

Initiatives For Disaster Resilience

Experiences from Community Support Program



C Community
S Support
P Programme
समुदाय सहयोग कार्यक्रम



CARE Nepal
 Samata Bhawan, Dhobidhara, Lalitpur
 P.O. Box: 161, Kathmandu Nepal
 Tel: +977 1 5522800 | Fax: +977 1 5521202
 Email: care@np.care.org | Web: www.carenepal.org

**Advisor**

Santosh Sharma
Govinda Rimal

Consultation

Ayusha Niraula
Rishi Ram Bhattarai
Rohit Yadav
Nilkantha Pandey
Anup Gautam
Drona Koirala
Shyam Krishna Mandal

Write-up & Editing

Ramesh Khadka

Co-ordination

Manju Sharma

Translation

Mahabir Paudyal

Layout

Gajendra Chalise

Production

Media Service Nepal Pvt. Ltd.

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Foreword

The Community Support Programme (CSP phase I) was initiated as community led service delivery project in 2003, during the conflict period in Nepal. The second phase of CSP (April 2010- March 2012) was initiated with a more focused approach covering 405 village development committees (VDCs) in 44 District Development Committees (DDCs). The programme was further extended for two years with a focus of integrating disaster resilience into regular CSP and aligning the local governance program framework of the Ministry of Local development (MLD). The overall goal of CSP phase II is to reduce poverty and promote social inclusion in 44 districts of Nepal. The programme implemented by CARE Nepal in 25 districts and in other 19 districts by Rural Reconstruction Nepal.

Nepal is at high risk from a range of natural disasters, including flooding, landslides and earthquake. Nepal ranked as the 20th most disaster prone country in the world, Nepal has incurred many fatalities from natural disasters over recent years. CSP already had a strong focus on disaster resilience. In addition, extension programme CSP is implementing community based disaster risk management approach in order to make community resilient toward their vulnerability and hazard. Series of interventions of CBDRM approach are being implemented in 238 communities of 118 VDCs and 1 municipality of 25 District in Nepal. Each community is gone through the PVCA exercise and their vulnerability and capacity were identified. Based on that, disaster risk reduction measures were identified and community action plan, school preparedness/contingency plan prepared. Similarly with the involvement of LDRMC, Local Disaster Risk Management Plan (LDRMP) is prepared with assessing risk profile of whole VDCs. CARE/CSP also facilitated disaster preparedness and response plan in 11 districts as a district lead support agency.

As of Dec 2013, training on a range of topics provided in order to ensure that selected communities - both men and women - are able to maintain local infrastructure, with sufficient knowledge of disaster resilience, once the programme ends. Likewise 9,000 volunteers trained on early warning systems, light search and rescue operations, first aid and Community Based disaster risk reduction. The intended public awareness activities benefitted 78576 communities, 3850 teachers and 25,000 students 14,283 households affected due to disasters during the duration of the programme provided immediate relief materials. This photo story is a reflection of disaster risk reduction initiatives of Community Support Programme implemented by CARE Nepal.





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Nothing to fear

School building of Pashupati Secondary School at Sihasan VDC-1 Dailekh, Chhepadi was still under construction when it was seriously damaged by landslide. The landslide not only destroyed the classrooms but also playgrounds. Students, teachers and school management committee were deeply troubled. It was then that Community Support Program provided a great relief. With the fund of Rs 1,62,000 (availed by CSP) and Rs 25, 000 raised by the community, gabion walls were put up around the school. Dala Bahadur Sijapati, headmaster of the school says, "We have no reason to fear now; we have got an opportunity to launch disaster management education with the help of CSP." The school itself has planted bamboo and other grass around the premises. Many people still remember the loss of human lives and farm animals due to landslides. But they are confident such tragedy won't befall again.

– Khagendra Shahi, Social Mobilizer, Dailekh

अछ छ टहेन

दैलेख जिल्लाको सिंहासेन गाविसको वडा नं. १ छेपाडी गाउँमा रहेको पशुपती मा.वि.लाई निर्माणाधिन अवस्थामै पहिरोले क्षति गरेको थियो । पहिरोले विद्यालयको कक्षाकोठा मात्र हैन,खेल मैदान समेत ध्वस्त भएपछि विद्यालय र विद्यार्थी सबै चिन्तामा थिए । यस्तो बेला समुदाय सहयोग कार्यक्रमको सहयोग विद्यालयका लागि ठूलै राहत भयो । कार्यक्रमबाट प्राप्त १ लाख ६२ हजार ६ सय ८५ रुपियाँ र समुदायको २५ हजार रुपियाँ बराबरको सहयोग पाएपछि पहिरो गएको ठाउँमा ग्याभिन जाली राखिएको छ । विद्यालयका प्रधानाध्यापक दलबहादुर सिजापती भन्नुहुन्छ-“अब हामीलाई त्यति डर छैन,कार्यक्रमको सहयोगमा हामीले विद्यालयमा विपद् व्यवस्थापनको शिक्षा समेत फैल्याउने अवसर पाएका छौं ।” विद्यालय आफैले वरपर स्थानीय स्तरमा पाइने बाँस, निंगालो र अम्लिसोका वोटिवरुवाहरू समेत लगाएको छ । विद्यालय क्षेत्रमा यसअघि गएको पहिरोबाट चौपाया मात्र नभएर मानवीय क्षति समेत भएको धेरै स्थानीय बासिन्दाहरूको मनबाट हराएको छैन । त्यसैले उनीहरू त्यस्ता दिनहरू अब नदोहोरिने आशामा छन ।

- खगेन्द्र शाही, सामाजिक परिचालक, दैलेख



Saving the settlement

Chiuri village of Dandagaun VDC-3, Jajarkot is predominantly a Dalit settlement with about 160 Dalit households. But the massive landslide that hit the settlement in July 2012 not only destroyed some of these households but also damaged their school, Nepal Rastriya Primary School. The locals called for help from various sources. But, their concerns were finally addressed by Community Support Program. Janak Mahar, a local says: “We got support during crisis.” Following this, District Development Committee and HELVETAS Nepal also lent support to the community to lay gabion walls and embankment with bio-engineering and provide drinking water supply. The locals have bitter experience. When they knocked the doors of government authorities for help, they were suggested relocating their settlement. But now, they have found a better solution to this problem. Ude Chunar, the coordinator of Disaster Risk Management Committee says: “We have found a perfect solution to protect our settlement from landslides.”

– Ramchandra Jyoti, District Program Officer, Jajarkot

घटती जोगाउने जुटिा श्रैटियो

जाजरकोट जिल्लाको डाँडागाउँ गा.वि.स. वडा नं ३ चिउरी वस्ती दलितहरूको बस्ती हो । यहाँ भण्डै १ सय ६० दलित घरधुरी छन् । २०६९ साल श्रावण र भाद्रमा आएको वर्षाले यो बस्तीलाई मात्र नभएर सँगै जोडिएको नेपाल राष्ट्रिय प्राथमिक विद्यालयलाई पनि पहिरोको चपेटामा पाऱ्यो । यसपछि उनीहरूले धेरैतिर सहयोगको माग गरेपछि समुदाय सहयोग कार्यक्रमले यस बस्तीमा सहयोगको हात अघि बढायो । स्थानीय जनक महर भन्नुहुन्छ- “हामीले आपतको बेला सहयाग पायौं ।” यसपछि जिल्ला विकास समिति, हेल्भेटास नेपालको सहयोगमा समुदायको सहभागितामा चिउरी वस्तीलाई सुरक्षित गर्नका लागि ग्याविन संरचना, जैविक प्रविधि र खानेपानी योजना संचालन भयो । पहिले समस्या लिएर सरकारी निकाय जाँदा बस्ती नै सार्न राम्रो हुने विकल्प सारिन्थ्यो भने अहिले समुदाय स्वयंले सुरक्षित हुने विकल्प भेटेका छन् । “हामीले अब बस्ती जोगाउने चुरो भटेका छौं” -समुदायमा आधारित विपद व्यवस्थापन समिति संयोजक उदे चुनाराको विश्वास हो यो ।

–रामचन्द्र ज्योती, जिल्ला कार्यक्रम अधिकृत, जाजरकोट



School is safe

Pipalchaur Janata Primary School of Laha VDC-4, Jajarkot, which lies about 14 miles away from the district headquarters, is safe now. The river that flows by the school posed no serious threat during the winter, but it was a source of panic in the summer. The landslide that hit school on August 19, 2011 swept away two school buildings. Studies were halted for months. Thanks to Community Support Program, it offered grants to build two-room building. CSP offered Rs 1, 00,000 and locals offered voluntary labor for the purpose. Now, raising gabion walls and tree plantation are going on side by side. School Principal Bala Bahadur Rawal and School Management Committee chairperson Gauradevi Rawal are quite excited to see their school getting new lease of life. They are hopeful that school won't have to face similar fate again.

