When Mission East decided to focus its support on the Karnali zone in 2007, we already knew that it would be a challenge to reach such a remote region and its people. That is why we decided to be there, and only there. At that time, we crossed rivers on cable carts, flew with WFP helicopters when they were available, drank water from the rivers, and in dry season, we barely managed to find decent food to fuel our 10 hour a day walks to visit the communities! Six years later the situation has improved slightly. Bridges have been rebuilt, the road network is expanding, more and more villages are equipped with clean water, the food is better and more diversified, and villages less dirty. Today, those who go to Karnali for the first time would still see the extreme poverty, effects of deforestation, limited access to media and information, malnourished children, and the hardship of life. But those who visit Karnali regularly would see that things are improving, albeit slowly. It just takes time to see the changes. I am very happy to share with you a glimpse of our action, jointly implemented with our partners. It covers the achievements of 2013. A lot has been done before, and our aim is to continue our hard work to contribute to the inclusive and resilient development of the population of Karnali for the coming years.

Christophe Belperron
Country Representative
About Mission East

Mission East is a Danish non-profit international relief and development organization. Mission East works with the most vulnerable communities in Eastern Europe and Asia, making no political, racial, or religious distinction between those in need.

Mission

To help the vulnerable through humanitarian relief aid, development assistance, the linking of relief, rehabilitation and development, and supporting communities' capacities to organise and assist themselves.

Values

To empower people and communities in crisis affected countries to lift themselves out of poverty and marginalization.

Values in Action

Honesty, integrity, compassion, valuing the individual, respect for all people.

Mission East specializes in rural community development, disability and special needs.
Mission East Nepal

In 2006, a decade long armed conflict ended in Nepal. The remote and vulnerable mid-western Karnali region was one of the areas most affected by this conflict, and the majority of its development efforts were left in ruins.

In this context, Mission East began operations in Nepal in June 2007, supporting projects in Humla, one of five districts of Karnali under the Karnali Support Program (KSP). The projects were based on a humanitarian approach that considered the effects of the conflict and focused on three sectors: water, sanitation and hygiene (WASH), food security, and local community capacity building.

From 2007 until 2011, 8 projects costing more than 2.9 million Euros and serving more than 30,000 Nepali people were implemented.

In 2012, keeping in mind the high vulnerability of the Karnali population but moving away from post war context and focusing on structural poverty, Mission East renewed its 5-year strategy for a second phase of KSP focusing on “Social Inclusion for better resilience and livelihood development”. In December 2012, the Government of Nepal approved the second phase, which will run until 2017.

In its first year of operation, the renewed strategy covered 36 village development committees (VDC's) and reached 23,834 beneficiaries.

This phase is built on 5 thematic areas.

- Water, Sanitation, Hygiene (WASH)
- Ecosystem Management
- Livelihood Diversification and Business Development
- Empowerment of Vulnerable and Excluded Groups
- Agriculture Development and Food Security
Mission East works in the most remote areas of Nepal, focusing on four districts:

<table>
<thead>
<tr>
<th>Districts</th>
<th>Working VDCs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Humla</td>
<td>Limi, Muchu, Dandafaya, Simikot, Chhipra, Lali, Saya, Gothi, Jaira, Kalika, Shreenagar, Darma, Mimi, Melchham, Rodikot, Shreemastha</td>
</tr>
<tr>
<td>Mugu</td>
<td>Dhainakot, Kalai, Rara, Mangri, Pulu, Mugu, Pina, Rowa, Ruga</td>
</tr>
<tr>
<td>Jumla</td>
<td>Guthichaur, Patarashi, Patamara, Dillichaur, Chhumahur</td>
</tr>
<tr>
<td>Kalikot</td>
<td>Fukot, Nanikot, Ramnakot, Thirpu, Khina, Dhualagoha</td>
</tr>
</tbody>
</table>

Our Partners

- Asia Network for Sustainable Agriculture and Bioresources (ANSAB)
- Karnali Integrated Rural Development and Research Centre (KIRDARC)
- Nepal National Dalit Social Welfare Organisation (NNDSWO)
- Rural Community Development Center, Mugu (RCDC)
- Rural Development Group Programme, Jumla (RDGP)
- Samjhauta Nepal
- Women Welfare Service, Humla (WWS)
- Nepal Red Cross Society, Humla-Chapter (NRCS)
Water, Sanitation, Hygiene (WASH)

The Karnali region suffers from poor access to clean water and open defecation practices, leading to a high prevalence of water-borne diseases. Sadly, these diseases primarily affect children. Combined with frequent natural disasters such as landslides and floods, common in many parts of Nepal, this can lead to outbreaks of diarrhea, cholera, dysentery, and other diseases that are lethal for the most vulnerable groups. In fact, out of all disasters, epidemic outbreaks are the biggest cause of death in Nepal.

