waste is packaged in bags and sold in the local market. According to Gurung, to increase the production as well as for the sustainability of the plant, there is a plan to collect waste from a nearby village too.

Section Officer of Butwal Municipality Damodar Gyawali says, "If waste from one thousand families can be collected then the plant can run in a sustainable manner." There are many benefits for the community after the initiation of the plant, waste management has become easier for the people and it is contributing to make the environment cleaner. Sangita Gurung, a local resident says, "The waste is managed properly. They come to collect waste from each household. Waste management has become much easier."



Toilet makes life easy for the visually impaired

I can easily go to the toilet with the help of the rope. Now, I do not have to wake up other members of the family in the middle of the night.

~ Bhakari Chaudhary

Bhakari Chaudhary (68) from Baghmara, Tikapur, Kailali District is visually impaired. He and his family members had to face a lot of difficulties due to lack of toilet at their home. Things were more difficult for Bhakari as he could not see and going to distant places was difficult for him. While defecating in open, Bhakari was bitten by different kinds of insects. He had to face embarrassment as he could not see people around him while defecating and urinating. He even could not return to his home alone and there had to be a person to support him. During the night, he had to wake other people up for the same purpose. He recalls, "A few months ago, I fell down in sewage while defecating and got injured."

Bhakari's family suffered from diarrhea every year, and faced other sanitation related health problems like cholera, intestinal worms, and typhoid.

To address this problem SWASHTHA project supported Bhakari's family with materials for the construction of a toilet. Bhakari says, "It is now easy for the whole family and particularly for me." Bhakari is quite happy after the construction of toilet as he does not need support from anyone and can go to the toilet by himself. There is a rope from the house that leads to the nearby toilet. "I can easily go to the toilet with the help of the rope. Now, I do not have to wake up other members of the family in the middle of the night," shares Bhakari.



Safe Water for healthy life

Life has improved for the people as safe and clean water is available easily.

~ Dhan Bahadur Poudel

The residents of Thimura, Bharatpur Municipality, Chitwan District suffered for many years due to the lack of drinking water facility. Though there was a water distribution plant it was in a very poor condition which required repair and maintenance. Even in the nearby tap there was always a long queue of people gathered to fetch water. The water was contaminated and there was problem of leakage in the pipeline. The situation of drinking water was bleak in the community.

To address this problem, Thimura drinking water supply scheme was developed jointly by SWASHTHA project, Bharatpur Municipality as well as the community people. This has improved the water supply for the 120 households in the community.

120 taps are installed increasing the access of people for better water facilities. Now, there is sufficient water in the community for drinking as well as for toilet use and other sanitation practices. This has significantly decreased the time that was spend by women to fetch water. Previously, they had to spend up to four hours to collect water. They now use the time saved in other productive works like animal husbandry, agriculture and taking proper care of children.

The availability of clean drinking water immensely decreased the water borne diseases. Consequently, it has also saved people their money, that they would have to spend for medicine and treatment. According to a local resident Dhan Bahadur Poudel, "life has improved for the people as safe and clean water is available easily."



उन्नत सरसफाई
(Better Sanitation)



व्यक्तिगत सरसफाई
(Personal Hygiene)



भान्छा व्यवस्थापन
(Kitchen Management)



सुरक्षित पानी
(Safe Water)



फोहरमैला व्यवस्थापन
(Solid Waste Management)

Practical Action is a UK based charity organisation established in 1966 with the objective of reducing poverty through wider use of appropriate technologies in developing countries. It supports the efforts of poor women and men to improve their livelihoods by providing appropriate technology options, associated information, knowledge and skills, and the capacity to organise and use all these to get more control over their lives and livelihoods.

In its strategy period 2012 -2017, Practical Action is focused for leveraging large scale change that contributes to poverty reduction, technology justice and sustainable wellbeing. It has prioritised working areas mainly into four sectors and two cross cutting sectors realising its comparative advantages in these sectors. The sectors are:

- 1. Access to energy** – Sustainable access to modern energy services for all by 2030.
- 2. Agriculture, markets and food security** – A transition to sustainable systems of agriculture and natural resource management that provides food security and livelihoods for the rural poor.
- 3. Urban waste, water and sanitation** – Improved access to drinking water, sanitation and waste services for urban dwellers.
- 4. Disaster risk reduction** – Reduced risk of disasters for marginalised groups and communities.

In addition, Practical Action will invest in learning and the development of best practice through two cross cutting themes – Climate change and Making markets work for the poor.



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UN HABITAT
FOR A BETTER URBAN FUTURE

