LNP

Enabling a sustainable Ladakh

ANNUAL REPORT

2024
2025

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We extend our sincere gratitude to all our CSR partners, donors, and supporters. Their steadfast commitment and generosity have been instrumental in uplifting rural communities across Ladakh. With their continued support, we stay committed to building a better, more sustainable future for the region.

1. Introduction

The Leh Nutrition Project (LNP) is one of the oldest nongovernmental organizations in Leh–Ladakh. It was established in 1978–79 by Save the Children (UK) in response to a major flood in the Indus River that caused severe damage and hardships in many villages along its banks.

In the aftermath of the disaster, a relief program was launched. In 1981, a nutritional survey conducted by Save the Children (UK) revealed alarmingly high child mortality rates in the region—estimated at 170–186 deaths per 1,000 live births—compared to the national average of 129 at that time. This was soon followed by a supplementary feeding program that reached around 1,000 children across 30 villages south of the Indus. And hence the name 'Leh Nutrition Project'

LNP's pioneering initiatives over the last 45 years

Over the past 45 years, Leh Nutrition Project (LNP) has launched several innovative and community-focused initiatives that have significantly contributed to the development and well-being of rural populations in Ladakh. These key initiatives include:

- **Immunization Programme**: Focused on protecting children's health, particularly through measles vaccination campaigns in underserved areas.
- **Promotion of Green Leafy Vegetable Cultivation**: Supported improved nutrition by promoting the cultivation of green leafy vegetables in remote villages through hands-on training and demonstrations.
- **Community School Establishment**: Set up community-run schools in villages without access to government education, especially in smaller villages and hamlets.
- **Introduction of Smokeless Chullas**: Provided smokeless stoves to the nomadic Changthang community, reducing indoor air pollution and improving health and fuel efficiency.
- **Artificial Glacier Projects**: Developed artificial glaciers to help address seasonal water shortages, supporting agriculture and daily needs in high-altitude areas.
- **Promotion of Child Rights**: Promoted child rights and introduced rights-based approaches to ensure the protection and development of children in Ladakh.
- **Watershed Development Programme**: Implemented watershed development initiatives with support from the Ministry of Rural Development (Government of India) to enhance water management and sustainability.
- **Rural Income Generation**: Launched programmes to create income opportunities for rural populations living in the cold desert regions of the Western Indian Himalayas.
- **Improving Winter Livelihood Conditions**: Worked to improve the living conditions of rural communities during harsh winters by reducing energy vulnerability and supporting income generation through upgraded housing.
- **Water, Sanitation and Hygiene (WASH)**: Carried out WASH programmes to improve access to clean drinking water, sanitation, and hygiene in Tibetan settlement areas of Ladakh.

Over the past 45–46 years, LNP has grown from a direct service provider into a facilitator and enabler of sustainable community development. The organization now focuses its strategic efforts on four key areas—economy, empowerment, environment, and society—continually adapting its approach to meet the evolving needs and priorities of the communities it serves.

VISION
A well balanced and sustainable society powered by people's participation.

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

2. LNP'S ongoing programmes

Sustainable Livelihood Project (SLP)

Water and Livelihood (WAL)

STEM education Project

Others: Learn to Play (LTP), Advancing Social Development for Women and Children and Anticipatory Action Plan (AAP)

2.1 SUSTAINABLE LIVELIHOOD PROJECT (SLP)

The Sustainable Livelihood Project is a five-year initiative focused on improving livelihood opportunities in rural areas of Leh district. The project is funded by Axis Bank Foundation through the Himmotthan Society and is being implemented by the Leh Nutrition Project (LNP).

It covers 25 villages across a stretch of approximately 300 kilometers, from Trans Singe-La (bordering Zanskar–Kargil) to Chushul (bordering China). The project aims to reach 3,000 households across 8 blocks of the Leh district, with the goal of building sustainable income sources and strengthening community resilience.

Aim: Promoting livelihood improvement in rural Ladakh through experimentation and innovation in order to achieve a significant increase in income levels of target groups.

Objectives:

a) Land based economy (helping with value addition, marketing, others):

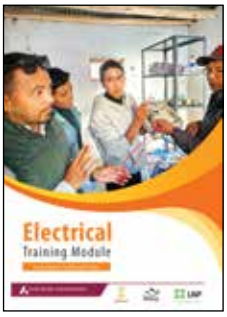
i. Agriculture: Potatoes, green peas, buckwheat
ii. Horticulture: Apple, and Apricot
iii. Livestock products; Diary product and compost making

b) Non-farm-based livelihood (helping with skill development, enterprise development, placement, others):

i. Vocational skills: plumbing, electrician, tailoring, others
ii. Handicrafts: wool based, painting, others
iii. IT based: Tele software, graphic design
iv. Eco-tourism: hospitality including housekeeping, culinary, etc., training of nature guides, others
v. Food crafts: local bakery (khambir, kulcha), local pickle making, etc.

2.1.1 Key Achievements of the Financial Year:

2.1.2 Electrical Fittings Training Program



A one-month intensive training program on electrical fittings was developed with input from industry experts, along with a structured training module. The program was conducted in two batches: the first from 25th September to 25th October 2024, and the second from 25th February to 27th March 2025.

A total of 35 rural youth participated in the training, which aimed to provide them with hands-on skills in electrical fitting to help them secure livelihood or start their own businesses. In addition to technical training, participants were also introduced to various government schemes, loan facilities, and entrepreneurship opportunities through sessions with banking and industry representatives.