Although Mission East has engaged in WASH initiatives since 2007, there are still numerous communities lacking the capacity for early detection of epidemic outbreaks in liaison with district health authorities, particularly the remote and isolated communities of Karnali. Even today, 23% of households in Kalikot, Mugu and Humla do not have access to safe drinking water.

This year, in Humla, Mugu and Kalikot, Mission East supported the district level institutions responsible for disaster response in revising existing disaster preparedness plans. The new plans now incorporate an epidemic response plan to minimize the loss of life from outbreaks.

In June, Mission East's support was put to the test when disaster struck and parts of Kalikot and Humla were flooded, resulting in 20 tragic deaths. Realizing the need for emergency support, Mission East helped the local committee implement a new revised epidemic plan and supported them with relief items through an implementing partner, NRCS.

People benefitted from ME construction of 41 water schemes and 1542 toilets between 2008-2012

Families in 2013 supported by the repair of water supply systems, representing 1100 people
My Story: Gora Kala

Gora Kala Karki lives apart from her family in a small dwelling in Jaira. Although she has no toilet in her house, she has a pit latrine. Mission East supports ongoing hygiene and sanitation activities in her community including household visits, rallies, dramas, and awareness against open defecation. Gora says these activities have taught her the importance of safe health, hygiene and sanitation behaviors.

"I wash my hands with ash after going to the toilet and I cover the water pot properly as well." She says

She not only practices safe sanitation and hygiene but has also learned about its importance to a healthy life. She shares her experiences with others around her and although she is in her seventies, her active and positive attitude has made a difference in her community.
Ecosystem Management: Climate Change Adaptation and Natural Disaster Risk Reduction

Acting as a water tower for nearly all of Asia, the Himalayan Mountains house vital resources for local and downstream populations. However, the effects of climate change and deforestation are working to destroy this rare and fragile eco-system and threatening the well being of thousands of people. Small-scale disasters such as landslides and mudflow are on the rise, and although they are usually too small to attract funding and international support, they leave a trail of destruction in local areas and remain a serious threat to development initiatives.

Mission East aims to address such “hidden disasters” by mainstreaming elements of disaster risk reduction (DRR) and climate change adaptation (CCA) into district and community development initiatives and also by training communities in sustainable approaches to natural resource management.

- **30,000** People covered by our disaster risk reduction activities
- **400** People receiving training on DRR
- **15** VDCs with a trained Local Disaster Management Committee
- **150** Community-based organisations trained to mainstream DRR into action plans
- **5%** of the annual budget committed by 6 VDC councils to support DRR activities
When he was 9 years old, Keshav Raj Devkota was hit by a falling rock and lost his left leg. In 2002 he started a disability rehabilitation organization in Kalikot to solicit support for people with disabilities. However, after 10 years, Keshav wasn’t satisfied that disability issues were being properly addressed.

Keshav noticed that most disabilities in Kalikot were a result of disasters, and he felt that disaster reduction programs with participation from disabled people would have the most impact in his community.

In June, Keshav joined Mission East’s Disaster Risk Reduction program, which has connected him and his organization to stakeholders in Disaster Risk Reduction and inclusion sectors. “The project made a platform to keep the issues related to disability and DRR with stakeholders and helped to build my capacity and that of my organization.” He says.

Inspired by the project, Keshav has formed a watchdog committee from members of vulnerable groups to advocate for and support inclusive DRR activities. “I will do continuous work and advocacy for DRR and inclusion for Person with Disability of Kalikot district” he says confidently.
**Income Generation: Livelihood Diversification and Business Development**

Income generation is key to improved living conditions in remote communities. Agriculture production and non-timber products derived from nearby forests, including medicinal and aromatic plants, fruits, honey, incense and paper are a means of generating income for local people. But lack of skills and access to the market hinder people from turning local resources into a sustainable business. Markets are often disorganized and small producers and service providers lack the capacity to actively interact and negotiate with more experienced buyers and traders. Further, uncoordinated value chains, weak institutional and policy support, and low capacity cause leakages of generated income.

