ICA
Transforming People and Organisations in Nepal
1998 - 2018
It gives me immense pleasure to share you all that we are celebrating 20th anniversary of ICA Nepal. With the history of more than 50 years globally, this is a milestone achievement in our context. We are so proud of sharing 20 years glorious works of ICA Nepal. For us, it is a result of our ongoing passion for human capacity building, determined to ensure participation for sustainability no matter how the circumstances have prevailed in the last 20 years.

ICA Nepal was established in early 1998 to provide community development and training and facilitation courses for youths, civil society organizations and communities. Since then we have grown bigger and bigger in terms of activities we carried out and the impact we made.

I feel proud having seen the positive impact that we have been able to create in dozens of villages through training and empowerment programmes. Through such efforts we are able to transform thousands of people enabling them to have safe and sound lives.

Nepal is going through transition aiming for better tomorrow, realizing the legislative, local government and provincial assembly election is a great accomplishment. I wish we all remain focused and committed to the development for prosperity of each and every individual.

I thank all the well-wishers and supporters who enabled us to reach to the most disadvantaged communities and serve for their better life. In future, ICA Nepal is committed to promote human development through its innovative approaches of comprehensive human development, agro-tourism, supporting local government in planning and implementation, mobilizing local communities for entrepreneurship development etc. We wish for your active participation in our programmes in future as well!

Prof. Dr. Tatwa P. Timsina, Chairperson
This year we are celebrating 20th anniversary of ICA Nepal! It is a milestone achieved. I congratulate everyone involved, participated, and lived the whole experience of ICA Nepal through these years.

As a part of global network, ICA Nepal has independently emerged as one of the leading NGOs in Nepal. From the very beginning, it has been carrying out massive development activities transforming thousands of lives in Nepal. In the past 20 years, several changes have occurred at local, national and global context.

Nepal witnessed decade long insurgency, political upheavals and movement which replaced traditional monarchy to republic system and now recently we participated in the local government election after 19 years. Through all these years, ICA Nepal has actively played its role in the country to achieve remarkable improvements in terms of people’s participation, equality, leadership, and improving lives.

This is not an opportunity to look back but an opportunity to look ahead. I wish to extend our thanks to board of directors, program teams, field staffs, the global network for regular support and help. Thank you once again for all that you have done through ICA Nepal. I hope we will be still around in 50 years celebrations and that many of us will continue to be part of this journey. ICA will continue its role in future and expects to create impact in human lives.

Ms. Ishu Subba, Executive Director
ICA Nepal

The Institute of Cultural Affairs (ICA) Nepal was established in March 1998 in Kathmandu, Nepal as an autonomous, non-governmental organization registered with the Government of Nepal and Social Welfare Council, Nepal. Since then, ICA Nepal has grown rapidly, focusing on research, training, facilitation and community development activities. ICA’s activities are based on participation. The organization is dedicated to building people’s capacities whether they are rural village inhabitants or business executives in public training courses.

Philosophy

ICA Nepal’s activities are guided by two major philosophies namely Participation for Sustainable Development and Lifelong Learning.

ICA Nepal believes in participation for development. Every group or individual should actively participate and should give the chance to participate in order to build a sustainable pattern of change and development. ICA Nepal follows the ideology of lifelong learning that is pursued throughout life. It crosses sectors, cultures and promote learning beyond traditional format and structures. We believe in developing creativity, initiative and responsiveness in people thereby enabling them to adapt uncertain changes, communicate across and within cultures and sub-cultures, and negotiate conflict.

Most of the activities of ICA Nepal are developed by considering the principles and focal areas of the Government of Nepal, Technology of Participation (ICA), and Social Artistry Initiative, the Village Earth Model for Sustainable Village-Based Development, Rotary International and CIIVICUS.

Vision

ICA Nepal aims to enlarge opportunities of the disadvantaged communities enhancing individual and organizational capacity throughout the country through training, facilitation and developmental activities.

