



Festivals amid Crisis!!!!

Dashain and *Tihar* along with *Chhath* were celebrated throughout the country in October. With fervor Christmas was marked by Nepalese in December. We celebrated other festivals as well. Amid chaos, when whole country is reeling under fuel crisis and shortage of the essentials owing to the unofficial blockade of the border points, we celebrated our biggest festival but it is with greatest of regrets we share among you all the news of the prolonged border blockade. Cutting the country with daily essentials and other goods, food and medicines most importantly, the country which has not yet healed the injuries of the devastating earthquake, is reeling under humanitarian crisis once again. The efforts to minimize the crisis and help people in much need too have been hugely affected by the lack of goods and fuel shortage in the country. Though the whole world has shown its concerns regarding the condition which we are facing the political unrest and the agitation knows no bounds. Everyday lots of lives are at stake with dipping mercury as the crisis continues to prevail. Hope and pray with us for the whole country that it get out of this chaos and begin prospering soon!!!



International Human Rights day was celebrated in the far flung district of far-western development region, Achham. A rally was taken out by the students and teachers of different schools which made rounds of different places of the district.

Social Artistry Training to combat *Chhaupadi* in rural district of Humla



On 4th of October, ICA Nepal in collaboration with Saipal Cultural Art Centre and Mr. K.B. Simple organized a one-day Social Artistry Training on *Chhapudi* and women health was carried out in a far-flung village of Hildim-9, Simikot, Humla. *Chhaupadi* is a very common practice plaguing the very heavenly beautiful district of Karnali zone and especially Hildam area. Women are forced to live as animals for 4-5 days a month during their menstrual cycle which is known as *Chhaupadi*. The tradition is deep rooted in the rural community and lack of awareness, illiteracy, among others are held responsible for the continuity of such extreme tradition. The training was aimed at raising awareness and collecting positive suggestions regarding women health and also minimizing the impact of *Chhaupadi* in the remote Nepal. Altogether 33 women and 7 men had participated in the training.



Disabled Service Centre (DSC) moves towards the new beginning

Empowering others should not be a choice but a way of life

Already battling the critical situation for survival, DSC went through a huge trauma during earthquake. The house with already miserable condition got damaged and was totally unsafe to stay. All the members resided under tomato farm and tarpaulin during the earthquake. More difficulties were added during monsoon when they had to live under leaking tarpaulins. Their primary and urgent need was a proper and permanent shelter. ICA Nepal came in contact with DSC after the first major earthquake of 25th April. As mentioned above, earthquake hit hard on these people with disabilities by damaging their house and depriving them of basic food materials. Therefore, ICA Nepal initially provided relief support by providing basic food items. Rice, Noodles, salt and other useful items were provided. After observing their critical status and having conversation with the members, ICA Nepal approached to build a permanent shelter along with training center for them.



Inauguration held!!!

After the construction of the house was completed recently, the inauguration took place on November 23 amidst a huge crowd comprising of many national and international figures. Chaired by the chairperson of DSC Mr. Chandra Bahadur K.C, the new building was inaugurated by Hon. Prime Minister and Minister of Women, Children and Social Welfare Mr. Chandra Prakash Mainali. Among the guests were, political leaders, representatives from other organizations, local representatives and other members. The program was coordinated by ICA Nepal and Chhultim Sherpa and was a grand success. The inauguration program started at around 2.30 in the evening. Mr. Sharada Prasad Dhital kicked off the program with a welcome speech and then it was followed by many speeches, dance and music performance, ribbon cutting ceremony and concluded on a note from Mr. Chandra Bahadur K.C. The inauguration was held at the premises of DSC. The guests were provided with tea and snacks at the end.



Mobile throwing competition Phase II

With the theme "One House, One Women, One Mobile" for Connecting Rural through Communication, Mobile throwing Competition was organized in January this year with the objective of linking Mugu district to Communication network. The event was organized by ICA Nepal in joint collaboration with Rotary Club of Rudramati at Tudikhel, Kathmandu. 25 of the new mobile sets were distributed to the women of Mugu District this month.

