

LEH NUTRITION PROJECT



Promoting equitable and sustainable development in Ladakh through people focused integrated programmes.

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Leh Nutrition Project

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About LNP

Leh Nutrition Project (LNP) is a non-governmental organisation begun by the Save the Children Fund (UK) in 1979. The oldest NGO in the region, it was established to provide health and supplementary nutrition to women and children of the remote villages on the left bank of the Indus River, following a devastating flood in the year 1979.

The organisation is credited with promoting sustainable development, while respecting traditional Ladakhi way of life. Over the years LNP has worked on a wide range of developmental and environmental issues, mainly focusing on mother and child's health and nutrition, rural livelihoods and income generation activities, a watershed development programme, artificial glaciers, water and soil conservation techniques, appropriate technologies, energy efficient housing techniques, agriculture and organic farming, horticulture promotion and value addition, reformation of the education system and teacher training, disaster relief and rehabilitation, etc.

LNP is also a Project Implementing Agency for the Watershed Development Programme of Ministry of Rural Development, with 20 on-going projects and an additional 36 successfully completed projects. The artificial glacier concept was formulated and innovated by Mr. ChhewangNorphel, who worked as the Chief Project Officer of LNP for more than 15 years. This high-altitude water harvesting technique has brought national and international praise and recognition.

Registration and legal status

LNP is registered as a not-for-profit organisation under the Societies Registration Act of 1998 (1941 AD) vide registration number: 1476-S of 1988 dated 13-08-1988. It is based in Leh, Ladakh in the state of Jammu & Kashmir, India. It is also registered under the Foreign Contribution Regulation Act with registration no: 152710011 dated: 13.8.1990, FCRA registration also been renewed on 19.05.2016 under FCRA Act 2010 for a period of 5 years w.e.f. 1.11.2016.

Vision

Promoting equitable and sustainable development in Ladakh through people focused integrated programmes.

Mission statement

Development through people's empowerment

Aims and objectives

The overall aim of the organisation is to work towards the development and betterment of the lives of the Ladakhi people, without any consideration to caste, creed, status and political alignment.

The objectives are:

- a) To uplift the lives of the poor, nomads, tribal, remote, isolated, vulnerable, physically disabled, illiterate, deprived, neglected, exploited and victims of disaster.
- b) To strengthen social and economic activities, and reduce the vulnerability of marginal communities to all sorts of pressure prevailing in the harsh environment of Ladakh.
- c) To support activities that would help rural people in their social, cultural and economic development.
- d) To raise awareness about health, the environment and social issues.
- e) To preserve and promote the rich cultural heritage of Ladakh.
- f) To promote inclusive education and standards of school education and adult literacy.

Governance and Management

LNP is governed by a General Body which is comprised of 21 members. The members include prominent citizens, village representatives, women representatives from both urban and rural areas, and expert professionals in the field of agriculture, horticulture, medicine, education and sociology.

The Management Board is elected by the General Body. It is comprised of seven elected members from the General Body and two LNP staff to represent the members of the organisation. The Executive Director and the Project Officer are ex-officio members to the Management Board without voting rights.

The current board members are:

1. Tsering Samphel, Chairman (*former MLA, former LNP Executive Director & former member of Schedule Tribe, Government of India*)
2. Mrs.Sarla Tsewang, Member (*Educationist and President of District MahilaMandal*)
3. Dr. Norboo Tsering Tsaskhan, Member, (*Retired Doctor from J&K Government as Chief Medical Officer*)
4. Mr. Dorjey Motup, Member (*Councillor of Rong Constituency, LAHDC*)
5. Mr. Sonam Jorgyes, Member(*Project Director, TISS Leh*)
6. Mr. Rinchen Tundup, Member (*former Chief Planning Officer, J&K Government and Ex-Sarpanch of Saboo Halqa Panchayat*)
7. Ms. Tashi Lamo, Member(*LNP staff member*)
8. Mr. Eshey Paljor, Member Secretary(*Executive Director, LNP since May 2012*)