Mission and Objectives

ICA’s mission is to promote social innovation through participation and community building. The objectives of ICA Nepal are to:

- Promote a culture of participation at all levels of society;
- Encourage people and groups to participate in promoting culture and tourism alleviating poverty and discrimination (in access to resources, social status etc.),
- Introduce the experience of other world-wide ICAs and other partners into the Nepali context, and
- Provide facilitation skills to communities and organizations.
Strategies

By the end of 2025, ICA Nepal as a leading organization in the field of Human Development, enlarges opportunities to disadvantage communities strengthening networking and developing the sustainable economic sources.

The strategic directions are:

1. Promoting and implementing ICA training and facilitation programs,
2. Identifying and implementing community development projects,
3. Enabling local communities to practice entrepreneurial activities,
4. Enable local government to carry out participatory development activities,
5. Supporting ICA Networks’ members, and
6. Creating opportunity to learn through volunteer program.

Global Network

the Institute of Cultural Affairs is a global community of non-profit organizations advancing human development worldwide. The network comprises member organizations and related groups in over 40 countries worldwide.

Timeline of ICA Nepal

<table>
<thead>
<tr>
<th>Year</th>
<th>Event</th>
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<tbody>
<tr>
<td>1996</td>
<td>ICA ToP Training in Nepal by ICA Malaysia, Dr. Tatwa P. Timsina, founding chairperson attended several ICA training in Belgium</td>
</tr>
<tr>
<td>1997</td>
<td>Formed a group of people in Nepal and trained them on ICA methods. The team was allowed to start ICA in Nepal by ICA International</td>
</tr>
<tr>
<td>1998</td>
<td>ICA Nepal formally established in Kathmandu, conducted first ToP Trainers’ Training in Nepal</td>
</tr>
<tr>
<td>1999</td>
<td>Community Development Activities initiated in five districts of Nepal. Dalit Empowerment in Parbat. Eva Harris of Vision Trust supports ICAN for organizational strengthening. ICAN started participatory strategic planning activities in various villages in Jhapa district.</td>
</tr>
<tr>
<td>2000</td>
<td>ICA started working in 10 districts of Nepal</td>
</tr>
<tr>
<td>2002</td>
<td>UNDP supported Decentralized Transformative Approaches Leadership Program. Learning Centre for Women and Children constructed at Changunaryaan, Bhaktapur with the support of MOFA, and ICA Japan</td>
</tr>
</tbody>
</table>
2003: ICA Nepal trains people in Bangladesh and facilitates in establishing ICA Bangladesh
2004: ICA Nepal’s Tatwa P. Timsina elected as the President of ICA International
2006: USAID/MSH support for Result Oriented Leadership Development Program. ICA Nepal trains 300 teachers on Life Skills based Education. ICA Nepal implements CSI recommendation nationally
2007: Global Forest Coalition supports for participatory development activities in forest sector of ICA Nepal. ICA Nepal launched Professional Career Development Training (PCDT) Course. ICA works with Poverty Alleviation Fund (PAF) in far western region of Nepal for community empowerment
2008: ICA jointly with Jean Houston Foundation (JHF) plans to train 5000 people on Social Artistry (SA) Leadership in Nepal. SA micro-grants provided to 30 people. ICA Nepal selected to host 8th Global Conference on Human Development in 2012.
2009: Social Artistry Cultural Lab, supported the ideas of some facilitators to start ICA Associates
2010: Conducts 6 months long Diploma Course on Training Development and produces 30 skilled trainers and facilitators on ICA Methodology Started Centre of Excellence for PhD Studies and facilitated more than 250 PhD scholars.
2011: Global Conference Coordination Meeting held in Nepal and other countries. Conducts series of training courses for several government, non-government organizations and corporate houses. Continues community development projects in Bhaktapur, Parbat and Kathmandu.
2012: ICA Nepal hosts 8th Global Conference on Human Development with more than 300 national and international participants. Youth Conference on Human Development is conducted, international training on Meeting That Works by Bill Staples from ICA Canada, Social Artistry Leadership Training by JHF conducted.
2013: Carried out human development activities.
2014: ICA works for supporting local NGOs in fundraising through NGO support program, Works for Physically challenged people.
2015: Intensively works in relief, rehabilitation and reconstruction after the massive earthquake in April and May 2015, Builds house for 25 physically disabled people (Disabled Service Centre) at Goldhunga village with the support of ICA Australia, Jean Houston Foundation and other donors.
2016: ICA Japan gets status of INGO in Nepal
ICA Nepal reconstructs damaged Women and Children Learning Centre with the support of MOFA, Washi Arts and Embassy of Japan through ICA Japan
Launches Reproductive Health and Sanitation Unit, initiates Menstruation Hygiene Management Program Started Low Cost Sanitary Making Unit in Changunarayan.
ICA starts ICA Training Centre in Kathmandu with an aim of developing thousands of youths as skillful resources. Started 9 month long cook training for 115 youths.

