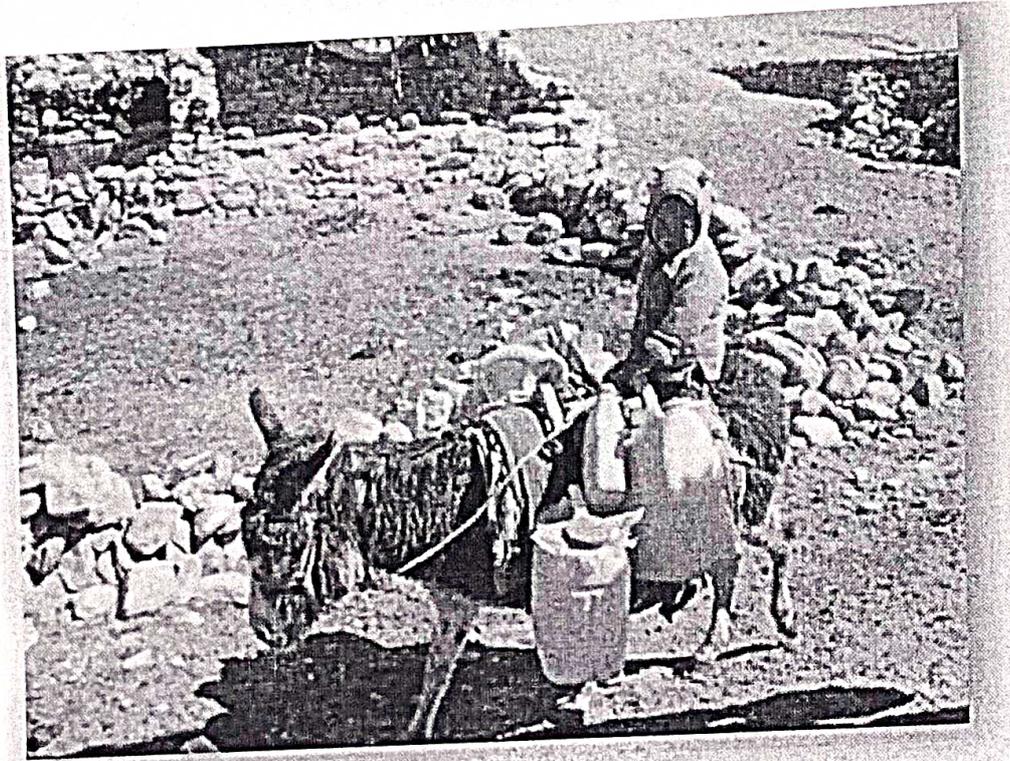


Leh Nutrition Project



LNP

Enabling a sustainable Ladakh



ANNUAL REPORT 2021-2022

Leh Nutrition Project

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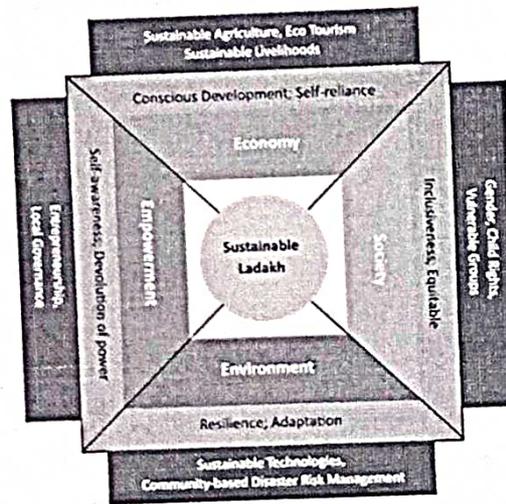
Introduction:

Leh Nutrition Project (LNP) was established in 1978 by Save the children (UK) with a relief programme in response to flood in Indus. Following relief, it established feeding centres in villages south of Indus for catering to children and mothers with supplementary nutrition. LNP expanded its programmes into health care, education and rural development in close cooperation with local authorities and sectoral agencies, with emphasis on building upon capacities of village communities on decision-making (planning and implementation of development programmes). The organization was formally registered in 1988 (under societies Act). Thereafter, LNP became a local independent NGO and obtained FCRA status in 1990.