-Om Bahadur Rawal, Sub-overseer, Jajarkot

शुद्धिक्षित भयो विद्यालय

जाजरकोट जिल्लाको सदरमुकामदेखि १४ कोष टाढा पर्ने लहँ गा.वि.स. वडा नं. ४ मा रहेको पिपलचौर जनता प्राथमिक विद्यालय अब सुरक्षित भएको छ । विद्यालय नजिकै रहेको खोला हिउँदमा राम्रै देखिएपनि वर्षामा विद्यालयको पीडा बनेको थियो । २०६८ साल भाद्र २ गतेको पहिरोले दुईवटा विद्यालय भवन र शौचालय पुरै बगाएको थियो । यसले महिनौंसम्म पठनपाठनमा अवरोध भयो । पहिरोले क्षति गरेको वर्ष नै समुदाय सहयोग कार्यक्रमबाट २ कोठे भवनका लागि सहयोग भयो । यस कार्यका लागि कार्यक्रमबाट १ लाख सहयोग भयो भने जनसहभागिता पनि जुट्यो । अहिले यहाँ ग्याविन लगाउने र वृक्षारोपन गर्ने कार्य गरिएको छ । विद्यालयका प्रअ बलबहादुर रावल विद्यालयले नयाँ जीवन पाएको अनुभव गर्दैछन भने विद्यालय व्यवस्थापन समिति अध्यक्ष गौरादेवी रावल जनसहभागिताबाट भएको यो कामले धेरै कुरा सिकेको अनुभव सुनाउँछिन् ।

-ओम बहादुर रावल, सव ओभरसिएर, जाजरकोट



Beware of disasters

Inhabitants of Ratamata village based in Sari VDC-1, Pyuthan have understood the importance of disaster risk management while carrying out development activities. The village had recently constructed a pond for irrigation purpose. But the villagers were not aware about disaster risk aspects. The water buffaloes that dipped in the lake could not come out of water easily. And there was another risk of children getting drowned. There was a barrier set up around the pond but it did not help. Just then, CARE Nepal and Kalika Development Center stepped in with disaster management program. CSP offered grant of Rs 1,58,901 and the community raised Rs 19,340. With the total of Rs 1,78,241 investment a strong concrete wall has been put up around the pond. It has significantly reduced the risks of children and livestock getting drowned. Besides, the pond has increased the capacity of reserving 57,000 liters more water. Ram Prasad Bhandari, chairman of Disaster Risk Management Program says: "It's essential to ensure disaster management while carrying out local development initiatives."

- Sanjay Rijal, District Program Officer, Pyuthan

सहयोगको हात घट्यो

विकासको काम गर्दा विपद्को सम्भावनालाई पनि ख्याल गर्नुपर्ने कुरा प्यूठान जिल्लाको सारी १ रातामाटाका बासिन्दाहरूले अनुभव गरेका छन्। गाउँमा सिंचाइको अभाव टार्ने सुरु गरिएको पोखरीको योजना पुरा भएपनि विपद्को हिसावले नयाँ समस्याहरू आए। आहाल बस्न जाने भैंसी निस्कन समस्या भयो। बच्चाहरू पनि खेलन जाँदा डुब्ने खतरा भयो। खतरा कम गर्न लगाएको बाँसको बारले पनि केही काम लागेन। यहीबेला केएर नेपाल र कालिका विकास केन्द्र नेपालको साभेदारीमा सञ्चालित समुदाय सहयोग कार्यक्रमको सहयोगमा गाउँमा विपद् जोखिम न्यूनीकरण कार्यक्रम शुरु भयो। यसपछि कार्यक्रमको सहयोगमा एकलाख ५८ हजार ९ सय १ र समुदायको सहभागिता १९ हजार ३ सय ४० गरी जम्मा एकलाख ७८ हजार २ सय ४१ रुपैयाँको लागतमा तुलापोखरी घेरावार योजना निर्माण सम्पन्न भएको छ। योजनाबाट बालबालिका तथा पशुचौपाया डुब्ने जोखिम त घटेको छ नै, त्यसको अलावा पोखरीमा थप ५७ हजार लिटर पानी भण्डार क्षमता बढेको छ। समुदायमा आधारित विपद् व्यवस्थापन समितिका अध्यक्ष रामप्रसाद भण्डारीको अनुभव छ- "विकासको काम गर्दा विपद्को सम्भावनालाई पहिले नै विचार गर्नुपर्ने रहेछ।"

- सञ्जय रिजाल, जिल्ला कार्यक्रम अधिकृत, प्यूठान



Preparedness measures save lives

Balkalyan Primary School based in Sari VDC-7, Gayakharka, Pyuthan is safe from possible disasters. Gabion walls have been put up at the base of school and playground has been widened and resurfaced. Erosion and Sediment Control that was initiated as a part of Community Support Program has kept school protected from possible dangers. With the fund of Rs 4,14,956, that was jointly raised by CSP and local initiatives, gabion walls have been put up to control erosion. Gopal Singh Budha, the Principal of the school says, "There was heavy rain this summer too, but gabion walls fortified the school." School students seem happy to get to play in the big open ground. The school has learned methods of disaster risk management from this program. Now, it has started to raise monthly fund for disaster management. They have also acquired valuable tips on earthquake safety measures.

- Sanjay Rijal, District Program Officer, Pyuthan



पूर्वतयाठीले जोगियो

प्युठान जिल्लाको सारी गा.वि.स.को वडा नं ७ गयाखर्कमा रहेको बालकल्याण प्रा.वि.अब सुरक्षित छ । पहिरोको जोखिममा रहेको यस विद्यालयको तल्लो भागमा ग्याभीन बनेको छ भने विद्यार्थीले खेल्ने खेल मैदान पनि अब फराकिलो भएको छ । विद्यालयको संरक्षणको लागि भू-क्षय नियन्त्रण योजनाका लागि समुदाय सहयोग कार्यक्रमबाट प्राप्त रकम र जनसहभागिता समेत ४ लाख चौधहजार ९ सय ५६ रुपैयाको लागतमा ५० थान ग्यावीन जाली लगाई विद्यालयको भू-क्षय नियन्त्रण योजना सम्पन्न भएको थियो । विद्यालयका प्रधानाध्यापक गोपालसिंह बुढा भन्नुहुन्छ- "यसपाली पानी पर्नसम्म पच्यो, समयमै ग्यावीन जाली लगाएर हामीले विद्यालयलाई जोगायौं ।" विद्यालयमा विद्यार्थीहरु पनि फराकिलो खेल मैदान बनेकोमा दंग छन् । यो कार्यक्रमसँगै विद्यालयले कार्यक्रमबाट विपद जोखिम घटाउने ज्ञान पनि पाएको छ । विद्यालयले मासिक रुपमा आकर्षक कोष उठाउन लागेको छ भने भुकम्पबाट बच्ने ज्ञान पनि उनीहरुले नमूना अभ्यासबाट सिकेका छन् ।

- सञ्जय रिजाल, जिल्ला कार्यक्रम अधिकृत, प्युठान



Prepared to cope with disasters

Gaitasaina village of Athbish Dadagaun VDC in Rukum stands on the bank of Thulobheri River. So the village has to deal with the risks of flood and landslides. The village boasts 53 households but about 280 male members go to India for work. So, there are no hands to save women and children should floods and landslides hit. But ever since the Community Support Program initiated projects here, they have learnt ways of saving themselves from possible dangers. Kopila Malla, the chairperson of Disaster Management Committee says, "We have learnt ways of protecting ourselves from disasters. It's shown us the way of reducing disaster risks." They have created an emergency fund to help themselves. Rs 2,700 has already been collected in the fund so far. Kapil Dev Sharma, the VDC chair says, "This is the good beginning towards preparedness for disaster management."