2017: ICA Nepal starts Joint Initiative for Entrepreneurship Development through Rubber Plantation and Promotion in Nepal
ICA initiates Agro-tourism imitative in Nepal.
ICA starts Local Level Development Initiative with new perspectives.
ICA’s Asia Pacific Regional Meeting (APRM) held at Kathmandu, Nepal
Conducts first International Seminar on Agro-Tourism in Kathmandu, Nepal.

2018: ICA Nepal completes glorious 20 years.
1. Training and Facilitation

The ICA has for over 50 years, been developing a set of participatory methods called the technology of Participation (ToP) which can be used in any group setting to create group solutions and facilitate strategic planning. ToP and other tools are taught in public courses, open to anyone interested. They are facilitated by experienced trainers, committed to delivering high quality courses in Nepali and / or English. Training courses offered are as follows:

- Trainer’s Training (TOT) & Facilitation Skills.
- Participatory Strategic Planning.
- Project Proposal Writing & Fund Raising.
- Result Oriented Leadership & Management.
- Appreciative Inquiry and Positive Thinking.
- Participatory Rural Appraisal.
- Gender & Development.
- Youth as Facilitative Leaders.
- Conflict Management & Peace Building.
- Social Mobilization.
- Social Artistry Leadership.
- Project Planning & Management.
- Participatory Monitoring & Evaluation.

Technology of Participation (ToP) in Nepal

ICA Nepal is promoting training and facilitation activities through ICA Training Centre, Koteshwor and Community Learning Center at Changunaryan. In the last two decades, we have invited nationally and internationally renowned facilitators and trainers to conduct training courses on different issues. Some of them were Facilitative Crisis and Disaster Intervention, TOT on Coping with Disasters, Entrepreneurial Development Program, and Community Rehabilitation Development Program. These courses were facilitated by Mark Pixely (ICA China, Leadership INC), Mr. Yateen Gharat (IAF) respectively.

“We had not got any chance to share and listen to every one of our stories and experiences regarding earthquake. We never thought our story matter and how everyone of us took in different ways. It gave us huge relief and we are happy that we could share our stories among community.” Santa Bdr. Tamang, 65, Changunarayan
ICA Nepal is working on developing local trainers and facilitators for local governing bodies such as metropolitan or sub metropolitan cities, municipalities and village development committees, local NGOs. Through this initiative, we have developed competent human resources required for the local levels on training and facilitation, project development and fund raising, leadership and management, participatory planning, monitoring and evaluation, consensus building, conducting meeting effectively, motivating local communities etc. ICA also conducts various skill oriented training which directly enables people to get employment or carry out self-managed initiatives. The objective of this program is to develop competent human resources required at local levels and transform local communities.

We have been providing training and facilitation services to NGOs, INGOs, and government offices and business. Facilitation services and in-house training courses are tailor-made to suit ICA Nepal’s clients, and are given in the client’s own premises.