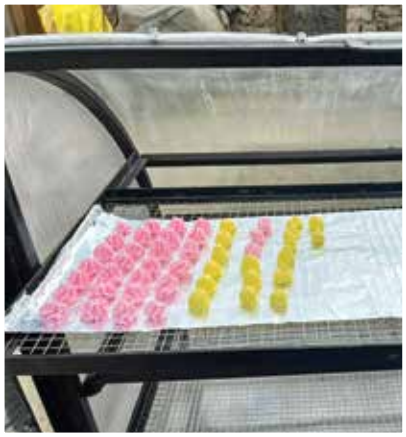
At the end of the training, a valedictory function was organized for each batch. The first batch's ceremony was chaired by Shri Sonam Norbo, Additional District Development Commissioner. The second batch's ceremony was led by Shri TseringSamphel, Chairman of the LNP Management Board.

Other dignitaries who attended included Shri SmaillhaLasu, Shri SamtenChoepel from Himothan-Leh, and Smt. Tsewang Dolma from the Eicher Group Foundation.

Each trainee received a certificate, a stipend of Rs.: 5,000, and a professional toolkit worth Rs. 11,000 to support them as they begin their careers in weaving.

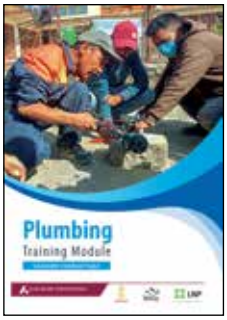
Follow-up monitoring shows that most participants are now actively working in the electrical trade, using their skills to earn a sustainable livelihood.

Sustainable Livelihood Project (SLP)



Sustainable Livelihood Project (SLP)

2.1.3 Plumbing Skill Training Program



A one-month intensive hands-on training program programme in plumbing was developed in consultation with subject experts and launched from 25th September to 25th October 2024, and the second from 25th February to 27th March 2025 in two batches. The training was conducted at the LNP Office Complex, Housing Colony, Leh, Ladakh.

The objective of the program was to equip rural youth with practical plumbing skills to support employment and self-employment opportunities. A total of 39 rural youth successfully completed the training.

In addition to technical skills, participants were also introduced to various government schemes, loan facilities, and basic entrepreneurial skills through sessions led by banking and industry professionals.

At the end of the training, a valedictory function was organized for each batch. The first batch's ceremony was chaired by Shri Sonam Norbo, Additional District Development Commissioner. The second batch's ceremony was led by Shri TseringSamphel, Chairman of the LNP Management Board.

Other dignitaries who attended included Shri SmaillhaLasu, Shri SamtenChoepel from Himothan-Leh, and Smt. Tsewang Dolma from the Eicher Group Foundation.

Each trainee received a certificate, a stipend of Rs.: 5,000, and a professional toolkit worth Rs.:11,000 to support them as they begin their careers in weaving.

Follow-up monitoring indicates that the majority of participants are now actively engaged in plumbing work and earning a livelihood through their newly gained skills.

2.1.4 Bakery Training Program

The Bakery Training Program was designed to empower women Self-Help Groups (SHG) by providing them with the skills needed to establish and manage small-scale bakery units at the village level. The goal of this initiative was to enhance women's livelihoods through skill development in baking, enabling them to create sustainable income opportunities within their communities and clusters.

The training was successfully conducted in five villages: Saboo, Changa, Nang, Igoo, and Lankor. A total of 182 SHG members and individual women participated in the program. They received hands-on training in baking a variety of items such as cookies, madeleines, cakes, and more, under the guidance of an experienced resource person.

To support their learning and future entrepreneurship, LNP provided essential baking equipment, including a 60-liter oven, mixing bowls, measuring cups and spoons, along with raw materials. Many participants reported increased confidence in their baking skills and expressed interest in starting small home-based bakery businesses.

Additionally, a training manual on bakery production was developed to support ongoing learning and reference.

2.1.5 Churpay(dry cheese) candy production

Churpay is a traditional hard cheese popular in the Himalayan region and used in different localfoods, and a good source of protein, calcium and energy. Turning it into a candy, this product can be a sustainable livelihood opportunity for SHGs. The objective of the training was to empower SHG members with skill to produce Churpay and churpay candy and enhance livelihood opportunities. The training sessions were conducted for SHGs on Churpay making with 146 SHG members from 21 SHGs in different LNP operational villages. A manual has developed for its wider benefits.

LNP has developed a multipurpose solar dryer made of polycarbonate sheet with steel frame and four layers of tray with food grade materials. This dryer is giving promising result for drying cheese, apricot, apple, vegetables etc. and it has potential to replicate at larger scale.

2.1.6 Stakeholders Meet

A stakeholder meeting was held at the LNP Campus under the Sustainable Livelihood Program (SLP), bringing together 75 community representatives (Goba and progressive farmers) from 25 SLP villages. The main goal of the meeting was to ensure active community participation, improve communication, and strengthen coordination for better project implementation and long-term sustainability.

During the meeting, LNP worked to review and align its goals with the needs and priorities of each village or cluster. This was done through group discussions to confirm that the project focus matches community expectations.