Address of the organisation

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Brief activities of LNP carried out during the year 20017-2018

Children's Development Khazana Butterflies (India) Supported, (since 2005 and still ongoing)

- LNP worked with Butterflies, a Delhi based international NGO working with street and working children in Delhi, on an innovative project originally called 'BalVikas Bank' and now known as BalVikasKhazana (Children's Development Khazana-CDK. The project aimed to promote the rights of children in the most disadvantaged sections of society.
- Having been successfully implemented in Delhi the programme was extended both nationally and internationally, including to Leh. LNP has subsequently organized 7 CDKs in remote villages in the region for a total of 357 child members aged 9-17. The programme empowers children, allowing them to put money aside for themselves for the future without fear of its security. This money is then utilised for personal development purposes.
- At present LNP is running 6 Children Development Khazana in the villages of Liktsky, Tukla, Phuktsey, Chushot A, Chushot B & Chushot C. Under the programme children's are provided with different life skills education and encourage to save money for their education and other activities through trainings, meeting, exposure visits. Apart from that the Child Health Cooperative (CHC) is also running, in which childrens are trained in basic first aid . Branch wise statement till March 2017:

Serial No.	Name of CDK Branch	No of members
1	CDK B 1 [Tukla]	30
2	CDK B 2 [Liktsky]	20
3	CDK B 3 [Phuktsey]	21
4	CDK B 4 [Chhushot A]	69
5	CDK B5 [Chhushot B]	77
6	CDK B 6 [Chhushot C]	46
	Total	263

In June 2017 Butterflies team including Madam Rita Panikar visited Leh to monitor and meet the CDK/ CHC children. The team visited Liktsky CDK and Chushot CDK'S where they met with children and discuss on the programme. They also provide concept and objectivs of the CDK/CHC. One day workshop also organised at LNP office in which atleast all the CDK/ CHC children participated.

Butterflies team suggested to deposited the children's money into a single bank account and should be jointly operated by ED LNP and Focul Person of CDK/ CHC of LNP. The account need to be audited every year.

The Butterflies also advice to open CDK/ CHC activities in main LNP operational areas where LNP is running other integrated programmes.

Since October 2017, Butterflies India stop funding and requested LNP to carryout the CDK/CHC activities from other sources till they got funding source.

Ensuring children's right to quality education and protection in Jammu and Kashmir (Supported by Save the children-BRB, period 1st April 2017 to 31st May 2018)

This project is continuation of previous programme runs between 1.5.2015 to 31.7.2016 after a jab of 8 months. The overall objective of the project is to ensure children's rights to quality education and protection in the tate of Jammu & Kashmir funded by UNICEF through SC/ BRB. In the demonstration phase three district has been takenup under the project, i.e., Leh, Budgam and Rajouri. In Leh district LNP chosen as an implementing agency. Initially only Nubra and Khaltse education zone has been chosen and only 10 villages/ schools were taken in 1st year period.

In the existing extension phase, 50 villages were selected (25 each from Nubra & Khaltse zones) including 10 villages already taken up in 1st year.

Following activities has been taken up to achieve the set objectives :

- Training on school safety and security for 100 teachers in 2 batches.
- One day training on JJ Act and ICPS for Police officials at Leh.
- Formation and strengthening of 50 VCPC'S and CG'S including 10 already formed in 1st year.
- Training of 50 VCPC'S at block level for community based child protection, JJ Act and social protection scheme 50 participants.

Promoting Child Protection in Ladakh :

Funded by UNICEF, New Delhi, 2 years period (July 2015 to June 2017) and extension between 1.2.2018 to 31.12.2018)

The proposed project is in line with UNICEF India's Child Protection Programme, which seeks to protect children from abuse, violence and exploitation, by creating a protective environment by means of improving access and quality of services to children.