<table>
<thead>
<tr>
<th>S.N</th>
<th>Name of Course</th>
<th>Number of Times Organized since 1998 - 2018</th>
<th>Number of participants attended 1998 - 2018</th>
<th>Total Number of Participants</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Public</td>
<td>In-house</td>
<td>Public</td>
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<tr>
<td>1</td>
<td>trainers Training on Training and Facilitation Skills</td>
<td>65</td>
<td>30</td>
<td>1625</td>
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<tr>
<td>2</td>
<td>Project Proposal Writing</td>
<td>70</td>
<td>30</td>
<td>1540</td>
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<tr>
<td>3</td>
<td>SocialArtistry Leadership</td>
<td>20</td>
<td>40</td>
<td>500</td>
</tr>
<tr>
<td>4</td>
<td>Leadership and Management</td>
<td>10</td>
<td>16</td>
<td>300</td>
</tr>
<tr>
<td>5</td>
<td>Participatory Monitoring and Evaluation</td>
<td>21</td>
<td>20</td>
<td>600</td>
</tr>
<tr>
<td>6</td>
<td>Social Mobilization</td>
<td>5</td>
<td></td>
<td>175</td>
</tr>
<tr>
<td>7</td>
<td>Emotional Intelligence</td>
<td>5</td>
<td></td>
<td>125</td>
</tr>
<tr>
<td>8</td>
<td>Gender and Development</td>
<td>7</td>
<td>20</td>
<td>189</td>
</tr>
<tr>
<td>9</td>
<td>Leadership Development for HIV and AIDS</td>
<td>15</td>
<td>10</td>
<td>375</td>
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<tr>
<td>10</td>
<td>Professional Career Development Training</td>
<td>15</td>
<td></td>
<td>375</td>
</tr>
<tr>
<td>11</td>
<td>Conflict Management and Peace Building</td>
<td>15</td>
<td>7</td>
<td>375</td>
</tr>
<tr>
<td>12</td>
<td>Appreciative Planning and Action</td>
<td>20</td>
<td>10</td>
<td>500</td>
</tr>
<tr>
<td>13</td>
<td>Trainers Training for School Teachers on Life skills based Education</td>
<td>10</td>
<td>10</td>
<td>250</td>
</tr>
<tr>
<td>14</td>
<td>Micro Finance/FSA</td>
<td>11</td>
<td></td>
<td>275</td>
</tr>
<tr>
<td>15</td>
<td>Food Processing and other Technical Training</td>
<td>25</td>
<td>25</td>
<td>625</td>
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</tbody>
</table>
Tourism is an important economic driver and mechanism for equitable social capacity building in Nepal. ICA Nepal follows the guiding principle of the UN World Tourism Organization (UNWTO), which states Sustainable Tourism as an enterprise that achieves a balance between the environmental, economic, and social-cultural aspects of tourism development so as to guarantee long-term benefits to the recipient communities. ICA Nepal aims to promote culture and tourism development and advocates for a holistic tourism development ensuring the mitigation of negative impacts to the cultural, social and physical environment as well as advocates the sharing of opportunities for a vibrant exchange of culture and learning. ICA Nepal serves to facilitate dialogue among the concerned stakeholders for value added chain of culture and tourism development.

Specifically, ICA Nepal works in the following areas for culture and tourism promotion:

- Ensuring Sustainable Culture and Tourism Development
- Establishing Destination Management Organizational Partnerships
- Building Capacity through training and facilitation and follow-up of the concerned agents of culture and tourism development
- Tourism Survey, Monitoring, Quantitative and Qualitative Research
- Study of Tangible and Intangible Heritage
- Development of Tourism Master Plan for different level of government
2. Community Development at Grassroots Level

Disabled Service Center: a home and hope for differently able people

Already battling the critical situation for survival, Disabled Service Center— a shelter for 25 physically disabled people went through a huge trauma during earthquake. ICA Nepal with the support of ICA Australia, and donors from India, Korea, Jean Houston Foundation constructed the permanent shelter.

The land where the house is built has been leased for longer duration and prefab materials are used for the construction. The facility consists of total 8 rooms; one kitchen, one bathroom and two big bedrooms each for men and women members of the service centre, a training hall and a room for official activities. The service centre is spread in a big area and also consists of a front yard big enough for the members to hang around and conduct small programs.

Relief, Reconstruction and Recovery Response to Massive Earthquake 2015

The year 2015 was marked by a prospectus disastrous earthquake of 7.8 magnitudes occurred on 25 April, 2015. When the tremor hits Barpak of Gorkha district as its epicenter, it left the whole nation stuck in a critical time. The death toll reached more than 9000 with twice as much injuries and economic destruction. With proper reconstruction still in halt after more than a year, Nepal is still bearing the wounds of earthquake with deeper psycho-social and socio-economic problems in rehabilitation.