Broad areas of interventions based on proposal	Village wise plan by LNP team based on preliminary study:	Outcome of group discussion in stakeholder meet
Agriculture based Initiatives: Potatoes, peas, mustard, barley, and fruit processing. **Animal Husbandry:** Churphy (dry cheese candy), manure production, and pashmina wool development. **Skill Development:** Plumbing and electrical training, bakery, weaving, handicrafts, and culinary skills.	**Saboo**: Bakery, handicraft. **Shey**: Electrical & plumbing, pickle making. **Nang, Shara, Sharnos, Phuktse, Igou Langkor**: Potatoes, peas. **Matho, Stok, Phey, Martselang**: Pickle production. **Sakti**: Potatoes, peas, handicraft. **Kharnak**: Churphy, handicraft. **Korzok, Chushul, Photoksar**: Ldur, manure. **Lingshed**: Barley, churphy. **Youlchung**: Fruit processing, solar dryer.	**Group 1**: Lingshed, Youlchung, Photoksar, Wanla Top three potential crops: Demok (natural dye), cumin (used in spices), and peas. Other possible crops: barley, wheat, srolo, rhubarb, and makshang. **Group 2**: Shara, Sharnos, Phuktse, Igou, Gya Meru Top three potential crops: demok, mustard, and nettle-based products. Others: potatoes, chun, peas, and mustard. **Group 3**: Stok, Matho, Nang, Sakti Top three potential crops and activities: potatoes, basket weaving, and peas. Others: mustard, mushrooms, plumbing, and electrical work. **Group 4**: Kharnak, Chushul, Korzok, Shey Top three potential products: ldur (livestock dung), churpay, and pashmina. Others: plumbing, electrical work, sulphur, and yak wool. **Group 5**: Phey, Shey, Thiksey, Saboo Top crops and products for intervention: milk production, potatoes, watermelon, and alfalfa. Others: apples, apricots, and mustard.

2.1.6 Participation in Potato variety show organized by Siddhi Vinayak Patiala Punjab:

A team of LNP visited Sidhivinayak to get exposure over variety of potatoes and explore suitable potato seeds for LNP operational area. Mr. Nazir Ahmed. Mr. Lotus Gyaltsan and Mr. Sonam Angchok (consultant) participated in this event and this allowed them to visually inspect the different types, charecteristics and learn about suitability to the Ladakh region. There are 20 different potato seedsdemonstrated in the event and finally team has come to conclusion thatKufri Jyoti and LR (Lady Roseti) variety a widely cultivated the variety can also perform well in Ladakh keeping in view its climatic conditions.

2.1.7 Visit to World College Organic Manure, (army cantonment area Patiala Punjab):

On January 10, 2025, a field visit was conducted to Punjab to explore the production and potential procurement of organic manure for farmers in Ladakh. The visit was facilitated by Mr. Virendarhakar, who has developed an organic composting initiative at the army cantonment area in Punjab. His model consists of 17 pits dedicated to decomposing organic waste, collected systematically from the cantonment premises. Each pit is filled sequentially, allowing for efficient decomposition before the organic material is exposed to sunlight for drying. Once dried, the material is segregated and further processed, ultimately converting it into ashes that serve as organic manure.

This innovative approach ensures a sustainable and efficient cycle of waste management while producing high-quality organic manure that can be utilized in agriculture. Procurement of organic manure from Punjab presents a promising opportunity for farmers in Ladakh. Given the region's challenging climatic conditions and soil composition, organic manure could significantly enhance soil productivity and improve agricultural yields. The introduction of this manure could support local farmers in adopting sustainable agricultural practices, ultimately contributing to food security and environmental conservation in the region.

Conclusion

An offer has been put forward by Mr. Virendar Jhakar Executive Director World college for 20 tons of compost manure on free of cost basis (not including the transportation and to empty sacks charges) to Leh Nutrition Project to distribute to

the farmers of SLP operational villages. LNP is currently following this up with farmers of Ladakh and seeing the result, develop it, into a proper project for execution.

2.1.8 Meeting with ICAR-CIRC Meerut on 16th January 2025

On January 16, 2025, under the guidance and facilitation of Mr. Atul V Sing EYF Mr. Lotus Gyaltsan and Mr. Nazir Ahmed of LNP had a meeting with experts from ICAR-CIRC Meerut. The primary objective was to understand ICAR's ongoing programs and explore potential partnerships to strengthen dairy sector in Ladakh.

A major area of discussion was silage and cattle feed management. The ICAR-CIRC team shared valuable knowledge on silage-making techniques, including harvesting, fermentation (ensiling), and storage. These practices are essential for ensuring a consistent supply of quality feed throughout the year, particularly during Ladakh's long off-seasons when green fodder is not available. ICAR-CIRC offered technical support to establish a silage production unit in Ladakh and conduct trials on different feed formulations to assess their effectiveness.

Technology transfer was also discussed as a crucial aspect of the collaboration. ICAR-CIRC iscommitted to organizing hands-on training sessions and workshops for local farmers, covering animal husbandry, feed management, and breeding techniques. Joint field demonstrations will be conducted to showcase best practices directly to the farmers.

Moving forward, it was decided to develop a detailed action plan, carry out baseline surveys, and assign responsibilities. A joint working group with members from both ICAR-CIRC and Ladakh will be established to oversee implementation. Feasibility studies for demonstration units and advanced breeding technologies will also be conducted. Lastly, efforts will be made to secure the necessary resources for successful execution.

2.1.9 Two months intensive trainer training program on weaving: Date: 14 Jan 25 to 18 March 2025

The main goal of promoting the handloom sector, especially through weaving and spinning training, is to help people—particularly rural women—learn important skills using fly shuttle looms that match today's market needs.

A two-month intensive training program for trainers was successfully completed, where nine individuals from five selected villages were trained in weaving. The training included classroom learning, hands-on practice, and field visits. This helped the trainees gain both confidence and the knowledge needed to train Self-Help Groups (SHGs) in their own communities.This program not only helps people earn a living but also supports the preservation of cultural traditions and the rich heritage of handloom weaving passed down through generations.The five villages involved in this program were Shara, Phuktse, Saboo, Korzok, and Koyul. The nine trainees from these areas are now skilled master trainers.

At the end of the program, a closing ceremony was held where certificates of completion, stipends, and fly shuttle looms (provided at 50% of the cost) were given to the trainees. The event was attended by several dignitaries, including the Superintendent of District Handicrafts, councillors Shri TundupNorbooCheeta (Phyang), Shri SkarmaNamtag (Korzok), Shri Sonam Thardhos (Igoo), Chairperson of LNP Management Board Shri TseringSamphel, and Axis Bank General Manager Shri Sami-ul-lhaLasu.

