

Training Workshop Event Report

1. Introduction:

Agroforestry Training/Tunnel Poly House Vegetable Farming Winter vegetable cultivation training Workshop

Under

KCDC - CSEC Project in Partnership with Opportunity Village Nepal - Funded by Good Shepherd International

Date and Duration: 17 – 18/19 – 20 (2/2 Days) October 2023

Timings: 10:00 am to 4:00 pm

Training Venue: Kakani Height

Participants: 40 Female + 40 Male

Trainers: Rabindra Tamang (Lead) and Birendra Tamang

Organized by: KCDC Nuwakot

Training Contents: Agenda along with this

ANNEXES

A. Training Pictures

B. Workshop Agenda

1. Introduction:

Rural area in Kakani Palika in Nuwakot is facing a crisis triggered by reducing incomes from traditional agriculture. Climate change and degradation of natural resources is driving down farm productivity, and the subsistence farming communities lack the knowledge and information to transition in improved farming methods and crops that would help them overcome these constraints and harness higher incomes. Even where smallholding communities are able to generate sufficient agricultural produce, they commonly lack access to the marketplace and have little capacity to generate market linkages. There is therefore a dramatic increase in out-migration, especially of the younger male and female population to urban centres in the country or even beyond its borders in search of economic opportunities. Since they lack the skills necessary to take advantage of jobs available in the modern urban economies, they have to resort to daily wage labour with sub-human working conditions.

Good Shepherd International's CSEC and Trafficking Prevention Project to improve livelihoods program in source district in Nuwakot is helping lift deprived communities out of poverty, providing vital inputs and training across both traditional and down-sector occupations. This programs are helping smallholding farming communities adopt smarter agricultural methods, to take up cultivation of vegetable crops with high market demand, and to diversify farm produce for higher earnings. We are also promoting alternative grass root -sector occupations, such as harnessing cultural and ecological heritage for the development of small scale traditional enterprises to break the cycle of CSEC, trafficking and risky migration of girls, as well as eco-friendly hospitality and tourism initiatives, and newer farm-sector livelihoods such as apiculture and mushroom cultivation. To address the issue of youth unemployment, we support young people to achieve their goals through building their vocational skills, improving their employability

through development of broad-range competencies, and encouraging young entrepreneurship.

Tamang Community in Kakani Nuwakot smallholder farming households depend on small farming and wage labour for their sustenance and livelihoods, and suffer chronic poverty and food insecurity. Lack of capacity for and inability to invest in improved agricultural methods constrains the small farmers from cultivating cash crops, and along with lack of access to post-harvest facilities and resultant high degree of wastage, poor access to markets and trading through exploitative middlemen, results in low farm efficiencies and incomes. In addition, increasing weather variability due to climate change has meant recurrent droughts or floods, frequent crop failures, and rapidly reducing farm productivity levels, with maximum decrease in marginal farms. Several marginal farmer households have been rendered effectively landless due to the pressures of climate change. The fallout is increasing impoverishment and debt burden of the farmers, and an exodus from rural Kakani Nuwakot to urban areas.

Introduction and Opening

After registration of the participants the trainings started with the greetings, through an interactive exercise all the participants introduce each other.

Expectations and Concerns

This consisted of a group exercise where participants were encouraged to formulate and express their expectations from this training workshop. The overall expectations of the participants were similar and matched the objectives and the agenda of the workshop. As a whole the participants expressed their satisfaction with the workshop design.

Norms Setting

Agreement on the Norms set for the training is one of the essential steps before beginning an interactive workshop session. All the participants mutually set the norms of the workshops.

Program Introduction

A brief introduction of the program, and logistic arrangements made for this particular event delivered by the Mr. Birendra Tamang – Advisor of KCDC. He elaborated also the partnership with Opportunity Village Nepal and funded by Good shepherd International.