– Tikaram Khadka, District Program Officer, Rukum

विपद्को सामना गर्न तयार

रुकुम जिल्लाको आठबीस डाँडागाउँ गाविसको गाइतासाइना बस्ती ठूलीभेरी नदीको किनारमा पर्दछ । नदीछेउमा रहेको बस्ती भएकोले पहिरो र बाढीको समस्याले यो बस्ती चपेटामा पर्नेगर्छ । ५३ घरधुरी रहेको यस बस्तीमा भण्डै २ सय ८० मानिसहरू भएपनि पुरुषहरू कामको खोजीमा भारत जान्छन् । समुदाय सहयोग कार्यक्रम सुरु भएपछि नमूना अभ्यासबाट यहाँका बासिन्दाहरूले विपद्बाट बच्ने तरिकाहरू सिक्केका छन् । स्थानीय विपद् व्यवस्थापन समिति अध्यक्ष कोपिला मल्ल भन्छिन्- "हामीले अब विपद्बाट बच्ने तरिका सिक्सकेका छौं । यसले हामीलाई जोखिम कम गर्ने बाटो देखाएको छ ।" विपद्को बेला खाँचो टार्न सजिलो होस भनेर आकस्मिक कोष पनि उनीहरूले सुरु गरेका छन् । यसमा २ हजार ७ सय रकम जम्मा भइसकेको छ । गाविस सचिव कपिलदेव शर्मा भन्छन- "विपद् पूर्वतयारीको लागि यो राम्रो सुरुवात हो ।"

- टीकाराम खड्का, जिल्ला कार्यक्रम अधिकृत, रुकुम



Simbajar is safe

Simbajar village of Athbish VDC, Rukum is one of the most disaster-prone areas. As Gijagar and Thuli Bheri rivers surround the village from two sides, the village remains vulnerable to floods and landslides during rainy seasons. Last year the flood had damaged three households and swept away more than 40 water mills. But, much earlier than the rainy season approaches this year, villagers have started works to protect them. Community Support Program has availed Rs 1, 33,000, and RCIW program of District Development Committee has offered 262 sets of gabion wires, stones required to set up gabion walls, including food grains like rice and pulses. With this assistance, Simbajar has completed the project worth NRs 3 million. Following this, all 53 households feel secured. The villagers have planted bamboos and other trees along the river banks besides putting up gabion walls to ensure safety from possible flood risks. Bir Bahadur Shahi, chairman of Disaster Risk Management Committee says, "We feel safe now. There's nothing to worry about like in the past."

- Tikaram Khadka, District Program Officer, Rukum

सुरक्षित घरव्यो सिमवजार

रुकुम जिल्लाको आठवीस डाँडागाउँ गाविसको सिमवजार विपदको हिसावले जोखिममा रहेको बस्ती हो। एकातिर गिजागर खोला र अर्कोतर्फ ठूली भेरीले घेरेको यो बस्ती वर्षाका बेला जोखिमको चपेटामा पर्दछ। गत वर्ष आएको बाढीले ३ वटा घरमा क्षती गर्नुका साथै खोला किनारमा रहेका ४० भन्दा वढी पानी घट्टहरू बगाएको थियो। यस वर्षको वर्षा सुरु हुनु अगाडि नै यहाँका समुदायले खोलामा बाढी नियन्त्रणको काम गरेका छन्। यसमा समुदाय सहयोग कार्यक्रमको १ लाख ३३ हजार रुपैया र जिल्ला विकास सामितिको आर.सि.आई.डब्लु. कार्यक्रमबाट २ सय ६२ थान जाली र सो जालीका लागि ढुङ्गा तयार गर्न दाल तथा चामल समेत उपलब्ध भएको थियो। यसबाट अनुमानित ३० लाखको काम सम्पन्न भएको समुदायको आकलन छ। यसपछि यहाँका ५३ परिवारले सुरक्षित भएको अनुभव गरेका छन्। समुदायले ग्याविन तारमात्र नभई कटान रोक्नका लागि खोला किनारमा विभिन्न जातका विरुवाहरू समेत लगाएका छन्। स्थानीय विपद व्यवस्थापन समितिका अध्यक्ष बीरबहादुर शाही भन्छन्- "अब हामीलाई पहिले जस्तो डर र त्रास कम भएको छ।"

- टीकाराम खड्का, जिल्ला कार्यक्रम अधिकृत, रुकुम



They are safe

Jhanjhane and Kote rivers surround Chaitura village of Ghatgaun VDC-9, Surkhet. As the people had to walk through these rivers, many lives and livestock had been lost to the raging rivers. Problem worsened as there was no bridge to connect Ghatgaun and Chaitura. The people could get drowned into the surging waters. But this fear has died out especially after the construction of a safe bridge over the river. Social Awareness Center Nepal and CARE Nepal jointly launched bridge construction on their own funding. Disaster Management Program of Ghatgaun VDC built a wooden bridge over Kotkhola. This has brought great joy to the villagers. With Rs 2,05,000 from CSP and Rs 34,000 raised from locals, the bridge project was accomplished in just two months. The bridge has ensured safety to around 250 people who walk to and fro from this bridge daily. Otherwise, they would be risking their lives while travelling around their own places. Now, the villagers have rid themselves of all risks.

- Tej Sonam, Social Mobilizer, Surkhet

अघ जीवन जोखिममा हैन

सुर्खेत जिल्लाको घाटगाउँ गाविसको वडा नं ९ मा रहेको चैतुरा गाउँछेउमा भन्फने र कोटखोला रहेका छन् । यी दुईवटा खोलाको बीचमा हिँड्दा विगतमा चौपाया मात्र हैन मानिसहरु समेत खसेर मरेको स्थानीयहरु बताउँछन् । घाटगाउँ र चैतुरा जोड्ने पुल नहुँदा स्थानीयलाई बाटो हिँड्न खतरा थियो । यसरी जोखिम मोलेर हिँड्नु पर्ने यस खोलामा अब सुरक्षित पुल बनेको छ । समाज जागरण केन्द्र (स्याक) नेपालको आयोजना तथा केयर नेपालको आर्थिक सहयोगमा सञ्चालित समुदाय सहयोग कार्यक्रम अन्तरगत घाटगाउँ गाविसको गाविस स्तरीय स्थानीय जोखिम व्यवस्थापन समितिले निर्माण गरेको योजनामा यस कोटखोलामा पुल निर्माण भएको हो । काठेपुल निर्माण भएपछि स्थानीय बासिन्दाहरुको मन खुशीले भरिएको छ । संस्थाबाट प्राप्त २ लाख ५ हजार र समुदायको करिव ३४ हजार लगानीमा काठेपुल निर्माण कार्य करिव २ महिनामा सम्पन्न भएको थियो । यसबाट दैनिक हिँड्ने करिव २ सय ५० जना मानिसहरुलाई सहज भएको छ । आफ्नो ज्यान जोखिममा मोली चारहाल खुट्टा टेकेर हिँड्नु पर्ने यस ठाउँका बासिन्दाहरुको पुरानो दुःख र पीर टुटेको छ ।

- तेज सोनाम, सामाजिक परिचालक, सुर्खेत



I sleep soundly these days

Ain Bahadur Sahi lives in Bharta VDC-8 of Kalikot. His house adjoins Karnali Highway but land upon which it stands is not firm enough and thus not free from disaster risks. Blasting during road construction sent tremors to his house putting his abode to risks of landslide even at the light rains. July rain in 2010 had put his house to landslide risk. The downpour of July 18, 2013 eroded the front yard significantly. Thank God, the house did not collapse. Ain Bahadur has nothing to worry about now. KIRDARC and CARE Nepal-CSP have formed Landslide Prevention Committee in the village, put up gabion walls and planted trees by creating the embankment. The landslide has stopped. Ain Bahadur says, "I sleep without any fear; I get sound sleep these days."