A detailed action plan is being put in place to train rural women in advanced weaving through these master trainers The successful completion of this project marks an important milestone in empowering rural artisans, preserving traditional weaving techniques, and strengthening local economies.

2.10 Cattle Feed Distribution Program

As part of the Sustainable Livelihood Project (SLP), a cattle feed distribution initiative was implemented to support improved milk production and ensure proper nutrition for livestock during the winter season. This program specifically targets progressive farmers to promote better animal care and sustainable farming practices.

Under this scheme, a total of 400 bags of cattle feed (each weighing 40 kg) were distributed to farmers in the villages of Saboo, Thiksay, Shey, Stok, and Matho. A flag-off event for the cattle feed distribution was held on 25th February 2025. The event was graced by Shri Tashi Yakzee, Executive Councillor for Rural Development, LAHDC, who served as the Chief Guest. Shri StanzinRabgyesChief Animal Husbandry Officer and Shri. Sami-ul-LhaLassu General Manager of Axis Bank, Leh also attended the function. LNP is currently planning to promote creation of community managed feed & fodder banks in these villages.

2.2 WATER AND LIVELIHOOD (WAL)

2.2.1 Baseline Assessment in 12 Villages

The WAL project commenced with a comprehensive baseline assessment aimed at understanding the socio-economic conditions, livelihood patterns, agricultural practices, water resource usage, and community needs across the project area. A total of 950 households across 11 villages were surveyed using structured questionnaires and participatory tools. These assessments were supported by Focus Group Discussions (FGDs) and community interaction sessions, enabling the team to gather qualitative insights on seasonal challenges, indigenous practices, gender roles, and resource access. The remaining village could not be assessed due to geographical inaccessibility caused by seasonal closure of roads; the survey is planned post-harvest season. This baseline data has proven essential in guiding customized interventions under the WAL project, ensuring alignment with real, ground-level needs.

2.2.2 Agriculture Demonstration & Trainings

As part of its goal to promote sustainable agriculture, the project facilitated a 3-day exposure tour for 90 Self-Help Group (SHG) members to various successful government demonstration farms. This tour broadened the farmers' perspectives on modern agricultural practices and introduced them to practical models they could adapt locally. Post-tour, the Agriculture Department delivered structured trainings on critical topics such as organic liquid compost preparation, protected cultivation under greenhouses, the importance of mulching in moisture retention, pest and disease control using organic techniques, and mushroom production for household consumption and income. As a result, 30 farmers received greenhouse polythene sheets on a 50% cost-sharing basis, enabling them to grow off-season vegetables with potential for enhancing additional income of 60,000 per season. Additionally, six progressive farmers were supported with cellar rack systems which will again boost up the utilization of cellar in form of mushroom production unit and can generate more additional income. These interventions have not only improved productivity but also encouraged more sustainable, climate-resilient farming models.

2.2.3 Construction of Artificial Glaciers (AG)

In response to increasing water scarcity during critical agricultural months, the WAL project undertook the construction of two innovative artificial glacier systems. One was established in Nang village using a solar-cum-electric powered mechanism designed to store and release water gradually during the summer. The second, in Lingshet village, follows a more traditional ice-fall model where water is naturally frozen and stored during winter, then gradually melts to supply irrigation in the growing season. Together, these glaciers are expected to irrigate approximately 1087 kanal of agriculture land. Community participation in the construction process has also improved local ownership and awareness of water conservation techniques.

2.2.4 Water Reservoirs (New & Repair)

To enhance the community's ability to store and utilize water effectively, the project targeted the construction of three water reservoirs. One of these has been fully constructed in Tsaga and is currently operational, providing year-round water access for irrigation use. However, the reservoir planned for Nang village had to be cancelled due to a combination of logistical challenges, including lack of road access and limited community support, which made the project unsustainable. The third reservoir, located in Lingshed, is currently under construction through a convergence model involving both government and WAL project funding—40% of the cost is borne by the government and the remaining 60% by the project. This infrastructure is expected to significantly improve water availability during lean periods and enhance cropping intensity.

2.2.5 Irrigation Channels (New & Repair)

For ensuring efficient water distribution through well-maintained irrigation infrastructure remains a priority. Although three irrigation channels were initially proposed, two were cancelled due to insufficient local resources and manpower. In Igoo village, 1,250 meters of traditional irrigation channels were repaired and widened, significantly improving the volume and flow of water to agriculture land. In Ayee village, 1,095 meters of water channels are planned to be restored using durable PVC pipes to minimize leakage and erosion. This work will begin post-mon-

Water and Livelihood (WAL)

Water and Livelihood (WAL)

soon season when conditions are safer and more conducive to construction. In Skyumpata village, a total of 4,000 meters of HDPE pipeline has already been mobilized. Further civil works including headwork and desilting chambers are planned under the EYF project's funding and will commence as soon as snow-blocked roads are cleared. These efforts aim to modernize the irrigation system, increase water-use efficiency, and reduce crop failure due to erratic water supply.

2.2.6 Convergence with Government Departments

The WAL project has actively pursued convergence with line departments to enhance impact and sustainability. A key success has been in Chemday Dho (Kharu) village, where 120 kanal of farmland has been equipped with drip irrigation systems under a subsidy scheme facilitated through the Agriculture Department. This effort was strategically aligned with the existing infrastructure created by the LNP (Leh Nutrition Project), which had earlier installed a solar-powered bore well in the area. The drip irrigation ensures optimal use of available water, reduces wastage, and supports water-sensitive crops. Building on this success, further convergence is being explored with the Horticulture Department to introduce high-value fruit crops and medicinal plants. The aim is to transform the site into a model horticulture farm that not only strengthens food security but also provides income-generation opportunities for smallholder farmers.