ICA Nepal realizing its responsibility in the high time, immediately carried out number of relief activities for emergency support and rehabilitation tasks. Various relief programs were conducted in community, individual and organizational level. Relief materials which included food items, clothes, tarpaulins, medicines were distributed in the collaboration of Rotary clubs. The relief materials were sent to various affected districts such as Dhading, Sindhupalchowk, Gorkha, Bhaktapur and Kavre etc. We supported various organizations working for People with Disabilities such as Entire Power in Social Action (EPSA), Disabled Service Center (DSC) and National Integrated Blind and Disabled Association (NIBDA) by providing relief materials.

ICA Nepal acknowledges all its supporters from USA, Australia, Japan, ICAs worldwide, Korea, and India who helped us raising the funds to carry out relief activities.
ICA Nepal’s Response to Massive Earthquake of 2015: Summary

1. Relief support - food packages, tarpaulin, water, medicine) provided to Sindhupalchowk, Nuwakot, Bhaktapur, Changunarayan, Dhading, Gorkha
2. Relief provided to organizations working for people with disabilities, schools as well as individuals such as ESPSA, NIBDA, DSC, Tri Ratna. Ugra Chandi Women Cooperative Nala
3. Psycho-social recovery facilitations provided to teachers from various schools and colleges.
4. Constructed an earth bag house for 82 years blind old man in Changunarayan, Bhaktapur
5. Constructed permanent house for people living with disabilities at Tarkeshwor Goldhunga
6. Renovated the Learning Centre of Changunarayan along with series of psycho-social support programs for elderly, children and women
7. Income generation activities provided to women at Changunarayan for rehabilitation
8. Started recreational and educational activity every month and participate in recreations and educational activity
9. Started children club and educational and recreational activity

Renovation of Learning Center for Vulnerable People of Disasters of Changunarayan, Bhaktapur

ICA Learning Center located at Changunarayan, Bhaktapur was constructed by ICA Nepal in collaboration with ICA Japan in 2002 with an objective to provide a platform for local community to meet, plan, and execute community development activities. Activities such as dental camps, blood donations, and vocational trainings for local women as well as men use to regularly take place at the learning center. The Center was managed by Progressive Women Group formed by ICA Nepal.

The Learning Center was found to be heavily damaged by the cataclysmic earthquake of 2015 and so the platform for empowerment was seen to be lost. Also, at the same time, the disaster had left the people, especially the children, elderly and women at a vulnerable state. Thus, the project “Renovation of community learning center for vulnerable people of disaster at Changunarayan” funded by Ministry of Foreign Affairs (MOFA) Japan, came into life in 2016, in order to improve and strengthen the living condition of community of Changunarayan through psycho-social support and income generation activities. The major activities of the project include: Renovation of Learning Centre, Psycho social support to women, children, elderly people and community on coping with disasters and income generation activities for women.

At the end of the project, we were successful to form senior citizens club, children’ club and sanitary napkin production unit for local women along with the renovated learning center.
Building Civil Society in Far and Mid-Western Regions

With an objective to empower local rural communities of Far and mid-western region of Nepal, ICA Nepal has launched three years long project with the financial support of KZE/Misereor Germany. The project entitled “Empowering local communities and strengthening the civil societies by facilitative participatory planning and community development activities”. We are working in Kalikot, Dailekh, Darchulla and Accham. The project aims to empower local community by capacity building of civil societies by human development activities, facilitative leadership development, strategic planning and facilitation. The project works to improve the living standard, social and economic statuses of marginalized community of the locality and thereby preservation of human rights, raising voices for discrimination, implementation of rights preservation, literacy, environment, health and sanitation and income generation.

ICA Nepal has established of contact offices in each district and has mobilized the local ward members in order to carry out the development activities. Various tools and techniques like ward level action team formation, street dramas, awareness raising trainings are being used to achieve the desired goals in the region.
Empowering Women through Skill Development

The current project is a continuation of past collaboration of ICA Nepal and KZE/Misereor in far western region. ICA Nepal has been closely working with Misereor for the last 20 years and have covered 12 districts in Nepal. As a result of the past efforts, changes can be viewed local community’s lives in terms of the ways of thinking, planning, analyzing the situation, problems, mobilizing local resources, and finding solution. It has been observed via adult literacy classes, income generating activities, leadership and strategic planning; the life style of people has been changed.