LNP has gone through, a major restructuring process in 1996 and a fresh situation analysis was carried out, shift from of Leh district to strengthening enabling and organization and based its role as an facilitating engaging in right programming.

In the year 2019- carried out a assessment of the district consequently focus and

and future interventions was developed. Our thematic focus areas include economy, environment, society and empowerment. These themes hold specific program interventions ranging from sustainable livelihoods, issues around child, gender, and vulnerable groups, youth entrepreneurship support, strengthening local governance processes, and climate change adaptation, all of which address different layers of common concerns and challenges in Ladakh. We work closely with authorities, sectoral agencies, grassroots institutions, and local communities to design, develop and implement interventions.



20, again LNP fresh need the district new strategic approach for

LNP has also pioneered award-winning programs like artificial glaciers, watershed development, solarised passive innovations in sanitation practices and humanitarian emergency relief efforts in Ladakh.

Vision:

A well-balanced and a sustainable society powered by people's participation

Mission:

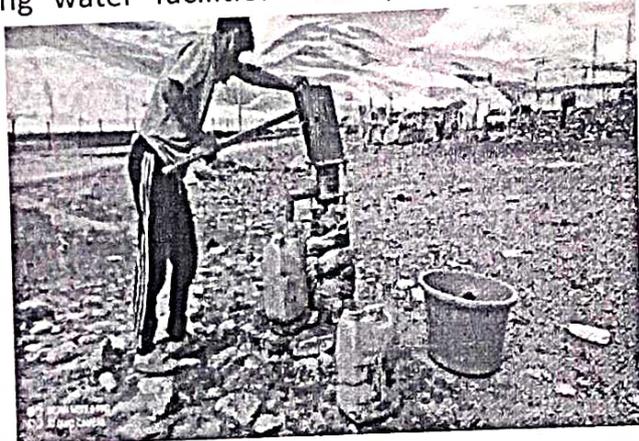
Leverage grassroot and top-level partnerships to strengthen governance structures and promote development that is conscious of the environment, local people and their culture.

(A) KEY ACHIEVEMENTS:

Water sanitation and Hygiene (WASH):

1) Water:

Under the WASH project, drinking water facilities were provided by the installation of submersible and hand pumps in 4 villages, i.e., 2 in Changthang (kuyoul and Dhungti) and 2 in camps at Leh (camp no. 2 and changthang house). This project is benefiting around 500 souls and 102 households.



Apart from this, four defunct hand pumps have been made

functional in four villages (i.e. in Koyul, Dhugti, Sumdho, Kakjung, and Chumur) of Changthang. A total of 147 households and 745 souls have benefited from this project.

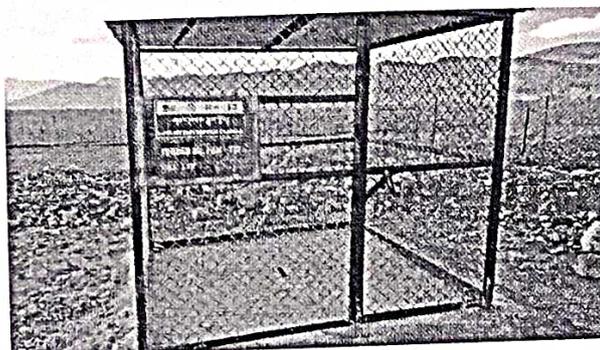
Replacement of GI pipes with PPR pipes has been done in two camps, benefiting 65 families and 330 individuals.

One solar shed for hand pumps has been constructed at TR settlement Nyoma, and this shed will enable them to provide drinking water throughout the year. This project will benefit 31 families with a population of around 156 people.