- Madhuraj Chaulagain, Technical Assistant, Kalikot

अघ श्रानढ्दले निढाउँदु

ऐनबहादुर शाहीको घर कालीकोट जिल्लाको भर्ता गाविस वडा नं ८ मा पर्दछ । कर्णालीको राजमार्गले जोडिएको ठाउँमा उनले घर बनाएपनि घर बनाएको ठाउँको जमिन त्यती बलियो थिएन । बाटो खन्दा ब्लास्टिङ् गर्दा जमिनमा थर्कावटले गर्दा सानो पानी पर्दा पनि पहिरोको खतरा हुन्थ्यो । २०६७ साल साउनमा आएको वर्षाले नै उनको घर संकटमा परिसकेको थियो । २०७० साल श्रावण ३ गतेको अबिरल वर्षाले बाढी आउँदा उनको घरआँगनमै पहिरो गयो । तर धन्य उनको घर नै पहिरोमा भने परेन । किर्डाक र केएर नेपालको समुदाय सहयोग कार्यक्रमबाट पहिरो रोकथाम तथा नियन्त्रण समिति गठन गरी हाल ग्यावीन, तटवन्ध गरी वृक्षारोपण समेत गरिएको छ । आजभोलि पहिरो रोकिएको छ । ऐनबहादुर भन्छन- "आजभोलि ढुकसँग आनन्दले निदाउने गर्दछु ।"

- मधुराज चौलागाई, प्राविधिक सहायक, कालिकोट



Great relief for village

Shrinagar VDC lies close to the district headquarters of Mugu. Talitum village of Shrinagar that is one hour walking distance from district headquarters had been reeling under problem of landslides every rainy season. Guyokhola river, which flowed by village had troubled 130 households. But, ever since Community Support Program launched embankment making in the area, the villagers have felt a great relief. The project worth Rs 2, 12,000 was implemented when the villagers lent voluntary labor on one-house-one-labor basis. Shri Chandra Rawal, the chairperson of Disaster Risk Management Committee says, "We no more worry about Guyokhola, nor do we have to worry about possible landslides." People of this village have also received training on various other subjects such as rescue and search, preparedness program and first aid treatment to be administered during disaster.

- Jivan Pandey, Technical Assistant, Mugu

गाउँलाई नै राहत मिल्यो

श्रीनगर, मुगु जिल्लाको सदरमुकाम अवस्थित गाविस हो। जिल्ला सदरमुकाम गमगढीबाट १ घण्टाको पैदल दुरीमा रहेको तलितुम गाउँले पहिरोको मार खेपिरहेको थियो। एकसय तीस घरपरिवार रहेको यस समुदायको छेउबाट बग्ने गुयेखोलाले समुदायलाई प्रत्येक वर्ष क्षति पुऱ्याइरहेको थियो। समुदाय सहयोग कार्यक्रमको सहयोगमा तटबन्धन निर्माण योजना छनोट भएपछि स्थानीय बासिन्दालाई राहत भएको छ। २ लाख १२ हजारको लागत भएको उक्त योजनाको कार्यान्वयनको लागि तलितुम गाउँका प्रत्येक घरपरिवारबाट एक जनाका दरले योगदान गरेका थिए। समितिका अध्यक्ष श्रीचन्द्र रावलको अनुभवमा यसले गाउँलाई सुरक्षित बनाउन सहयोग पुगेको छ। भन्छन्- "अब गुह्यखोलाले गाउँलाई क्षति पुऱ्याउला भन्ने हामीलाई कुनै चिन्ता छैन।" यहाँका समुदायले विपद् व्यवस्थापनमा खोज तथा उद्धार, प्राथमिक उपचार तथा पूर्व सूचना प्रणाली सम्बन्धी तालिम लिएका छन्।

- जीवन पाण्डे, प्राविधिक सहायक, मुगु



Nothing to worry

Even small causes can lead to big disasters sometimes. This maxim holds true to Sahilabada village that lies in Pahada VDC-2, about 15 miles from Dunai, the district headquarters of Dolpa. Their inability to manage the deluge through proper ditches would put the whole settlement into danger. The village of 65 households remained in constant fear of floods and landslides every rainy season. But, after Community Support Program launched Disaster Risk Management in Sanhilabada, a 130 meter long and 80 meter wide ditch has been made. This has greatly reduced the disaster risk in the village. The locals have felt that it has also helped to avert the risk of landslides. There is nothing to worry for the locals now. They rest assured; they will be safe in the upcoming rainy season.

- Paban Budha, Social Mobilizer, Dolpa

अघ पिटलो ढैन

साना कारणले गर्दा पनि कहिलेकहीं ठूलो विनास मच्चिन्छ। डोल्पाको सदरमुकाम दुनैबाट १५ कोष टाढा अवस्थित पाहाडा गा.वि.स. वडा नं. २ शाहीलावाडा बस्ती यस्तै विनासको कथा बोकेर बसेको थियो। वर्षायाममा गाउँमा भलकुलोको व्यवस्था नहुँदा त्यसले सिंगो बस्ती नै जोखिममा पार्दथ्यो। ६५ घरधुरी रहेको यस बस्तीका मानिसहरू वर्षा लागेपछि सदैव पहिरोको त्रासमा हुन्थे। सामुदायिक सहयोग कार्यक्रमको विपद् न्यूनीकरण कार्यक्रममा शाहीलावाडा गाउँ छनोटमा परेपछि १३० मिटर लामो र ८० मिटर चौडा भलकुलो बनेको छ। यो भलाकुलो बनेपछि पहिरोको खतरा पनि कम भएको अनुभव समुदायले गरेका छन्। आउँदो समयमा पहिले भै वर्षाका बेला गाउँ बग्ला भन्ने पिरलो अब समुदायलाई छैन।

- पवन बुढा, सामाजिक परिचालक, डोल्पा



Disaster awareness in school

Netrajyoti Lower Secondary School lies about 38 kilometers away from Khalanga, the district headquarters of Jumla. The school situated in Odhigaun has built a two-room earthquake proof building under Community Support Program's initiative. With a completion of the new building, the number of students has increased significantly. Ranga Bahadur Rokaya, the school principal says, "After we made new building, the student number has gone up as well." This has also helped to raise awareness among teachers, students and the guardians alike. The program offered grants of Rs 11,01,907, community raised Rs 95,000 and VDC contributed Rs 50,000 for the purpose. The new building stands at the collective effort of the three parties. "As the construction work was underway, the school also launched disaster preparedness and mitigation plan, formed students working groups and created emergency fund all along," says Bhai Bahadur Rokaya, who is the chairman of school management committee.