ICA Nepal in association with Rotary Club of Rudramati Kathmandu and Denver Mile High Rotary of Colorado, USA implemented a micro project titled “Empowering Local Women through Skill Development’ in Thuloparsel village at Kavre district. The main objective of the project is to empower the local women through intervening skill development tools and knowledge.

Women were trained on farming (ginger, turmeric, and cardamom plantation) candy making by locally available fruits like lapsi (Hug Plum), sewing and tailoring, and online marketing. Though the project covered the period of few months, it has a great impact on the community. No such kind of programs were conducted which provide the women with new ideas, skills and techniques to improve their income generating skills.

Integrative Program on Menstruation Hygiene Management

Awareness Raising Program on Menstruation Hygiene Management

Series of awareness raising activities in the forms of training, interaction, community meetings are being carried out with an aim to raise awareness of menstruation hygiene management. We are receiving support from Village Earth and Global Giving to carry out these programs. So far we have reached more than 700 girls and women through our awareness raising program.
Income generation Activities for women through low cost sanitary napkins production

Training on low cost sanitary napkin production is one of the innovative approaches that ICA Nepal introduced in Nepal with the objective of women empowerment and raising awareness on menstrual hygiene. Initially ten participants were trained who can further train other women to produce the sanitary napkin. The participants were found to be highly enthusiastic and they made the best use of the knowledge the trainers had. Although the awareness on menstrual hygiene and issues regarding menstruation is slowly coming out, there has never been such approach on training local community women on making the sanitary napkin. So this program is a small yet a great step in the approach to transforming the country.

Lets Talk Periods- Blog for Menstruation Hygiene Management

ICA Nepal responding against Chhaupadi

Chhaupadi is a common “tradition” practiced in region such as Humla, whereby a woman during her menstruation is forced to live like an animal away from home in a hut or a shed for nearly 5 days every month. The main reason why this “tradition” is practiced is due to lack of awareness. Hence to raise awareness, ICA Nepal in collaboration with Saipal Cultural Art Centre organized an awareness raising program against Chhaupaudi using social artistry tools. The event was conducted at community hall of Hildam. With 40 participants out of whom 33 were women (3 were menstruating) and 7 men, the event was conducted 2015. Since then, ICA Nepal in partnership with Saipal Cultural Art Centre is conducting awareness program on MHM.

Some remarkable change impacts were that instead of women on menstruation staying out of the rooms with men, this time men stayed outside and participated. These are small changes yet are big steps to abolish “chhaupadi” as a tradition. Villagers suggested for generating more awareness of sanitary pads and “chhaupadi” as an ill practice, extending the time of the training so that more areas can be covered and finally, providing allowances to participants so that more people are encouraged to be a part of such enlightening training.

ICA Nepal runs a blog entitled “Lets Talk Periods- a blog dedicated entirely for Menstruation Hygiene. Although menstruation is an integral and normal part of human life, indeed of human existence, the subject is however too often a taboo and has met many negative cultural hindrances and attitudes due to the perceptions among especially men and boys, including the idea that menstruating women and girls are contaminated “dirty and impure”. Blog is a platform to share ideas, opinion, activities and experience related to menstruation hygiene.

Link to the blog: https://letstalkperiodsblog.wordpress.com/
ICA Nepal collaborated with EcoBling, a social enterprise dedicated to creating a healthier and happier world, which is based in Australia to provide employment to earthquake survivors of Bocha VDC located at Dolakha district. The major goal of this collaboration is to uplift the standards of the villagers by improving their economic condition by connecting them to the international market and making them a part of EcoBling jewelry production. The villagers, who otherwise are engaged in farming which requires much of their labors but bears little fruit will be now engaged in production of jewelry out of the quake rubble and their production will be connected to international market through EcoBling.