2) Sanitation:

a) Sanitary pad disposal chamber:

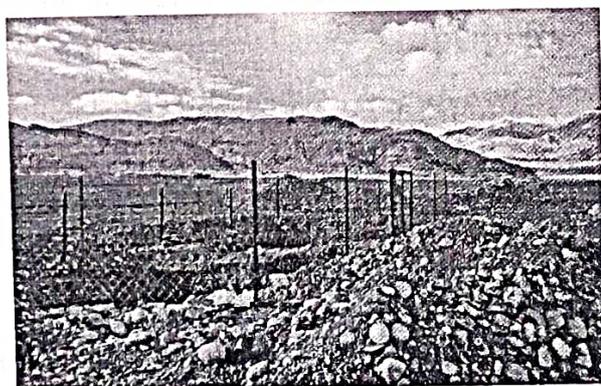
In the Changthang area, people very carelessly discard old sanitary pads in open yards, raising serious environmental concerns. Since they raise dogs as part of their cultural tradition, scavenging near landfills leads to spreading of garbages into the environment. This problem is being addressed at Hanley by excavating 6 feet by 6 feet chamber



beneath the ground and covering it with a cement concrete roof. This structure is covered with a chain link fence chamber of 6 feet by 6 feet with an appropriate door and lock mechanism installed on the surface of the underground chamber. A small hole is made in the cement roof to dispose of the sanitary pad into the underground chamber. LNP is experimenting with this technique for disposal of sanitary pads while encouraging the community, ladies, in particular, to use the facility.

b) Garbages Disposal point:

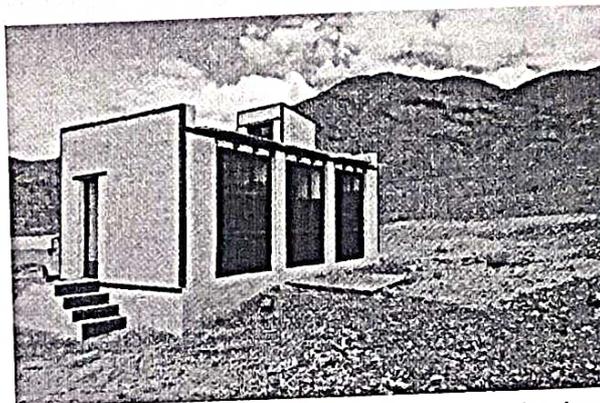
Changthang is high-altitude, geographically very plain, and windy location. People throw trash into open spaces, which causes all of the rubbish of plastic and paper to spread into the mountains. LNP has created a waste disposal point at Koyul village to help stop this annoyance.



3) Hygiene:

a) Solar bathroom:

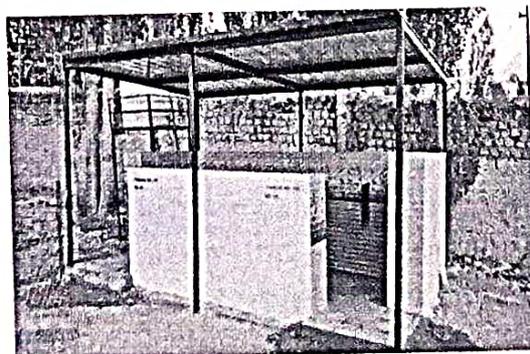
Under the WASH project, a solar bathroom (2-seater) was constructed at KoyulChangthang, benefiting 24 families with a population of 103 individuals. The bathroom has been constructed using passive solar technique, i.e., south facing, black front wall, solar frames with double glassing, double walling with 6" thick insulation (walling and roof), corridor with roof for airlock,



water tank with skylight above the roof, bore well installed inside the corridor. Changthang is a high-altitude region with harsh climatic conditions. Due to climatic conditions, people rarely take baths, making them more susceptible to various health problems, especially skin, eye, and respiratory problems. There are no bathing facilities in the village or at household level, which results in occasional bathing at the riverside or inside living rooms or courtyards, giving rise to health hazards, privacy and security issues (for girls and women). During the winter season, people travel in vehicles to Demjok hot spring for bathing, which is approximately 40 kilometers from the village. Distance is the major problem for them in getting there. The younger generation tends to stay away from the village during holidays due to a lack of various facilities. It is expected that creation of this facility will help inculcate bathing habits and improve hygiene among children and community members.