LNP intends to achieve this goal through following objectives:

1. To build capacities of various Institutions like Ladakh Autonomous Hill Development Council (LAHDC), Panchayati Raj Institutions (PRIs), Social Welfare Dept, ICDS, Police, Education, Health, NGOs, Media, Women Organisations, Social and Religious Organisations on JJ Act, ICPS, CLPRA and POCSO act. to protect children from Violence, Exploitation, Abuse and Labour

2. To create a favorable and enabling environment to implement the JJ Act and ICPS in Leh District of J&K state.
3. To form and strengthen Child Protection structure i.e. Child Protection Committees, Block Child Protection Committees in Nubra and Khaltsey education zone of leh district and District Child Protection Committee in Leh district under JJ Act, and ICPS scheme
4. To develop convergence mechanisms for effective implementation of CLPRA

To achieve the above set objectives, LNP has initiated following activities during the current financial year:

1. One day training workshop on Integrated child Protection scheme (ICPS) for the functionaries of ICPS and District Social Welfare dept was organised on 22nd May 2017 by Leh Nutrition Project.
2. A Civil Society Alliance on Child Rights qtrly. Meeting was organised and Memorandum of understanding and a resolution was adopted by the alliance member.
3. x year boy was sexually abused and assaulted by school warden at Shey Lamdon School Leh on 16th June 2018. A protest rally against this incident was jointly organised by Civil Society Alliance and Leh Nutrition Project by mobilising all school children of Leh on 22nd of June 2018. A memorandum was submitted to Deputy Commissioner and Senior Superintendent Police, Leh.
4. Civil Society Alliance on Child Rights qtrly. Meeting was organised and following decision were take:
 - a. A working group for activity planning, review and monitoring was formed
 - b. Standing committee on finance was formed to tap the resources in order to make self reliant.

Leh Livelihood project-LNP

(Funded by Sir Dorabji Tata Trusts, 2 years project from 01.02.2016 to 31.01.2018)

The 2nd phase of Tata Trusts funded project title “Leh Livelihood project started w.e.f. 1st February 2016 covering 9 villages in Indus belt namely Phey, Saboo, Stakmo, Nang, Sakti, Cemday, Chemday Dho, Kharu and Igoo. The overall objective of the project is to improve natural resource management and rural livelihoods in Leh Ladakh. To achieve the project objectives, the project will run in convergence with other donors. In the 1st year the main donors are Tata Trusts and NABARD. The NABARD supported programmes will be channelised through Tata Trusts.

Following activities carried out during the financial year 2017-18:

- :
- Potato crop demonstration: 300 bags @ 50 kgs per bag potato seeds of variety Chandramukhi procured from Lahul potato Society and distributed in 3 villages benefitting 63 farmers to improve the potato production.
- Pea crop improvement: Distributed 3100 kgs of improved pea seeds among 508 farmers in 2 villages of Igoo and Sakti to improve the productivity to increase the income of farmers.

- An Artificial Glacier constructed at Shara Phu benefitting 189 families in 3 villages of Shara, Sharnos and Phuktse in Kharu block of Leh district covering approximately 66623 kanals of land.
- Green House: 10 Green Houses constructed in 2 villages, i.e., at Saboo and Phey villages benefitting 10 families to grow vegetable year round.
- Organised Exposure visit for 35 women Self Help Groups to Srinagar to visit Sher-e-Kashmir Agriculture University and other horticulture based institution in the valley.
- Staff Capacity building: Mr. Chotak Gyatso programme coordinator sent for 2 months course in English language and business communication course at British Council New Delhi. Mr Tundup PC got an exposure visit outside Ladakh to see various institutes.

Supporting enterprises in rural Ladakh

Funded by RBS Foundation India, 3 years project, Nov 2016 to Oct 2019

The project aims at developing the land-based economy of the small-scaled farmers and enabling them to diversify their income in agriculture and horticulture sectors and improve their overall standards of living. The project will directly benefit 1250 families in 9 villages of rural Ladakh region.