In 2011, Mission East secured 3-year funding from the European Commission to promote economic growth and social justice by supporting NTFP trade and business development in Karnali (ATIS Karnali).

| **21,500** | People trained in suitable forest management, leadership, and opportunities in business planning |
| **1,300** | Women identified to receive functional literacy and vocational training |
| **29** | Community Forest Users Groups (CFUGs) trained in group management, good governance and business development |
| **21** | Information boards installed across 16 VDCs to display updated market prices so people can better negotiate selling of products to traders |
| **150** | Community-Based Organisations trained to mainstream DRR into their action plans |
| **73** | Radio episodes covering NTFP issues, experiences of local people and business opportunities |
Samtan Lama is a 41 year-old resident of the Humla District. She is illiterate. Her husband does masonry work in Simikot, but the family struggled financially. To supplement the family income, Samtan gathered a group of women and under her leadership, they started a business preparing incense powder.

Being unfamiliar with such work, the women lacked knowledge of labeling, packaging and business registration. Mission East has helped the women to register and develop their enterprise. Last year, Himali Jadibuti Incense Processing Center was registered with the Cottage and Small Industry Development Board.

With the enterprise registered, Samtan feels happy and is optimistic to extend the market. She is now considered a leader among the women in her community and is aiming to move her business towards a women's cooperative.

At present, Mission East is helping Samtan to prepare a business plan and connect her with buyers and investors.

Project Highlight: Economic Empowerment for Women

| 1315 | Women from 50 settlements chosen for business development literacy classes |
| 50   | Literacy facilitators trained in literacy instruction |
| 37   | of these facilitators are women |

The classes are designed to help women build their capacity and confidence by teaching literacy in Nepali and simple numeracy. Embedded in the classes are positive messages on gender, social inclusion, human rights and rights of people with disabilities.
Pasang, 49, describes herself as an unfortunate child who was brought up by a single mother. Despite her wish to have a family, the community considered her an illegal child and she was passed over for marriage. At 32, Pasang fell in love and had a baby girl, but was still not accepted as a wife. Pasang says that had the baby been a boy, he would have been able to work and take a wife in the future, but, since the child is a girl, she too will live a life of a single woman.

“My three generations will live a single life,” she says sadly.

To feed her child and herself, Pasang worked as an unskilled laborer in Tibet for some years.

Today, both Pasang and her daughter attend Mission East’s literacy classes regularly. Both mother and daughter have started learning Nepali alphabets and are becoming versed in women’s rights. She expresses her willingness to learn more and even lead a literacy group one day. After 9 months of classes, Pasang plans on starting a business and becoming an example of single women of her community.

Mission East Focus: Dalit People

In Nepal, Dalits are a historically disadvantaged community. It is estimated that Dalit people make up 15 -20% of Nepal's population and mostly live in rural areas. In comparison to other groups, Dalits are significantly marginalized in all spheres of society. They tend to have the lowest income, lowest literacy and education levels, least representation in government, and highest mortality rate. Despite changing laws, Dalits are still discriminated against and culturally considered 'untouchable'.
Reaching People & Places
Empowerment of Vulnerable and Excluded Groups

In the areas where Mission East and its partners work, the most vulnerable people lack access to education, employment, and social safety. These same groups are often left out of local decision making processes and development trends, thus their specific needs are not addressed. Such exclusion stems from deep-rooted cultural and traditional behaviours and is exacerbated by extreme poverty.

Because the overall population suffers from poverty, Mission East addresses the most vulnerable by systematic integration of such groups in the main thematic approaches, rather than stand-alone projects that could increase their exclusion.

Focusing on 3 specifics groups: women, Dalits and people with disabilities, Mission East has undertaken the challenge to adopt an inclusive approach in each of its projects and build the capacity of its partners in inclusion.

In 2013

- 430 Women received 16 months of literacy classes and orientation on their rights
- 7% of women who attended the literacy classes had disabilities
- 33% Of women in the literacy classes were from Dalit communities
- 18 Women's groups were created to advocate for gender-sensitive action
- 245,000 Nepali rupees allocated by local VDC authorities upon advocacy efforts by women's groups

Distribution of literacy book and start of class, Upper Humla
In Nepal, women in remote districts such as Humla and Mugu face challenges in terms of access to development, education and employment opportunities. Traditional patriarchal structures and family organization often impede women, especially those from marginalized groups. Their lack of education and self-confidence limit their capacity to explore, claim and exercise their rights.

Women's development and advocacy groups (WDAGs) organise monthly meetings, share information and initiate community advocacy activities such as: awareness against Chhaupadi, reproductive health, anti-child marriage campaigns, access to marriage certificates, the celebration of women's day, awareness of violence against women, prohibition of alcohol consumption and gambling, promotion of personal hygiene, and involvement in community forest protection.