1. Agroforestry training/tunnel poly house vegetable farming training

2 Days training program was organized in Kakani height for CVC and CSEC family women and girl farmer 40 members. The technical knowledge and skills were provided on winter and off-season vegetable farming, polyhouse preparation land preparation, making of polyhouse and vegetable farming in polyhouse and its importance to the members of training participants by technicians for the business farming and supplementary of mal-nutrition to the children and people's health. During the training session, a kit with full components of polyhouse plastic tunnel and vegetable seeds (as carrot, cauliflower, cabbage, turnip, onion, mustard, spinach, coriander and turnip



etc) were provided to the training participants in free of cost in project focused area. A main objective of the program is to improve income and livelihood and nutrition status of the children and poor women family in the rural community by supplying daily evergreen fresh vegetable to the family and vegetable selling in local market Kaulethana bazar, Ranipauwa bazar and in the market of Kathmandu. This program is being succeeded and most important in the community for improving livelihood of poor women and girls. It is being a "modal" initiation on popular business to generate income at the home level in community of Nuwakot.

On other side, training session was focused on fruit plantation program should be emphasized with its many-fold importance of agroforestry enterprise and environmental



improvement, soil conservation, and source of VITAMIN to health and regeneration of water sources and income generation. CVC members are encouraged and being initiated to plant tree-saplings of any kind of fruits. Plantation of fruit-tree-saplings is considered both as income generating and environment improvement activity. The training participants are interested to plant the saplings of temperate fruit trees (improved variety; as peach, plumb, pear, apricot, fodder, reed, broom

grass, cardamom, ginger, turmeric) have to make available fruit saplings each woman member on distribution in free of cost for the CVC members in project area in Kakani Nuwakot in order to be planted in backyards of the community household. They have been well oriented for plantation, protection and management aspects of planted saplings for successful on sustain way in the project focused areas.

| Time | Activity | Target | Achievement | Indicators |
|--------------------------|-------------------|--------|-------------|--------------------------|
| October 17 – 18, 2023 | Training Workshop | 40 | 40 | For improving livelihood |

2. Winter vegetable cultivation training

2 days winter vegetable farming training program was organized in Kakani height for women and young girls of CSEC and vulnerable migrant family and CVC members of 40 households and the training lessons (skill and knowledge) were provided to training participants by technicians. This program was planned to demonstrate on front on as a "model" program. Now these programs will have so successful in Kakani Palikia near the house field. Main objective of this programme is to improve nutrition and health of children and family members of rural community in project focused area and additional objectives is to improve climate change agriculture action adoption. And vegetable production bring in practice for income generation enterprise for poor household family in the area.



The off-seasonal and seasonal vegetable growing are becoming popular enterprises for income generation of the vulnerable migrant family households in the village in Kakani Palika. Fresh and green vegetable is export to Kaulethana Bazar, Ranipauwa Bazar in Bazar (market) to Kathmandu for creating income by selling crops. Some participants are interested to involve in other enterprises as in apiculture, strawberry, mushroom, poultry and goat rearing. They request to the project and this program believes in small

investment for the participants in the project area having the potential of quick and significant economic benefits and sustainability character of the enterprises in the project area in Kakani in Nuwakot district.

The community vigilance committee (CVC) 40 members. The technical knowledge and skills were provided on winter and off-season vegetable farming and its importance to the members of woman farmer groups by trainers for the supplementary of mal-nutrition to the children and people's health. During the training session, a kit with full components vegetable seeds (as carrot, cauliflower, cabbage, turnip, onion, mustard, spinach, coriander and turnip etc) were provided to the training participants in free of cost in project focused area.