Activity carried out between 1.11.2016 to 31.3.2018 are as under:

- In 2017, 323 apple saplings provided to 44 families of 5 villages and again in 2018, 734 apple plants distributed benefitting 74 families in 8 villages to raise orchard in the villages of Igoo, Kharu, Saboo, Chemdey, Nang, Phey, Chemday Dho and Changa.
- 8.6 kgs Onion and carrot 31.2 kgs seeds distributed for promotion of carrot and onion production in 9 villages of Phey, Saboo, Nang, Changa, Kharu, Chemday, Sakti and Igoo. And again in 2018 22.6 kgs of onion seeds distributed in 9 villages benefitting 250 farmers.
- Community mobilisation and baseline information has been done in all 9 villages.
- 19 women SHG'S are selected to strengthen income generation activities benefitting 141 women. Following capacity building training has been done with different SHG'S:
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- 10 Green Houses constructed benefitting 10 families at Phey, Changa and Saboo.
- 20 Potato seller constructed
- 200 bags @50 kgs per bag of potato seeds of Khukri Chandramukhi variety procured from Lahul Potato Society and distributed to 3 villages (Phey, Saboo & Kharu) to improve the potato production benefitting 63 families.
- Reconstruction of main head work of Phey village completed. The said headwork also constructed in 1st year but due to heavy water damaged the completed portion of the khul.

Enhanced wellbeing of Tibetan children and community through WASH interventions
Funded by BPRM through SC-BRB, one year project 15.08.2017 to 14.09.2018.

In Jammu and Kashmir State, Tibetan refugees are mainly settled in high altitude cold desert region of Ladakh also known as “Mini Tibet” owing to the cultural, religious and geographic similarities. The Tibetan population in this area is approximately 7,500 persons (3,822 males / 3528 females) inhabited in Choglamsar, Agling and Changthang. Whereas the Agling and Choglamsar is semi urban area and camps are closely located in a small area, Changthang is the most remote rural area which is spread across large area. Majority of the inhabitants in Changthang area are nomads and moves with one place to other with livestock. Through this project, Leh Nutrition Project aims to reach out to these vulnerable communities living in remotest areas with limited access to facilities.

Agling: Camp 6, 7, 8 and 9

Choglamsar: Camp 1, 2, 3, 4, 5, 10, 11 and 12

Changthang: Nyoma, Sumdho, Hanley, Dhungti, Koyul and Kakshung.

The project will focus on improving access to and quality of WASH facilities, improving water, sanitation and hygiene facilities in these Tibetans camps. Apart from that awareness camps and campaign among Tibetan children and community on WASH related interventions.

Objective 1: Improved provision of WASH infrastructure and services among targeted Tibetan communities:

- Installation of submersible water pumps: 35 nos (30 for community and 5 in schools)
- Installation of water filters in 5 wash stations x 2 each in school 10 Nos
- Installation of 5 solar composting toilet (3 in schools & 2 at community)
- Installation of 5 Hand washing stations in 5 schools.

Objective 2: Enhanced knowledge, skills and practices of facility and community workers on inclusive WASH facilities in target locations:

- Conduct training of hand pump mechanics at camp/community level at 35 different locations of Agling, Choglamsar and Changthang.
- Train 35 WASH volunteers.

Objective 3: Enhanced participation in and awareness of Tibetan community on WASH:

- Form and strengthen of 35 WASH committees at School and community level of Agling, Choglamsar and Changthang.
- Educate the community on Community Led Total Sanitation (CLTS) by conducting 5 training.
- Formation and strengthening of 17 Child Health and Hygiene Club (CHHC).
- Conduct game base activities on WASH in 5 Schools.

Objective 4: Enabling and supportive environment created for accessing education and WASH services:

- Project rollout meeting at Leh at district level.