2.2.7 An important development on water was the collaboration with NIT Raipur wherein their experts along with LNP team undertook a study of groundwater in locations within Leh district (Leh, Saboo, Stakmo, Nang, Mood). The finding of this study and the report was shared with LAHDC Leh and other stakeholders recently. It is expected that NIT Raipur will help with expanding the scope of this study to cover the entire district. This, along with data generated on surface water (glaciers in particular) could help promote development of a policy framework on water for Ladakh region.

2.3 STEM EDUCATION

2.3.1 Introduction:

The EY STEM App is a global initiative aimed at engaging girls in Science, Technology, Engineering, and Mathematics (STEM) through interactive and hands-on activities. By completing challenges within the app, users earn reward points while developing key STEM skills. In Ladakh, the Leh Nutrition Project (LNP), in partnership with the Ernst & Young Foundation, is introducing the app to girl students with the goal of encouraging real-world applications — such as interviewing community members, applying design thinking to local problems, and conducting experiments.

Objectives:

- To spark students' interest in STEM subjects.
- To encourage girls to consider STEM as a future career path.
- To promote productive use of mobile phones through educational engagement.

2.3.2 Key Activities Under the EY STEM App Program

A range of activities were implemented to promote STEM learning and innovation among students in Ladakh through the EY STEM App Program.

This initiative cover 1873 girl students in 36 schools across the Leh district and 2384 girl students in 40 schools across the kargil district

a) Three-Tier Competition Structure:

To encourage hands-on engagement and creativity, a three-tier competition was organized:

Tier 1: Inter-school Essay Competition
Tier 2: District-Level Painting Competition
Tier 3: UT-Level Science Project Competition
Final STEM Competition Highlights:

The culminating event took place in both Leh and Kargil districts, where six schools showcased innovative science projects under the theme "Lifestyle & Environment". Students explored topics such as wind turbines, solar power devices, and hydropower systems.

In Leh, Islamia Public School was awarded STEM Champion of Ladakh 2023–24 for its “Solar Power” project, which demonstrated a practical and sustainable energy solution tailored to Ladakh’s harsh winter climate.

In Kargil, GHS Minjee was recognized for its innovative “Solar Laser Security Alarm System,” developed by students to enhance local security using renewable energy.

These competitions successfully fostered creativity, teamwork, and problem-solving skills while encouraging students—especially girls—to envision futures in STEM fields.

b) Awareness and Outreach: Cyber Safety Sessions

To promote digital safety among students, the EY Cyber Security Team conducted Cyber Safety Awareness Sessions on 7th and 8th October 2024 across three schools: TCV School, Islamia Public School, and Lamdon School.

Over the course of three days, more than 550 students participated in the sessions. Designed to be interactive and easy to understand, the sessions focused on key topics such as:

- Online privacy and protection of personal information
- Safe browsing practices
- Common online threats like phishing, cyberbullying, and identity theft

The initiative received highly positive feedback from students, who appreciated the clear explanations and engaging format. The sessions not only raised awareness but also created a safe space for students to discuss their online experiences and concerns.

c) Student Engagement and Learning

As of 2025, a total of 4260 students have been enrolled in the EY STEM App across Ladakh. To broaden reach, the program extended outreach efforts to community tuition centers and residential institutions.

Promotional efforts included radio engagement with Red FM and a feature on Doordarshan Leh in February 2025, both of which received a positive response and significantly boosted registrations.

Following the winter break, targeted outreach in schools across Leh led to a surge in student participation during the 2024–25 academic year. using durable PVC pipes to minimize leakage and erosion. This work will begin post-mon

STEM Education

2.4 CHILDREN'S WEEK

Organized by: Socio-religious organizations (LBA, Imamia, AMI, Christians Association Leh), PAGIR/REWA/Munsel, Save the Children/ICPS Leh, Ladakh Women's Network, LAMO and LNP, in collaboration with District Social Welfare Department Leh.

2..4.1 Issues discussed:

i) Corporal Punishment, ii) Stress related issues, iii) Substance abuse, iv) Issues related to specially abled children, v) Moral education, vi) Child Abuse, vii) Bullying, viii) Adolescence issues, ix) STD/HIV AIDS

2.4.2 Key points raised:

a) Corporal punishment, though prohibited under law, is still being practiced in our educational institutions as well as in households (in the form of beatings, verbal abuse as well as various forms of humiliations). Punishments lead to negative impact on children's mind, self-confidence and self-respect, resulting in long term negative consequences throughout their lives. Nowadays, punishing children generates strong reactions from children's as well as their parents. Unfortunately, some teachers and parents are still not convinced that children can be disciplined without resorting to corporal punishment.

b) On stress and substance abuse, it was pointed out that excessive workload (including homework and regular tests) and the burden of examinations are the main cause of stress. Undue focus on competition among children (regarding studies, lifestyle, societal pressure, etc.) makes them vulnerable to anxiety disorders which often leads to substance abuse. Alienation of children from their parents due to their inability to spend quality time with families (and excessive screen time) seems to be another major cause. Free access to mobile phones at a very young age is another reason for negative behaviors like lack of life/social skills, decline in physical activities like sports, health issues, aggression, etc.

c) Disability: Although increased attention has been given in recent times on issues of specially abled people including children, more needs to be done on the theme in coming years. Social inclusion of differently abled children, emphasis on inclusive education, acceptance of and respect for the differently abled children, increased in parental efforts on providing adequate exposure to differently abled children, adequate capacity building of parents and caretakers in responding to the needs of differently abled children, expanding outreach services of professionals, encouraging enrollment of differently abled children in schools and sanitization of other children on caring for differently abled children are some of the issues deserving increased attention.

d) Moral education: In today's environment of increasing competitiveness and individualism, our traditional values, family system and societal/community cohesiveness are being challenged. This is negatively impacting our young generation in terms of their moral values and societal responsibilities.

e) Child abuse: This is an issue deserving increased attention of agencies (like ICPS, Education dept., Health dept. ICDS, Police, etc.) as well as civil society organizations, particularly on sensitization of parents and care takers.