An objective of the program is to improve nutrition status of the children and people in the rural community by supplying daily evergreen fresh vegetable to the family and main objectives of this program to enhance livelihood to encourage the participation of community members in economic earning enterprises for stabilize women and girl's status and to change women and girl's poor lives in the community for prevention of CSEC, trafficking and risky migration in the area. Participation in the rural development activities is followed by motivation and training in income generating enterprise in the area. Plastic tunnel for polyhouse and technical support were provided them for an identified business activity is being provided to the needy young woman members. Main aims of the



overall program to break the cycle of CSEC and girl trafficking in project focused area and to combat exploitations gender based violence (GBVs) and discrimination in women and young girls. Overview of the project is to fight against poverty and hunger and overcome the reduction of poverty and raise status of women and girls in project target area. Technical support and regular supervision by the community mobilisers of Opportunity Village Nepal (OVN Nepal) is assured. The participants are regularly encouraged for proper management as management aspect of the enterprise in order to make it successful as it is being a "modal" initiation on popular business to generate income at the home level among community people.

| Time | Activity | Target | Achievement | Indicators |
|-----------------------|-------------------|--------|-------------|--------------------------|
| October 19 - 20, 2023 | Training Workshop | 40 | 40 | For improving livelihood |

3. Support winter vegetable seeds to the survivor women farmer/families

Provided Seeds to 50 female farmers for the vegetable farming for poor and vulnerable migrants' family households for promoting business and vegetable farming for household income generation to end the family poverty. During the orientation session end, vegetable improved and hybrid seeds (as carrot, cauliflower, cabbage, turnip, onion, mustard, spinach, coriander and turnip etc) were distributed to woman farmers to provide supplementary nutrition to health of children and people with home based fresh vegetable and for



household income generation. Seeds were distributed in free of cost for promoting their business for income generation of the migrant households at home level to end poverty in project area in rural area in Kakani Nuwakot.

The off-seasonal and seasonal vegetable growing are becoming popular enterprises for income generation of the vulnerable migrant family households in the village in rural Kakani Palika in Nuwakot. Fresh and green vegetable is export to Kaulethana and Ranipauwa Bazar and in Bazar (market) to Kathmandu for creating income by selling crops. Some participants are interested to having involve in other enterprises as in apiculture, poultry and goat rearing. This project believes in small investment for the participants in the project area having the potential of quick and significant economic benefits and sustainability character of the enterprises in the project area in Kakani rural area in Nuwakot district.

| Time | Activity | Target | Achievement | Indicators |
|-----------------------|--|--------|-------------|--------------------------|
| October 17 – 18, 2023 | Polyhouse tunnels and seeds distribution and support | 40 | 50 | For improving livelihood |

4. Support poly house plastic tunnel and agriculture tools to the survivors women famers/family

Plastic for polyhouse tunnel and seeds (as carrot, cauliflower, cabbage, turnip, onion, mustard, spinach, coriander and turnip etc) were provided to 40 poor and survival female young farmers for home based income. Income generating activities have been provided to parents of children withdrawn and children still working in CSEC sectors and those children who were the most vulnerable to CSEC. In addition, the project has provide plastic for polyhouse tunnel for vegetable farming as technical training, marketing and supports to run IGAs for those with skills to start their own enterprise as Tunnel Farming and Off-Seasonal Vegetable Farming.



This support very important for them to allow families/children to become self-dependent and conduct their life independently themselves.

40 vulnerable, out-of-school adolescent girls (18 + years of age) was given opportunity, financial and technical supports to run livelihood activities for raising living locally and recovery of livelihood of vulnerable in respective project area. Members of economically vulnerable families have been linked to local functioning savings and credit groups. These community-based savings and credit groups, cooperatives, and micro finance institutions was oriented on issues of trafficking, CSEC, and pro-poor operation of saving and credit for reduction of poverty.

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|--|--------------------------|--|--|--|
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1. Introduction to organic farming

Women and young girl farmers in modern farming use high rates of synthetic agrochemicals in crop production. The ill-effects of the use of these agrochemicals are evident ranging from effects on soil health, workers, consumers and the environment in general. The ill-effects of these agrochemicals are the main drives for organic farming. Under this session participants were able to learn the meaning, techniques, inputs, standards, principles and importance of organic farming.