- Harisharan Chapagain, District Coordination Officer, Jumla

विद्यालयमा विपद् चेतना

जुम्ला जिल्लाको सदरमुकाम खलङ्गादेखि २२ कोष (३८ कि.मी.) टाढा अवस्थित ओदीगाउँमा नेत्रज्योती नि.मा.वि रहेको छ। समुदाय सहयोग कार्यक्रम अन्तर्गत २ कोठे भुकम्प प्रतिरोधात्मक भवन निर्माण भएको छ। नयाँ भवन बनेपछि विद्यार्थीहरूलाई सजिलो भएको छ। विद्यालयको निर्माणपछि विद्यार्थी संख्या पनि बढेको छ। विद्यालयका प्रधानाध्यापक रंगबहादुर रोकायका अनुभव छ- "विद्यालयको निर्माणपछि विद्यार्थीहरूको संख्या पनि बढेको छ।" यससँगै शिक्षक, अभिभावक तथा विद्यार्थीहरूलाई विपद् सम्बन्धि जनचेतना अभिवृद्धि भएको छ। कार्यक्रमको ११ लाख १ हजार ९ सय ७ समुदायको ९५ हजार २ गाविसको ५० हजार लागतमा यो भवन बनेको हो। निर्माण कार्यमा सहभागी हुँदै गर्दा विद्यालयले विद्यालय विपद् पुर्वतयारी प्रतिकार्ययोजना, विद्यार्थी कार्यदल गठन, विद्यालय आकषिक कोष स्थापना गर्ने योजना गरेको विद्यालय व्यवस्थापन समितिका अध्यक्ष भै बहादुर रोकाय बताउँछन्।

- हरिशरण चौलागाई, जिल्ला परियोजना अधिकृत, जुम्ला



God is in our side

Sittad village of Baitadi district is one among the villages which has to bear the brunt of landslides every year. Flood from nearest river and mudslides from upper hills had disturbed their peace for several years. The villagers attributed the tragedy to god's wrath. But, after RUDESH Baitadi chapter launched Community Support Program under CARE Nepal's assistance, things have changed. When the torrential rains hit village in July last year, villagers were seen walking around alerting the rest of them through microphones. They were also seen using the rescue materials provided to them to cope with the disaster. It has enhanced people's skills to cope with the tragedy. Ratan Singh Karki, chairperson of the Committee says, "We got to learn great many things." Luk Bahadur Chhetri, Chief District Officer of Baitadi and also the chairperson of District Disaster Management Committee appreciates CSP for its role in making people aware about disaster risks management.

- Bhagirath Awasthi, Assistant Field Officer, Baitadi

अथ देवता लाग्दैनव

बैतडीको सित्तड गाउँ वर्षाका बेला पहिरोको त्रासमा परिरहने गाविस हो । नजिकको खोलामा आउने बाढी र गाउँका पाखाहरूमा आउने पहिरोले उनीहरू त्रासमा हुन्थे । तर यो बाढी र पहिरोको कारण धेरै मानिसहरू देवीदेवतालाई लगाउँथे । केएर नेपालको सहयोगमा रुडेश बैतडीद्वारा संचालित समुदाय सहयोग कार्यक्रमपछि भने अवस्था फेरिएको छ । असारको पहिलो साता परेको अविरल वर्षाले जनजीवन प्रभावित हुँदा समितिका सदस्यहरूले हातेमाइको प्रयोग गरेर सुरक्षित स्थानमा बस्न अपील गर्दै हिंडेका थिए । समुदायमा प्राप्त भएका विपद् उद्धार सामग्रीहरूको प्रयोग समेत उनीहरू गरिरहेका छन् । समुदायमा विपद् कम गर्ने सीप र क्षमता बढेको छ । नमूना अभ्यासबाट उनीहरूले धेरै कुरा सिक्नेका छन् । समितिका अध्यक्ष रतनसिंह कार्कीको अनुभव छ- "हामीले धेरै कुरा सिक्छौं ।" विपद्का बारेमा समुदायलाई जागरूक बनाउने कार्य निकै सराहनीय भएको बैतडीका प्रमुख जिल्ला अधिकारी एवं जिल्ला विपद् व्यवस्थापन समितिका अध्यक्ष लुकबहादुर क्षेत्रीको अनुभव छ ।

- भगीरथ अवस्थी, सहायक फिल्ड अधिकृत, बैतडी



Blessing of early warning system

The locals of Panjyonyabasti, which lies in Sittad VDC-4, Baitadi have realized that sending alert notice to people in time can save lives and properties. The village stands on the bank of Chamelia River. Local traders would lose goods to flood during rainy season. In fact, this had become a routine affair for the villagers. Chameliya River had submerged the whole settlement area including local bazaar in July 2013. The water level had risen to about 50 meters above. However, they did not have to bear great loss of lives and livestock. Not because they were favored by luck but because they had acquired training on alert and warning systems. Ratan Singh Karki, the chairperson of Disaster Management Committee says, "The training that we received on alert and warning helped us to protect our properties. As the water level rose, we sent people to safe areas with their valuables. Once the water level receded, they came back to their houses."

- Tejram Lohar, District Program Officer, Baitadi

पूर्व सूचनाको पत्राङ्क

समयमा सुचना दिन सकियो भने विपद्बाट हुने जनधनको क्षति रोक्न सकिने रहेछ भन्ने अनुभव बैतडी जिल्लाको सित्तड गा.वि.स. को वडा नं. ४ पन्ज्युनयावस्तीका बासिन्दाहरूले गरेका छन्। चमेलिया नदीको किनारमा रहेको यो गाउँले बजारमा व्यवसायीहरूले विक्रीका लागि राखेका समानहरू वर्षायाममा सँधैजसो गुमाउनु पर्ने वाध्यता थियो। २०७० को अषाढमा पनि चमोलिया नदिको वहावले पन्ज्युनया क्षेत्रको पुरै बजार लगायत नजिकको वस्ती जलमग्न अवस्थामा पुगेको थियो। नदि किनारबाट पानीको वहाव भण्डै ५० मिटर भन्दा माथि पुगिसकेको थियो। पानीको वहाव बढ्दै जादा सो क्षेत्रका मानिसहरूले ठूलो मात्रामा धनजनको क्षति भने बेहोर्नु परेन। यसको कारण थियो समुदायमा भएको पूर्वसूचनाको तालिम र सीप। समुदायस्तरीय विपद् व्यवस्थापन समितिका अध्यक्ष रतनसिंह कार्की भन्नुहुन्छ- "तालिमबाट हामीले बाढी आउनु पूर्वका संकेतहरू र सुचनाका तरिकाहरूबारे जे जति जानकारी प्राप्त गरेका थियौं, त्यसले हाम्रो वस्तीको ठूलो धनमाल जोगियो। नदीको बहाव बढ्दै गएपछि त्यहाँका मानिसहरूलाई बहमुल्य सामान सहित सुरक्षित स्थानमा पठाइएको थियो र पानीको वहाव कम भएपछि उनीहरू फेरि फर्केर थिए।

- तेजराज लोहार, जिल्ला कार्यक्रम अधिकृत, बैतडी।



Disaster fund continues

Erosion, loss of land and landslides had paralyzed lives of people in Papparhala village in Bohorigaun VDC-3, Darchula. Yet, the poor people had no option but to face these disasters. They did not know these threats could be minimized or controlled by human power. But, after Community Support Program(CSP) launched Community Based Disaster Risk Reduction Program, things began to change. The people who participated in the program received trainings and understood the importance of disaster fund and set up such fund instantly. Each household collects Rs 50 monthly and deposits it in the fund. Now, the fund has reached Rs 9,000. Dhanadev Joshi, the chairperson of Disaster Management Committee says, "If the community rises to the need of the time, disaster risks can be minimized." Devdutta Joshi, a local resident says, "We have learnt new things now and it has made us much safer than in the past. So, disaster fund that we started will continue."