2.5 INTERNATIONAL WOMEN'S DAY

International Women's Day was celebrated on 8th March 2025 in collaboration with the Disket-tsal community. The event saw active participation from over 300 women from the local community, along with several women subject experts and achievers from various fields.

The Chief Guest for the occasion was Padma Bhushan Dr. Tsering Ladol, a renowned gynaecologist from Ladakh.

The main highlight of the programme was a panel discussion on women's empowerment, focusing on key sub-themes such as:

- Education
- Health
- Social Work
- Health and Fitness
- Agriculture in Ladakh

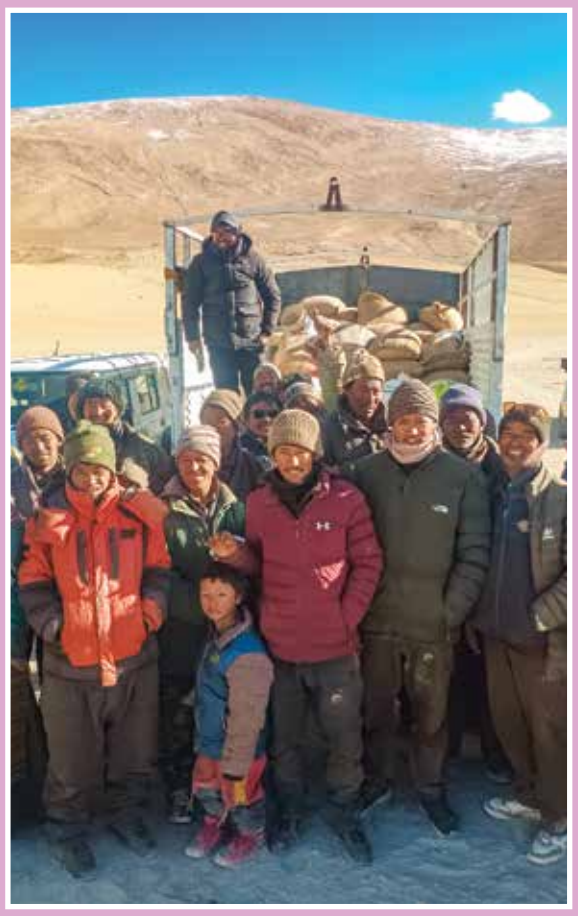
The panel was led by distinguished women subject experts who shared their experiences and insights. To honour their contributions and inspire others, several women achievers were felicitated with mementos. The combination of motivational talks and recognition ceremonies created an inspiring atmosphere, encouraging collective efforts towards building a more inclusive and empowered community for women in the region.

2.6 ANTICIPATORY ACTION PLAN (AAP)

The high-altitude Changthang region of Ladakh is home to nomadic pastoralists who depend on livestock—mainly yak, sheep, and goats—for their livelihoods and cultural identity. However, their traditional way of life faces increasing threats due to climate change, marked by harsh winters, heavy snowfall, and arid summers.

Other

Other



In response, the Leh Nutrition Project (LNP) and SEEDS, in collaboration with the Changthang community, developed an anticipatory action plan between February and March. The plan aims to enhance livestock resilience by addressing fodder shortages and climate-related risks. It outlines strategies including early warning systems, resource pre-positioning, community-based preparedness, and long-term adaptive measures—integrating traditional knowledge with scientific methods to ensure sustainable livestock management.

2.6.1 Pre-Disaster Preparedness

To reduce the impact of extreme weather, several proactive steps were taken:

Early Warning Systems: SEEDS collaborated with the India Meteorological Department (IMD) and others to improve weather monitoring and issue timely alerts for cold waves, snowfall, and drought. Ms. Mallika from SEEDS actively monitored and shared updates. LNP helped distribute alerts in the local language through village committees and herder groups.

Livestock Protection: Two portable shelters (20' x 20') were set up in Samed and Korzok to test their effectiveness against harsh weather. Trainings were also conducted for herders on managing livestock during extreme conditions, including fodder use and weather preparedness.

Fodder Security: Recognizing the growing need for fodder, the team encouraged the cultivation of drought-resistant crops like oats and alfalfa.

Pasture Management: A pasture map was developed for the nomadic communities to monitor grazing patterns. Sustainable grazing practices, including rotational grazing, were promoted to prevent pasture degradation and ensure long-term availability of fodder.

2.6.2 Immediate Response (During Crisis)

As part of the project activities, a swift and coordinated response was initiated during the recent extreme weather conditions to minimize livestock losses. The team successfully pre-positioned and distributed emergency animal feed to the Kharnak, Rupsho, and Sumdho areas just before the onset of snowfall. Similar distribution was planned for other villages as well.

In the recent phase of the response, the team collected over 9 tons (200 bags) of raw barley and distributed it as emergency feed to 191 families across the villages of Korzok, Sumdho, Rupsho, and Kharnak.

2.6.3 Long term Resilience Building / Outcomes.

To ensure the long-term sustainability of livestock management in the Changthang region, it is crucial to implement measures that build resilience to climate change. These include:

Community-Based Livestock Insurance: Facilitate the implementation of affordable and accessible livestock insurance schemes to provide financial compensation to herders in case of livestock losses due to extreme weather events or diseases.