To distribute the mobile phones collected from the Mobile throwing Competition nine volunteers from Asia and America despite the unofficial blockade by India headed towards Dhaina, a VDC of mid-western Mugu district of Nepal. Keeping in minds, the aim to link the rural society to the technological world they ventured towards the village despite dangerous routes.

The team collected the citizenship of the people in a Community School with the purpose of selecting the target people for distributing mobile



phones. There were 50 families there and it was difficult to select the appropriate candidates as there were only twenty five mobile phones. Although with the participation of the Local people twenty five mobile phones were distributed to the twenty five women of Dhaina VDC.



Dr. Tatwa Prasad Timsina joins ICA Nepal as a new Chairperson

Dr. Tatwa Prasad Timsina joined ICA Nepal as Chairperson filling the vacant post. Mr. Pokharel (former chair person) has served ICA Nepal as the chairperson for about two years. He has been actively involved with ICA Nepal since its early days. We are grateful to his contribution to ICA Nepal.

Dr. Tatwa P. Timsina is the founder of ICA in Nepal and has served ICA Nepal as chairperson before too. We are very excited to welcome him again in the executive team and hopefully ICA Nepal will reach into new heights under his guidance.



Crisis > Change > Choice

Facilitative Crisis & Disaster Intervention to Build Resilient Communities

GFSC Global Facilitators Serving Communities Training for Trainers(ToT)February 2016

Channeling a traumatic event is a very challenging job. Our inability to make peace with the event leaves an intangible scar which overpowers us eventually. This program provided practical approaches to guide the community recovery process after a major disaster.

Mark Pixley, Director at GFSC (Global Facilitators Serving Communities). He is coming to Nepal with the worldwide successful Crisis and Disaster Intervention Training for trainers. We can help victims overcome the effects any traumatic event.

Three days session from Feb. 9 – 11, 2016

Entrepreneurship Development Training

Developing the Entrepreneurship CapacityFebruary 2016

Do you want to start an enterprise? How you can make your organization financially sustainable? These are some of the questions to be shared in this training.

The Key Trainer **Dr. V K Arora**, who is a Trainer/ Resource Person associated with the Management Associates Private Limited, India will be conducting the session.

Two days session from Feb. 20 – 21, 2016

Details:

Institute of Cultural Affairs (ICA) Nepal
Kriti Marg Koteshor (Near Balkumari Bridge)
Tel. No. 01 460 2005
Email: info@ica-nepal.org, www.ica-nepal.org, www.facebook.com/pages/ICA-Nepal/

Coming February marked for training!!!

Team from ICA Nepal returned to Nepal after attending the Asia Pacific Regional Meeting held at Pune with two more training opportunities for the empowerment of entrepreneurship among people and for building a more resilient society.

ICA Learning Center renovation at Changu

The renovation of ICA Learning Center at Changuarayan is picking its pace. Works to get started with the project are expedited in order to ensure the overall development of the community through the construction and renovation of the learning centre. The project proposes to renovate the building of learning centre, which had been severely damaged due to April 25 quake and also expand the centre adding a library, playground for children and a hub for elderly.

Also once the project starts people income generation training and entrepreneurship training will be provided to the community people with an aim to improve their livelihood. ICA Nepal in collaboration with ICA Japan are working on the project and its progression has filled us with hope. The local progressive women's group will also coordinate in order to implement the project.



Institute of Cultural Affairs (ICA) Nepal

Kriti Marg Koteshor (Near Balkumari Bridge)

P.O.BOX 20771 Kathmandu Nepal

Tel. No. 01 460 2005

Email: info@ica-nepal.org
ica@icanep.wlink.com.np

Website: www.ica-nepal.org
<https://www.facebook.com/pages/ICA-Nepal/>

ICA Nepal wishes you all a
very **HAPPY NEW YEAR**
2016!!!

May this year bring peace inside and
outside the borders!