– Raghibir Singh Thagunna, Social Mobilizer, Darchula



विपद् कोष विस्तृत

दार्चुला जिल्लाको बोहरीगाउँ गाविस वडा नं. ३ पपरथलामा वर्षौंदेखि खहर खोलाको कटान, भू-क्षय, भल, पहिरो जस्ता विपद्को पीडा थियो। यी सबै विपद्हरूको सामना गर्नुको विकल्प पनि उनीहरूमा थिएन। समुदायको जागरण र पुर्वतयारीले क्षति कम गर्न सकिन्छ भन्ने कुरा पनि उनीहरूले थाहा पाएनन्। समुदाय सहयोग कार्यक्रम अन्तर्गत समुदायमा आधारित विपद् व्यवस्थापन कार्यक्रम संचालन भएपछि गाउँको जोखिम र विपद् व्यवस्थापनका लागि कार्ययोजना निर्माण भएको थियो। त्यसको लगत्तै समुदायमा आधारित विपद् व्यवस्थापन तालिम संचालन गरिएको थियो। तालिममा नै उनीहरूले विपद् कोषको बारेमा जानकारी पाएका थिए। घरधुरीको मासिक ५० रुपियाँ उठाउँदा अहिले समुदायको विपद् कोषमा करीव ९ हजार रकम पुगिसकेको छ। समिति अध्यक्ष धनदेव जोशी भन्नुहुन्छ- समुदाय जागोमा विपद्को खतरा कम गर्न सकिने रहेछ। स्थानीय देवदत्त जोशी भन्नुहुन्छ- "हामीले अब नयाँ कुरा सिकेका छौं यसले हामीलाई पहिलेभन्दा सुरक्षित अनुभव गराएको छ। हामीले सुरु गरेको विपद् काष अब निरन्तर चल्लछ।"

– रघुविर सिंह ठागुन्ना, सामाजिक परिचालक, दार्चुला



Learning by watching

Street plays on disaster risks and safety measures were staged in Kailashmandau and Brahmatola villages of Bajura. The plays dealt with issues like disasters and early warning system. These street plays have helped locals to be more conscious about disaster risks. The plays also shed light on how sometimes even the small causes can lead to big risks and how such risks can be avoided. The plays organized by GIFT (Bajura chapter) under CARE Nepal's Community Support Program, informed people about pre-warning and preparedness during and after the disaster. Man Bahadur Saud, local of Kailashmandau-8, Bagapata says, "The plays taught us that disasters keep looming all the time and therefore, we need to be prepared to face risks." Indra Thapa, a local from Brahmatla-9 shares: "The plays have taught us a great deal about how to remain safe during disaster. We can use this knowledge in reducing the disaster risks."

– Krishna Bahadur Adhikari, District Program Officer, Bajura

नाटकले दियो चेतना

बाजुरा जिल्लाको कैलाशमाडौ र ब्रम्हतोला लगायतका १३ स्थानहरूमा विपद जोखिम र त्यसबाट बच्न सकिने सन्देशसहितको सडक नाटक देखाइएको छ। विपद के हो ? विपदका लागि पूर्व तयारीहरू के गर्न सकिन्छ ? विपदको अवस्थामा कसरी सुरक्षित हुने ? भन्ने सन्देशले भरिएको नाटकले समुदायलाई विपदका विषयमा जागरुक तुल्याएको छ। व्यक्ति र समुदायको सानो कमजोरीले कसरी विपद आउँछ र सानो होसियारीले कसरी जोगिन सकिन्छ भन्ने सन्देशहरू पनि नाटकमा समावेश थिए। विपदको बेला, विपद हुनु अगावै र विपद भईसकेपछि अपनाउनुपर्ने होसियारी, सर्तकता आदिका बारेमा नाटकले चेतना बाँडेका थियो। केएर नेपालको समुदाय सहयोग कार्यक्रमको सहयोगमा स्थानीय साभेदार संस्था गिफ्ट बाजुराले कार्यक्रम आयोजना गरेको थियो। कैलाशमाण्डौ ८ बागापाटाका स्थानीय मानबहादुर साँउदको अनुभव छ- विपद हाम्रै वरिपरि नजिक घुमिरहेको हुने रहेछ र त्यसबाट बच्न हाम्रो सावधानीले ठूलो काम गर्ने रहेछ भन्ने नाटकले देखायो। ब्रम्हतोला ९ का स्थानीय इन्द्रा थापा भन्नुहुन्छ विपद आउँदा कसरी होसियारी अपनाउने भन्ने विषयमा नाटकले धेरै चेतना दिएको छ। यसबाट विपदको असरलाई न्यूनीकरण गर्न सकिन्छ।

– कृष्णबहादुर अधिकारी, जिल्ला कार्यक्रम अधिकृत, बाजुरा

Flood canals reduce risks

Disaster awareness has significantly increased in Khulekh village of Khatiwada VDC-6, Doti after Community Support Program was launched here. Soon they realized that lack of flood canals and waterways was chief cause of village having to face risks. So, they have dug a flood canal that stretches up to Dhunde River, their source of worries. "This has prevented the river from entering the village ensuring safety," says Taradevi Bogati, the member of early warning task force group. In fact, the whole community has felt it. The amount of flood water that seeped into the village earlier has been drastically cut down. Toladevi Bhul, the chairperson of the committee, says that footpaths and tracks are safer and there have been no landslides this year. Encouraged, the community is planning to erect gabion walls and plant trees at various places to keep themselves safe.

– Nabaraj Khadka, Social Mobilizer, Doti



भलकुलो काटका जोखिम घट्यो

डोटी जिल्लाको खातीवडा गाविस वडा नं. ६, खुल्लेकमा समुदाय सहयोग कार्यक्रम संचालन भएपछि विपदको चेतना पनि बढेको छ । गाउँमा वर्षाका बेला भलकुलो नहुँदा पहिरो गएको थाहा भएपछि उनीहरूले यसवर्ष समुदायको सहभागितामा गाविसदेखि दुपे खोलासम्म गाँउको माथीतिर भलकुलो काटेका छन् । जसले गर्दा पहिलेको जस्तो गाँउमा पानी पस्न नपाई पहिरोबाट क्षती हुन बचेको पुर्वसुचना कार्यदल सदस्य तारादेवी बोगटीको अनुभव छ । भलकुलो काटेर गाउँमा पानी पस्न नदिएपछि सम्भावित खतरा घटेको समुदायले महशुस गरेका छन् । भलकुलो काटेपछि गाँउमा आउने धेरैजसो पानी कम भएको छ । “पहिले जस्तो खोला बाटोघाटो पनि बिग्रेको छैन र यसपटक पहिरो पनि गएको छैन”- समितिकी कोषाध्यक्ष तुलीदेवी भुल बताउनुहुन्छ । भलकुलोलो राहत भएपछि केही ठाउँमा जालीमा ढुंगा भर्ने र वृक्षारोपण गर्ने योजना समुदायले बनाएका छन् ।

- नवराज खड्का, समुदाय परिचालक, डोटी



Embankment in Mohana

People of Badakipaliya village of Pabera-2, Kailali had to panic each rainy season. The risk was that of flood. They would be ridden with terror upon seeing black clouds up in the sky for they could bring great floods. The flood at Mohana River has in fact been perennial source of panic for the villagers here. But, people have risen to the need of addressing the problem. They have put up a 1500 meter long embankment from Gobaraila Ghat to Badkipaliya Ghat and planted various shrubs and plants over the embankment along the river bank. Pravat Chaudhary, Secretary of Badkipaliya Disaster Risk Management Committee believes that it will help to control erosion of land as well. "Embankment has helped to stop erosion of land in many places of Kailali, therefore we set up such an embankment here," says Janaki Chaudhary, Chairperson of Champha Chameli Citizen Awareness Center. The locals had raised contribution amounting to Rs 1,00,000. Because of this, the people did not have to face erosion this year.