Encouraging participation in risk-sharing cooperatives: Promote the formation and participation of herders in risk-sharing cooperatives to pool resources and manage risks collectively.

Sustainable Rangeland Management: Forestation & soil conservation programs: Implement forestation and soil conservation programs in the region to improve vegetation cover, reduce soil erosion, and enhance water retention capacity, thereby supporting rangeland health.

Incentives for sustainable grazing practices: Provide incentives, such as access to improved fodder varieties or technical support, to herders who adopt sustainable grazing practices and contribute to rangeland conservation.

Portable all-weather shelter: It is enforced that the losses of livestock is mainly due to wild animal attacks. These losses were unnoticed as the loss was in low number but on regular intervals. Having a protection system will ensure their healthy night sleep and livestock increment.

Alternative Livelihood Support: Develop wool processing, dairy farming: Support the development of alternative livelihood options, such as wool processing units, small-scale dairy farming to diversify income sources for the community and reduce sole dependence on traditional pastoralism.

Capacity-building programs for income diversification: Conduct capacity-building programs to equip community members with the skills and knowledge required to engage in these alternative livelihood options.

LNP and SEED are aiming at developing a framework for a comprehensive package of longer term interventions for protection of nomads and nomadic lifestyle in Changthang and recommended to concerned stakeholders including the UT administration.

2.7 BAKERY UNIT

Women's livelihood initiatives in chushot

The Bakery Unit project in Chushot, Leh-Ladakh, implemented by the Leh Nutrition Project (LNP) and supported by the Australian High Commission, was launched with the aim of empowering local women through skill development and income generation. This initiative focused on equipping Self-Help Group (SHG) members with modern bakery skills and technology to establish a sustainable, women-led enterprise in the region.

Key Objectives

1. To establish a functioning bakery unit for SHG members to promote self-reliance.
2. To provide advanced bakery equipment and hands-on training for long-term sustainability.
3. To enable income generation and financial independence among women.

Project Implementation

2.7.1 Equipment Procurement

Due to the lack of high-tech bakery equipment in Leh, machines such as ovens, dough mixers, and proffers were procured from Bresco, a vendor based in Delhi. The equipment was successfully delivered in October 2024, enabling the technical setup of the unit.

2.7.2 SHG Formation

A group of 10 motivated women homemakers from Chushot was formed as the core SHG. These women showed a strong interest in building their livelihoods through baking and entrepreneurship.

2.7.3 Capacity Building and Training

The training was conducted in two phases:

Basic Training (12–14 November 2024):Conducted by expert trainers from SEWA (Self Employed Women's Association), this phase covered cost-effective recipes for cakes, cookies, and puffs. Emphasis was placed on cleanliness, measurement techniques, and efficient oven usage.

Advanced Training (13–15 December 2024): Led by professional baker Ms. Diskit from M/S. Metsibiri, the advanced session focused on baking exotic items like carrot cake and cookies, as well as staple products like bread and buns. A practical assessment helped build confidence and reinforce learning. Recipe booklets were also distributed for continued practice.

2.7.4 Outcomes and Impact

Production and Sales:The SHG successfully produced and sold 249 cookie packets in the local market, earning a gross income of over 22,000. Members are now exploring ways to expand their product line based on market demand.

Skill Development and Empowerment:The women gained practical skills in both basic and advanced baking. Their confidence and enthusiasm have grown, and they have expressed strong commitment to responsibly manage the bakery machinery.

Sustainability and Livelihood:This initiative has laid the foun-

dation for a sustainable, women-led micro-enterprise. The SHG members are now positioned to contribute meaningfully to their household incomes and the local economy.

This bakery unit initiative marks a significant step in advancing women's economic empowerment in the remote village of Chushot. By combining skill-building, technology, and market access, the project has demonstrated a successful model for creating sustainable rural livelihoods.

2.8 LEARN TO PLAY (ICE HOCKEY)

Ice Hockey in Ladakh, also called shinny or pond hockey, is a way of life during the long winters in Ladakh. There is tremendous potential for ice hockey to grow in Ladakh. With the superior snow conditions and the convenience of frozen streams and lakes in the region, enthusiasts for this growing sport. The preceding generations of Ladakh have been successful to be a part in the national team and also represent the country at international championships.

However, the sport remains underdeveloped due to limited resources, lack of infrastructure, and few unstructured training programs. In order to groom the rising generation, LNP along with EGF seeks to establish a sustainable and comprehensive Learn to skate coaching program aimed at children (aged up to 15yrs) in the villages of Ladakh, focusing on enhancing physical fitness, discipline, skills and providing a pathway for advancement towards competitive platforms on global level and to encourage them to build a character for everyday life.

Objective

1. Basic Skill Development: Equip young players with foundational and basic coaching

2. Community Engagement: Promote community involvement in youth sports, encouraging support and interest in ice hockey.

3. Pathway for Future Growth: Identify and nurture young talent, offering a structured path from local to higher levels of competition.

Target groups

- Age Group: Children aged 6-15 years.
- Target trainees: 300+ children.
- Location: 10 far flung villages of Ladakh, they are Hanley, Sakti, Nyoma, Tangtse, Zanskar, Gya, Kanji, Shakar, Bodhkharbu and Nubra.

LNP has successfully completed ten days coaching camps in all targeted villages by engaging 20 young coaches (2 coaches for each village).

2.9 STAFF CAPACITY BUILDING WORKSHOP

An in-house workshop was organized for all staff members to support their professional development. The workshop focused on the following key topics:

1) Organizational policies and norms

2) Report and proposal writing

3) Team management

4) Marketing strategies

5) Leadership and communication skills

6) Accounting and documentation

7) Videography.