b) Urinal:

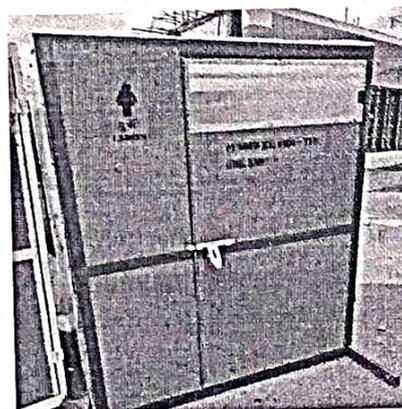
A urinal was constructed at TCV School for the junior section, Choglamsar. This project was completed and handed over to school authorities a few weeks ago. This project provides child-friendly urinal facilities that are easy to approach, with low-risk, clean, and a number of children can use this facility at a time. Another



significant result we observed from this project is that it has reduced the load on the existing compost toilet, which was built under the WASH project in the previous year. The existing compost toilet has become cleaner and less smelly, and there is no need to wait in a queue. Around 250 students in the junior and senior sections are benefiting from this urinal.

c) Mobile toilet:

The concept of mobile toilets was conceived during a needs assessment survey at Chumur and Samad last year. During the survey, both communities expressed difficulties faced by the female members of community camps at RachungKaru and other highland pastures, as the females have to travel miles for toileting due to lack of privacy in open fields. The nomadic community still practices open defecation, which



is a major cause of concern for health. Mobile toilets will enable them to have easy access, comfort, and privacy. The mobile toilet is low-cost, long-lasting, and lightweight for easy transport, and it was designed to fit the topography of Changthang. By having their own toilet, they feel they are able to maintain their dignity, especially during visits from outside guests.

As of now, we have distributed 14 mobile toilets to the nomadic communities of Samad and Chumur. These toilets are to be used on a shared basis among three to four families each in both communities.

4) Others

a) Film of the Issues of Child Protection:

LNP has produced two films, one is on substance abuse and directed by Shri. Chetan Angchok, a senior teacher, and another one is on internet-related issues, directed by Padma Shri Morup Namgyal. The issue of substance abuse is highly prevalent among schoolchildren in the Leh district. Parents, social workers, teachers, and doctors are highly concerned about this issue, which is increasing at an alarming stage.

Similarly in recent times where children are heavily engaged with mobile phones for playing games and videos. The negative consequences are many (as per medical research), but since the mobile phone has become a necessity for every human being, an understanding on the balanced/ responsible use of this gadget has to be inculcated/instilled among our children. The objective of developing these films is to raise awareness among parents, teachers, and children.

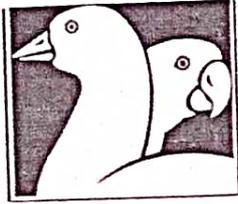
b) Artisan to artisan- outreach programme: (In collaboration with Somaiya Kala Vidya, Kutch, Gujarat)

27 women of Himya village in the Rong area were trained in design education so that the women artisans themselves innovate within their traditional craft. These women were artisans from Himya village, practicing the craft of hand spinning and weaving on back strap looms, primarily making carpets used as floor or bed coverings. The participants worked as part of two self-help women's groups. The course was run for 21 days and it included an introduction to elements of design, principles of design, colour combination, market exposure, analysis and planning experiences, management and planning experiences, weaving, costing, and presentation.

c) Elrha:

Elrha is a UK-based donor organization, a global charity that finds solutions to complex humanitarian problems through research and innovation. The contract between LNP and Elrha for the nine-month project "Conservation of Water via Artificial Glacier" (COWLAG) in Ladakh has been signed. Two artificial glacier projects—Nyoma Mudh and Tsaga in the Changthang region—are to be developed as part of this project, and the documentation for the AGs project in Ladakh is to be finished.

Partners who support LNP:



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