- Dipu Chaudhary, Social Mobilizer, Kailali

मोहनामा जैविक तटबन्धन

कैलाली जिल्लाको पबेरा २ बडकीपालिया समुदायका मानिसहरू हरेक वर्ष वर्षायाममा बाढीको त्रासमा हुन्छन् । पहाडमा कालो बादल देख्ने वित्तिकै यहाँका मानिसहरू भारी वर्षा आउने र त्यसले गाउँमा मच्चाउने सम्भावित त्रासमा हुन्छन् । मोहना नदीमा आउने यो बाढी सँधैको लागि पीडा बनेको छ । यही बाढीको कम गर्न यहाँका समुदायले गोबरैलाघाटदेखि बडकीपालियाघाटसम्म १५०० मिटर लामो क्षेत्रमा जैविक तटबन्धन निर्माण गरेका छन् । मोहना नदी कटान गरेर गाउँघरमा पस्ने डरले नदीको किनारमा माटो थपेर वृक्षारोपण गरेका हुन् । बडपलीया विपद जोखिम न्यूनिकरण व्यवस्थापन समितिका सचिव प्रभात चौधरी यसबाट जमीनको कटान पनि राकिने बताउनु हुन्छ । "जैविक बाँध कैलालीका धेरै समुदायमा बाढीको कटान रोक्न राम्रो देखियो, त्यसैले हामीले पनि जैविक तटबन्ध बनाएका हौं"- चम्फा चमेली नागरिक सचेतना केन्द्रका अध्यक्ष जानकी चौधरी बताउनुहुन्छ । यस कार्यका लागि यहाँका समुदायले एकलाख भन्दा बढीको जनसहभागिता जुटाएका थिए । यसवर्ष तटबन्धकै कारण यस समुदायले कटानको समस्या भोग्नु परेन ।

- दिपु चौधरी, सामाजिक परिचालक, कैलाली



Trainings pay off

Dobara village of Gankhet VDC-5, Dadeldhura is one among the disaster-prone villages. Landslides and flooding have made situations worse. But Dobara felt relief when it was selected for Community Support Program. CSP launched three days disaster risk reduction program by imparting trainings on early warning, first aid and search and rescue. This has changed people's perspectives about disasters and they know disasters can be dealt with. Parbati Bista is among those who received training on rescue and search operation. The flood surged in the local river right after she returned from the training. So, she and other friends could take villagers to safety and save their lives. This was possible because of the training. They tried to divert the course of the flood by erecting stone barriers at various places and informed the people to run towards safe places. Parbati says, "The flood could have caused serious damage to the village that day. But the skills I received during the training helped me reduce risks and save their lives."

- Parbati Bista, Member, Disaster Risk Reduction Committee, Dadeldhura

तालिमको शीप काम लाग्यो

डँडेलधुरा जिल्लामा पर्ने गांखेत गा.वि.स.को वडा नं. ५ मा पर्ने डोबरा गाउँ विपदको हिसावले हेर्दा जोखिममा रहेको गाउँ हो। पहिरो र खहरे बाढी यस गाउँका सधैंका समस्याहरू हुन्। समुदाय सहयोग कार्यक्रमले विपदका लागि काम गर्न गा.वि.स. सँग समन्वय गर्दा छानिएका २ वटा समुदायमध्ये डोबरा गाउँ एक थियो। कार्यक्रमले ३ दिने विपद जोखिम व्यवस्थापन तालिम, खोज तथा उद्धार तालिम, पुर्व सचेतना तथा प्राथमिक उपचार तालिम सम्पन्न गरेपछि यहाँका बासिन्दाहरूमा विपद्प्रतिको धारणामा फरक आएको छ। पार्वती विष्टले कार्यक्रमकै सहयोगमा खोज तथा उद्धार तालिम लिएकी थिइन्। तालिमबाट फर्किएको लगत्तै खहरे खोलामा बाढी आयो। यस्तो बेला उनी र उनका साथीहरूले खोज तथा उद्धारको नियम र सुरक्षा अपनाई सबैलाई सुरक्षित स्थान तर्फ लम्ने र घरजग्गा र पशुहरूलाई बचाउने प्रयास गरे। कतै दुःखाको थुप्रो लगाएर पानीको बहाबलाई अन्तै मोड्ने प्रयास भयो। कतै मानिसहरूलाई सूचना दिने काम भयो। पार्वती भन्छिनः त्यसदिनको बाढीले गाउँमा ठूलै क्षति गर्न सक्थ्यो, तर साना कामहरूले पनि क्षति कम हुने रहेछ। तालिममा सिकको सीप बाढीका बेला काम लाग्यो।

- पार्वती विष्ट, स.आ. वि.जो. न्यू. समिति सदस्य, डडेल्धुरा



Disaster won't repeat

Amarpur VDC of Panchthar District has a terrible tale to tell about disaster. As many as 22 people lost their lives to a terrible landslide that occurred in 1993. However, CARE Nepal and Nepal Red Cross Society, Panchthar chapter have started some disaster management initiatives to address these problems. Now, a footpath has been built up to connect local school with village. The difficult track had made it much difficult for students to go to and return from school. Indra Dhakal, the principal of school says, "About 25 students used to come before. Now, at least 40 do." The community has prepared work plan for reducing risks of arson and landslides. All this has empowered the locals to save their lives. Now, they believe that even small initiatives can help to avert great crisis. They are confident that Amarpur won't have to face disaster like that of the past.

- Gururaj Timsina, District Program Officer, Panchthar

अघ विपद् दोहोर्दैन

पाँचथर जिल्लाको अमरपुर गाविससँग विपद्को कहानी लाग्दो अनुभव छ। २०५० सालमा गएको पहिरोबाट यहाँका २२ जना स्थानीयले जीवन गुमाउनु परेको थियो। यही स्थानमा केएर नेपाल र नेपाल रेडक्रस सोसाईटी पाँचथरले विपद् व्यवस्थापनका केही कामहरू गरिरहेका छन्। समुदायले बनाएको विपद् जोखिम न्यूनिकरण योजना अनुरूप अष्टेरो अवस्थामा रहेको विद्यालय जोड्ने गोरेटो बाटो बनेको छ। बाटो अष्टेरो भएको कारण पहिले भन्दा विद्यालय आउने विद्यार्थीहरू बढेका छन्। "पहिले दैनिक रूपमा २० देखि २५ मात्र उपस्थित आउँथे भने अहिले ३५ देखि ४० विद्यार्थीहरू आइरहेका छन्"- विद्यालयका प्रधानाध्यापक इन्द्र ढकाल बताउँछन्। समुदायले आगलागी र पहिरोको क्षति कम गर्ने कार्ययोजना बनाइसकेका छन्। यसले स्थानीय समुदायको क्षमता समेत बढाउँदछ। साना कामहरूले ठूला घटना रोक्छ भन्ने कुरामा समुदाय विश्वस्त छन्। उनीहरूको विश्वास छ अब अमरपुरले पहिले भोगेको विपद् दोहोरिदैन।

- गुरुराज तिमिसिना, जिल्ला कार्यक्रम अधिकृत, पाँचथर



Trust in embankment

Jogidaha VDC lies 13 kilometers east from Gaighat, the district headquarters of Udayapur. Mothiyahi village of ward 9 had been losing a significant portion of arable land to surging Suknahi river each year. VDC and other stakeholders had tried their best since 1994 to put up gabion walls and sand sacks to prevent crisis but in vain. But, ever since CARE Nepal and Muldhar Women Service Center jointly conducted Community Support Program to put up an embankment with bio-engineering, people's trust towards such initiatives has increased. They have stopped letting the cattle roam about after the embankment. With bio-engineers the grants of Rs. 180,454 from CSP and community initiative, biological embankment has been put up at Rs 2,58,854 investment. And, it has controlled the flow of the river. Along the embankment area, bamboo plants and other shrubs are growing. The community has started to rely more on such embankment than on gabion walls and other measures. Naradmani Uprety, who was quite skeptic about the efficacy of such initiative until recently says, "That was a wrong perception."