Each topic was assigned to individual team members, who were responsible for researching their subject using various sources and preparing a presentation. Presentations were delivered in the presence of an external consultant, who provided valuable feedback and suggestions.

The workshop was highly participatory and proved to be a very effective way to enhance team knowledge and skills. These exercises will be repeated in future in order to build up on learning gained.

3. Future plans

In addition to taking forward the ongoing programme initiatives to the next level, LNP is considering to focus on:

3.1 Livelihood interventions in nomadic villages of Changthang

To gain a deeper understanding of the nomadic lifestyle, economic conditions, and social development challenges, LNP has conducted a comprehensive study in the villages of Rupsho, Kharnak, Korzok, Chumur, and Angkung. The study aims to develop livelihood intervention for these nomadic communities, in collaboration with the Azim Premji Foundation.

3.2 Geohydrological Study for Water-Scarce Villages in Leh District

In 2023, LNP, in collaboration with NIT Raipur, conducted a geohydrological study in four water-scarce villages of Leh district. The findings were shared with the UT administration and LAHDC. LNP now plans to extend this study to cover more villages across the district. To support this, a project proposal has been submitted to the department of Science and Technology, Government of India.

3.3 Ladakh's arts and cultural heritage conservation:

In today's era of rapid physical development, there is a growing recognition of the importance of preserving cultural values such as compassion, empathy, humanity, honesty, and respect. Increasingly, people are also becoming aware of the need to protect heritage sites—including monasteries, castles, and literary works—and to promote traditional arts such as Sowa Rigpa, painting, and sculpture. These efforts are essential in fostering a more holistic and culturally grounded approach to development, particularly among policymakers. The LNP is committed to promoting local arts and culture, and to conserving heritage as an integral part of its development initiatives.

3.4 Solar-Powered Flour Mill:

Barley flour (called Tsampa) is the main food in Ladakh. In the past, people used water mills to grind the barley. But these water mills are no longer used because of many reasons. Now, people grind barley using mobile machines, like tractor-based mills. However, this has reduced the taste and shelf life of Tsampa. LNP plans to introduce a solar-powered flour mill. This new mill will be more eco-friendly, cost-effective, and sustainable.

3.5 Pellet and Silage Production Initiative

In the region, livestock are traditionally fed dry fodder such as alfalfa and hay during the winter months. However, these feed types often suffer from a significant loss of nutritional value due to traditional drying methods. While the overall livestock population has declined in recent years, there has been a notable rise in the rearing of Jersey cows for milk production, particularly in the peripheral areas of Leh. This shift has increased farmers' reliance on commercially produced cattle feed and government assistance.

Furthermore, nomadic herders who rear pashmina goats and sheep face acute fodder shortages during the harsh winter months, when heavy snowfall and extended cold spells limit access to grazing resources.

To address these challenges and reduce dependency on external feed sources, the LNP plan to establish a pellet making unit and silage production units at village level.

4. Financials

LEH NUTRITION PROJECT, HOUSING COLONY, LEH (LADAKH)

CONSOLIDATED BALANCE SHEET AS ON 31-03-2025

LIABILITIES		AMOUNT	ASSETS	AMOUNT
Project Fund Account			**Fixed Assets**	
Opening Balance	1,62,22,436		Schedule-8	37,49,747
Less:-				
Deficit carrried from Income and Expenditure Account	15,20,825	1,47,01,611	**Current Assets, Loan & Advances**	
			Closing Balance Schedule-7	1,12,28,690
Current Liabilities			**Advances**	
Schedule-6		6,11,666	TDS Receverable	5,592
			Diskit Chozom	9,861
			LNP ABF SLP HJ Account	14,081
			GMS Agritech Pvt Ltd	3,00,000
			Sonam Angmo Supervisor	5,306
		1,53,13,277		1,53,13,277

In terms of our report of date

For B. R. Sobti & Co.
Chartered Accountants

B. R. SOBTI & CO. CHARTERED ACCOUNTANTS

CA. Rohan Sobti
Partner
Membership No:- 094273
Place:- Leh
Dated:- May 28th, 2025

Executive Director
Leh Nutrition Project
Leh (Ladakh)

(Executive Director)

LEH NUTRITION PROJECT, HOUSING COLONY, LEH (LADAKH)

CONSOLIDATED INCOME AND EXPENDITUER ACCOUNT
for the year ended on 31-03-2025

EXPENDITURE		AMOUNT	INCOME	AMOUNT
FCRA Account (Schedule-3)	57,48,276		FCRA contribution	37,22,772
LNP REETI Account (Sch-4)	20,79,567			
L N P Local Fund (Sch-5)	67,08,341		Earns & Young Foundation (EYF)	48,38,400
Sustainable Livelihood Project	64,59,644	2,09,95,828	EMP Bindi International	37,142
			EYF/EY Stem App	6,93,290
W/off previous debtors		758	SEED/ECSIOCCD	3,17,000
			Eicher Group Foundation / REETI	18,37,268
			Sustainable Livelihood Programme	80,00,000
Depreciation		6,03,017		
			Other Income	
			Interest Income	2,83,338
			Rental Income	2,14,400
			CDK Balance trf from JKB	1,17,186
			PF Paid from FCRA Account	17,982
			Deficit carried to Balance Sheet	15,20,825
		2,15,99,603		**2,15,99,603**

In terms of our report of date

For B. R. Sobti & Co.
Chartered Accountants

B. R. SOBTI & CO. CHARTERED ACCOUNTANTS

CA. Ropan Sobti
Partner
Membership No:- 094273
Place:- Leh
Dated:- May 28th, 2025

Executive Director
Leh Nutrition Project
Leh (Ladakh)

(Executive Director)

LNP (Leh Nutrition Project)
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