**Leading Change: Gaugara**

Gaugara became literate after joining the women's development and advocacy group (WDAG). She believes that just participating in training or discussions is not enough, but women should implement knowledge gained into their daily lives. Her group takes steps against social malpractice in the community. Some of these initiatives are:

- Men caught drinking alcohol and gambling are fined Rs 200
- People excreting in public are fined Rs 500
- An organized rally against domestic violence
- Encouraging community members to stop the practice of Chhaupadi

-Chhaupadi is the traditional practice of segregating menstruating women from the household. Typically, the woman is isolated in a separate hut or cowshed for four days.
Many women who attend literacy classes have also encouraged their husbands and children to find literacy training.

Lalparu tells her story:
"From the day I joined the group, I tried to attend literacy class every day. I used to tell my husband about the discussions in our classroom and he encouraged me to go to class. No other program before inspired me this much! I was especially touched by the story of a woman who committed suicide because she could not speak her mind. From their story, I learnt that women have the right to speak their minds."

"Now I am literate and I can write my name, my dream since childhood. I have even taught my illiterate husband to write his name and he is very happy. Now he helps me in the household chores and I get time to teach our children too."

Breaking Boundaries: Ramjhita’s Story
The WDAG in Jaira, Humla recently took up the case of Ramjhita, a 14 year-old girl from the community who was born with visual, verbal and physical impairments. Ramjhita struggles with an unsupportive family who beats her and denies her food, and although she always wanted to, she could not attend school because the walk was too challenging due to her limited sight.

The group has helped to make some small improvements in Ramjhita’s life. Some of the women met with Ramjhita's family and asked them to stop abusing her. The group has also ensured Ramjhita is escorted to and from school. Attending school has made her happy, and she says she plans to leave the village and find a job once she is educated. She also hopes she will be able to teach her younger siblings so that her family will treat her better. The group says Ramjhita is a role model because despite all the hardships in her life, she is determined to continue learning.
Less than 6 percent of land in the mountainous regions of Nepal is capable of being farmed. Steep slopes and soil fragility characterize the terrain. Chronic food shortages, low nutrition levels, and a high infant mortality rate are common. To reduce the pressure on food and generate income, much of the male population migrates seasonally to India for work. This leaves a considerable burden on wives to manage the households alone and reduces the labour force for local development.

While food distribution programmes help to address the risk of famine, the long-term solution lies in developing local knowledge for better agricultural production, diversification of crops and better rain-fed irrigation systems.

In 2010 and 2011, Mission East and its partners (Save the Children and International Development Enterprise (IDE)) implemented a project that brought positive results to food production. Mission East is now seeking to continue a similar program in the target area for 2013-2014.

Emergency Food Distributed in 2013

In June, heavy rainfall and landslides destroyed valuable crops in Humla and Kalikot, threatening the food security of 91 families. Mission East realised the need for immediate relief and provided:

- **Rice**: 3729 kg
- **Oil**: 219 L
- **Salt**: 219 kg
- **Lentils**: 486 kg
- **Biscuits**: 276 pkgs
- **Sugar**: 49 kg
- **Other dry foods**: 1002 kg

Emergency Food Distributed in 2013
Mission East works to support people who are living with a disability. In the remote areas of Nepal, often such people live in difficulty because of isolation, illiteracy and a limited awareness of their rights.

Aiming at ensuring inclusive approaches for People with Disabilities in Karnali, Mission East has engaged committed NGOs with building local technical and organizational capacity to promote the inclusion of disability in development.

**Update:** Mission East is conducting research on the status of women with a disability in Humla. In the upcoming year, Mission East will collect and map the stories and experiences of these women. The research will act as a reference point for future programmes. 16 research surveyors have already been trained.
# Financial Overview FY 2012-13

<table>
<thead>
<tr>
<th>Total Budget</th>
<th>NPR 42,111,204</th>
</tr>
</thead>
<tbody>
<tr>
<td>Program Expenses</td>
<td>NPR 37,494,313</td>
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<td>Beneficiaries</td>
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<td>Admin Expenses</td>
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<table>
<thead>
<tr>
<th>Program Expenses</th>
<th>89%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Admin Expenses</td>
<td>11%</td>
</tr>
</tbody>
</table>

- 48% for Empowerment
- 40% for Livelihood Diversification
- 6% for WASH
- 6% for Ecosystem Management

## Donors
- AEC Foundation, Denmark
- Civil Society in Development (CISU), Denmark
- CBM International
- Danish Mission Council Development Department (DMCDD)
- European Commission - Development & Cooperation (DEVCO)
- European Commission - Humanitarian Aid & Civil Protection (ECHO)
- Ole Kirk Fond, Denmark
- Läkarmissionen, Sweden