2. Land and polyhouse/tunnel establishment in the farming areas

This part covered various types of gardens that may be established in direction context where the water and land may be available- site selection criteria, preparation as well as managerial practices. On the other hand youth girls were trained on different forms of gardens that may be appropriate in the context where utilizing the vertical space may enable youth girls to produce amid scarcity of land as a resource for crop production. On other side youth girls were provided vision and patterns on establishment of backyard gardens such as sack garden, tire garden, heap garden, basket garden, bottle garden and other forms of garden. The use of mentioned materials is one of the ways to utilize resources sustainably which is basically one of the basic features of Organic farming.

3. Nursery preparation and establishment

This session involved theory and practical covering the meaning, types, preparation, management and the importance of nurseries. Participants were also able to understand different crops that needs to start from the nurseries and those that in need to start from the nurseries. Participants were also able to learn transplanting of seedlings from the nurseries.

4. Introduction to entrepreneurship and business opportunities

Lack of employments among youths has been a serious problem in in many areas. Most of the young who endeavors to be employed get discouraged as they try had to find employment with no success. However, developing entrepreneurial skills can minimize the issue of lack of employment among youth as this may change the mind set and help youths see more business opportunities that may help them secure self-employment. This session aimed at helping youth to develop their entrepreneurial skills and get a viable business idea. Through the session youths were able to various business opportunities they may undertake as part of employments.

On the other hand different facilitators took youths through various skills that may offer them business opportunities in their areas. These includes: Jam making, drying of fruits and vegetables, preparation of peanut butter, bar and liquid soap making, batik making, yoghurt making, turmeric production and packing, akbare khorsani production and packing making as well as making peanut butter.

5. Packaging and labelling

During the last day youths female were trained on appropriate packaging and packaging vegetables for different vegetables marketing for good price. From this session youth girls were able to understand the criteria for selecting appropriate packaging vegetables and carry out an exercise of designing a packaging vegetables and products. On the other hand youth girls learned on how design packing, labels and the basic information

that should be addressed on the label as well as how to place a label. The session ended up with a discussion on importance of packaging and labelling for consumers attraction and for good price.

6. Business records keeping

In business its evident that failing to properly keep records in books is planning to fail, this come from the fact that record keeping is very important for proper management of any business. It was for this reason that youth girls were also among the other things trained on record keeping in business management. This session aimed at equipping youth girls with knowledge, skills and attitude of record keeping. The session covered the meaning, types of records, important records to be kept for the business, how to record as well as importance of keeping business records.

6. Organic agriculture basic

This training course aimed at imparting knowledge, skills and attitude to youth farmers on organic agriculture principles, features and benefits. Participants were also able to learn soil fertility management in organic cropping using compost.

7. Group discussion

The course started with a vision around the SAT- Model Farming, whereas the trainees could share various technologies and experiences related to sustainable water management, Soil fertility management, potable gardens, screen house farming, agroforestry systems, screen house and drip irrigation systems, permagardening, beneficial hedges, beekeeping, fish farming, flowery culture, strawberry farming, poultry and goat rearing. The experience around the farm would be followed by a reflection to discuss on what may be applicable in their context and how are they planning to apply when they go back to their homes. It was real interesting to see that the discussion around the SAT farming experience and idea were real increased determination to most women and girls farmers on the use of Sustainable farming technologies in production.

9. Sustainable /organic farming

This session introduced participants to sustainable farming approaches pointing out differences between these approaches. This was followed by introduction to organic farming – meaning, rationale, its four principles and benefits. Organic farming is the system of farming cares for the people, environment and all living things.

Sustainable Farming is a system of farming that aim at increasing production without undermining the ability to produce in the future of the particular resource use system (Land).

10. Polyhouse tunnel farming

Polyhouse tunnel farming offers opportunity to sustainable use of available resources which is one of the key features of organic farming. The participants of this course were given opportunity to learn how to use kitchen wastes to produce food around homes using wastes from kitchens.

The circle cultivation and the better way to improve income and livelihood for the family households and it's a better way of using resources efficiently such as water and kitchen wastes in polyhouse tunnel farming.