- Narayan Gopal Thapa, Community Support Program, Udayapur

जैविक तटवन्धमा विश्वास

उदयपुर जिल्लाको सदरमुकाम गाइघाटबाट १३ किमि पूर्वमा अवस्थित जोगिदह गाविस वडा नं ९, मोथियाहीमा सुकनाही खोलाले समुदाय र खेतीयोग्य जमिनलाई नष्ट गर्ने गर्दथ्यो । गाविस र अन्य सरोकारवाला निकायबाट २०५४ सालबाट नै पटक पटक जाली लगाउने र बालुवाको बाँध निर्माण गर्दा पनि यस खहरेको असरबाट छुटकारा पाउन सकेको थिएन । केएर नेपाल र मूलधार महिला सेवा केन्द्र (मासवेस)को साभेदारीमा सञ्चालित समुदाय सहयोग कार्यक्रम उदयपुरको सहयोगमा समुदायले जैविक बाँध बनेपछि समुदायको विश्वास बढेको छ । जैविक बाँध बनेपछि समुदायले चरिचरण बन्द गरेका छन् । समुदाय सहयोग कार्यक्रमको १ लाख ८० हजार ४ सय ५४ र समुदायको सहभागिता समेत २ लाख ५८ हजार ८ सय ५४ मा सुकनाही खोला नदी नियन्त्रणको कार्य सम्पन्न भएको छ । जैविक बाँध भएकोले बाँधको नजिकमा विभिन्न प्रजातिका विरुवा र बाँसहरू हुर्किरहेका छन् । आजभोलि जालीको बाँध भन्दा यस्तै बाँध नै ठीक हुने कुरामा समुदायको विश्वास बढेको छ । बाँध निर्माणमा अविश्वास प्रकट गर्ने नारदमणी उप्रेती भन्छन्- "हाम्रो पहिलेको सोचाइ नै गलत रहेछ ।"

- नारायण गोपाल थापा, सामुदाय सहयोग कार्यक्रम, उदयपुर



Confidence grows in Dandagaun

Dadagaun village which lies close to district headquarters of Okhaldhunga in Baruneshwar VDC-9, has seen for itself what it means to bear the brunt of landslides. Since 1993, Patting Khola and Lippekholo have caused serious damage to whole settlement area. These rivers are pulling the village down. District Development Committee and other organizations had relocated villagers to Birendra Basti, about two hours walk from Dadagaun. But, since they had nothing else to support the family, they had no option but to return to their own homes. Now, except for the four families who lost their houses to landslides, others have started to live here. This is because the locals have developed confidence that they can cope with such tragedies after they received training from Community Support Program. CSP imparted four days training on search and rescue precautions to take during landslides. They have realized that pre-alert measures can help them save lives and properties. Tenji Sherpa, a local says, "Search and rescue training has added to our confidence. If we get early warning, we can minimize disaster risks." Doma Sherpa says, "Now we have search and rescue skills, awareness and also the rescue tools to help us save ourselves."

- Peshal Kumar Khatri, District Program Coordinator, Okhaldhunga

ढँडागाउँका ढासिन्ढामा आएको आत्मविश्वास

सदरमुकाम ओखलढुंगासँगै जोडिएको बरुणेश्वर गाउँ विकास समितिको वडा नं. ९ ढँडागाउँ पहिरोको त्रास बेहोरिसकेको गाउँ हो । २०५० देखि पाकिखोला र लिप्पेखोलाबाट तानिन थालेको यो गाउँ पहिरोले क्षतविक्षत बनाइसकेको छ । २०५३ सालमा जिविस लगायत अन्य संघ संस्थाहरुको सहयोगमा यहाँका समुदायलाई २ घण्टा टाढा पर्ने बीरेन्द्र वस्तीमा पुर्नवास गराईए पनि बस्ने बासले मात्र समुदायको गुजारा नचल्ने भएकोले पहिले छाडेको घरमा फर्किएर बस्न सुरु गरेका थिए । पहिरोले घर बगाएका ४ घरधुरी विस्थापित भए पनि अरु समुदाय यहाँ बसेका छन् । समुदाय सहयोग कार्यक्रमको सहयोगमा भएको विपद् जोखिम तालिम पाएपछि यहाँका समुदायमा पहिलेभन्दा बढी आत्मविश्वास आएको छ । चारदिने खोज तथा उद्धार तालिमपछि समुदायका व्यक्तिहरुले पहिरोको बेला अपनाउने सावधानीको कुरा थाहा पाएका छन् । आफ्नो पूर्वतयारीले जनधनको क्षति रोक्न सकिन्छ भन्ने महशुस उनीहरुले गरिसकेका छन् । स्थानीय तेब्जी शेर्पा भन्छन्- "यो खोज तथा उद्धार तालिमले हामीलाई ढुक्क बनाएको छ । पूर्वतयारी भयो भने पहिरो आएपनि क्षति क मगर्न सकिने रहेछ ।" डोमा शेर्पा भन्छन्- "अब हामीलाई खोज तथा उद्धार गर्ने सीप, चेतना र आवश्यक उद्धार सामग्री हामीसँग छ ।"

- पेशल कुमार खत्री, जिल्ला कार्यक्रम संयोजक, ओखलढुंगा



Laparak's spirit

Jasmaya Gurung had just given birth to a baby a day before when she had to leave her house behind and run for safety due to looming threat of landslide. This, later, resulted into bodily complication. It caused her uterus problem. But Jasmaya, who is the resident of Laprak village of Gorkha, has changed her perspectives now. Trained on disaster risk management, she has understood how important role a community can play to avert disaster risks. Laprak stands at 22 miles from district headquarters of Gorkha and most of the people have sad tale to tell. Many from this Gurung settlement have lost their lives to landslide. And so, every rainy season they are in the constant fear of being swept away by landslide. But, they seem to have found a great relief from Community Support Program's disaster risk management initiatives. They have received Rs 20,000 from VDC to form an emergency relief fund, and the village council has taken a formal decision to buy an early warning machine with telemetric data. Bamboo plants have been planted along the landslide prone areas of Chhelobang and Pakhathok. People's confidence has risen also because of training they received on first aid and rescue and search operation.

- Bikala Sharma, Social Mobilizer, Gorkha

विपद् व्यवस्थापनमा लाप्राक

धेरै वर्षअघि पहिरोको डरले घर छाडेर भाग्दा जसमाया गुरुंग एकदिनको सुत्केरी थिइन् । सुत्केरीमा भएको भागाभागले उनमा पाटेघरको समस्या आयो । गोरखाको लाप्राक गाउँकी बासिन्दा जसमायामा अहिले भने बेग्लै सोच छ । विपद् व्यवस्थापनको तालिम लिएपछि विपद्को असर घटाउन स्थानीय समुदायको भूमिका कति हुने रहेछ भन्ने उनले बुझेकी छिन् । गोरखाको सदरमुकामबाट २२ कोष टाढा रहेको लाप्राक गाउँका धेरै बासिन्दाहरूसँग पहिरोको पीडाको बेग्लै कथा छ । गुरुंग समुदायको यो घनागाउँका केही मानिसले पहिरोमा आफ्नो जीवन गमाएका छन् । पहिरोको जोखिममा रहेको कारण स्थानीय बासिन्दाहरू वर्षाका बेला सदैव त्रासमा हुन्छन् । समुदाय सहयोग कार्यक्रमको सहयोगमा विपद् सम्बन्धी कामहरूले भने उनीहरू राहत पाएको अनुभव गर्दैछन् । विपद् व्यवस्थापनको सवालमा गाविसले पनि साथ दिएको छ । आपतकालीन कोषको लागि गाविसले २० हजार दिएको छ भने पुर्व सुचना प्रणाली स्थापनाका लागि टेलिमेट्रिक डाटा सहितको मसिन किन्नका लागि गाउँ परिषदमा निर्णय भइसकेको छ । छेलोबाडको र पाखाथोक पहिरो क्षेत्रमा निगालो तथा बाँसको विरुवा रोपिएका छन् भने समुदायले पाएको प्राथमिक उपचार तथा खोज तथा उद्धार सम्बन्धी सीपले पनि उनीहरूमा आत्मविश्वास बढेको छ ।

- विकला शर्मा, सामाजिक परिचालक, गोरखा