11. Organic Fertilizers – Green Fertilizer, Animal Manure Fertilizer and Compost Compost Making

Under this part participants were able to learn how to prepare and apply compost for crop production as a basal fertilizer. Also, participants learned how to prepare and use plants, seedlings and cropping as well as manure thinning as a top dressing manure for promoting vegetative growth as a source of Nitrogen. Making a green manure as a source of bio fertilizers from nitrogenous plants was a very important part of the training.

12. Soil type Determination

Under this part participants learned how to determine the soil types using simple methods i.e hand feel and bottle methods to understand the proportions of sand, silt and clay and then use a triangular chart to determine the soil type. Facilitator stressed on the importance of understanding the soil type in relation to crop selection and soil management.

12. Screen/poly-house farming

This part covered the polyhouse plastic tunnel/screen house installation, management and the type of crops/ varieties to be established in the polyhouse/screen house. Also, participants were able to learn the benefits and use of the screen house stressing on pest and diseases management as well as effect of temperature to plant growth and Yield. On the other hands, participants were able to learn irrigation system – installation, use and benefits stressing on the water management.

13. Mulches and beneficial hedges

This part covered meaning of mulch, types of mulches, different kinds of mulching materials, how to establish / apply different mulching materials correctly. Participants were able to learn the advantages of mulches in relation to erosion control, microbial activity, weed suppression, soil temperature regulation, soil structure maintenance and supply of macro and micro nutrients for plants.

Also, participants were able to learn various plants (trees, shrubs and other herbaceous plants) that are medicinal in nature and are used to manage various pests and plant diseases as well as the plants that are used for making plant teas and other forms of organic fertilizers. The facilitator stressed on the importance of having these type of plants in the farm as important in farm resources to be used for fertility management, pest and diseases or harbouring the natural enemies especially during off season.

14. Rotational cropping

Under this part participants were able to learn two types of crop rotations i. e rotation in time and rotation in space (mixed cropping). The participants were able to learn botanical families as the basis of mixed cropping and planning for crop rotations with regard to soil fertility management, pest and diseases management and the general synergies associated with crop diversification

15. Tree nurseries and agroforestry

Under this part participants were able to learn how to establish tree nurseries, plucking out tree seedlings from open nursery, and transplanting of seedlings in the farms. Facilitator stressed on the importance of tree nurseries in the tree planting program.

Also, on the part of agroforestry participants were able to learn the meaning, systems and technologies of agroforestry, selection of appropriate tree for agroforestry as well as various techniques for planting trees for agroforestry. At the end facilitator winded up the session by stressing on the importance of agroforestry to farmers.

16. Organic products standards and certification

Participants were able to learn the meaning, importance, Justification and purpose of Organic standards. Deriving an example from Organic Products Standards facilitator took participants through various organic standards to be adhered in organic production. Facilitator pointed out on the fact that the standards are set to meet the particular market and the producer should know the organic product standards of the organic market is targeting.

On the other hand, participants were able to learn the meaning of certification, the needs for certification, areas that inspectors look for before certification, procedures and various certification agencies highlighting on the fact that certifying agencies normally have a licence for particular market target, hence to have access to a particular market one has to be inspected and get certified by the agency with a licence to certify for the particular market.

18. Marketing and PGS

Organic products need to be treated differently based on the set of Organic standards. To win the market, one needs to be able to prove that the products are really organic. The facilitator guided the participants to understand the systems for quality assurance for Organic products that can be guaranteed to the consumers. Third party certification system and Participatory Guarantee System (PGS) were introduced. The discussion was deep on PGS where the modal applied by SAT was clearly scrutinized. The participants were able to recognize how the system works in which its applicability and relevance was assessed. The steps in the development and growth of PGS was also discussed. at building capacity of the farmers to improve their ways of keeping local chicken and making chicken enterprise more profitable to farmers. Participants were also able to learn chicken feed formulation depending on age.

On the other hand participants were able to learn various pests and diseases attacking chicken, their signs and symptoms, common vaccines and appropriate intervals as well as how to vaccinate chicken. Also, participants were introduced to pest and diseases prevention and treatments using various botanical extracts.