**Joint Initiative for Entrepreneurship Development through Rubber Plantation and Production in Nepal**

With an aim to develop economic condition of local farmers, communities and nation through Natural Rubber Plantation and establishment of Rubber Enterprises, an initiative has been started in joint collaboration of ICA Nepal and Institute of Rubber and Jathropa Research (IRJR-Nepal/USA). This initiative builds a movement on utilizing the marginal and unutilized lands of eastern parts (Jhapa, Morang, Sunsari and Lower part of Ilam) of Nepal by planting natural rubber: a source of thousands products and byproducts.

**We are carrying out following activities:**
- Training and Development
- Research and Extension
- Rubber Farming
- Rubber Industry Development.

**Entrepreneurship Through Agro-Tourism**

Agro tourism refers to any action, enterprise or business based on agriculture and tourism which offers tours to the agriculture farm allowing the people to view them growing, harvesting and processing the locally grown foods. Agro tourism is a subset of rural tourism that includes resorts, off-site farmer markets, agricultural and other leisure and hospitality business that attract visitors to the centre. ICA Nepal is working on establishing an agro-tourism centre at Lamjung and near Kathmandu. ICA Nepal has collaborated with local farmers, entrepreneurs and likeminded people to implement this initiation.

**Attraction in agro-tourism centre**
- Demo plots of various agro products
- A stay in a farm centre (We will train 10 households)
- Participating in plantations
- Tour of farm
- Grape farming and winery, wine tasting centre
- Many kinds of fruits, vegetables, spice grown at the centre
- Animal farms such as goat farm, sheep farm, piggery farm, cow farm, buffalo farm, wild boar, Ban-del, hatchery, Kalij farm, raising ducks etc.
- Fish and frog farming
Activities implemented to promote agro-tourism efforts

- Identify the potential tourism sites.
- Awareness to village/municipality elected persons, farmers, agro based co-operatives, mother’s group, CBOS, NGO/INGO. (Hospitality, food and beverages, health and sanitation) Promotions of home stay.
- Technical organic farming training and promotions.
- Preservation of culture, local heritage sites and nature.
- Encourage young generations to promote tourism and to find linkage to sell local products.
- New product development through latest technology.
- Transformation of organic farming technology.
- Support intelligent students to take agro and tourism studies in their higher studies.
- Exposure visit.
- Start agro tourism that can impact on person’s daily life.
- Development of agro tourism and home stay in a simultaneous manner.
- Conduct interaction programs in community for those who are interested and identify possibilities
- Provide organic food to visitors.
- Conduct survey to find out possible sites for agro tourism and choose suitable agricultural crops.

Regular Human Development Efforts of ICA Nepal

1. Cloth Bank Project: Since 2009, ICA Nepal in coordination with Rotary Club of Rudramati Kathmandu distributes clothes to most needy people particularly in the mountain areas of Nepal.
2. School Library and Science Lab Support: Every year ICA Nepal supports 4-5 different public schools in remote rural areas with books and scientific equipment. So far, more than 30 schools have received such support.
3. Youth Empowerment through Innovative Leadership Education: ICA Nepal has been supporting innovative individuals and organizations to realize their vision of community transformation. More than 200 of such projects have been implemented.
4. Enabling Girls Students to continue their school during menstruation: ICA Nepal is distributing low cost sanitary napkin and hygiene kit to the school children. ICA Nepal has launched a massive campaign forming groups of girls and educating them on menstruation hygiene.
5. Promoting Facilitation in Nepal: ICA Nepal has played major role in establishing Facilitators Association of Nepal (FAN). FAN and ICA jointly organize events to promote facilitation in the country.
**Past Accomplishment in Community Development Activities**

**1998-2000:** Transforming Communities through Modern Farming and Forestry in Parbat districts supported by ICA Japan/Ministry of Foreign Affairs (MOFA) Japan.

**2000:** Sustainable Agriculture Project in Khanigaun, Devishtan, and Mudikuwa VDCs in Parbat with the support of Association for International Cooperation of Agriculture and Forestry (AICAF), a Japanese NGO.

**2000:** Adult Education and Saving and Credit for Santhal People in Jhapa District, supported by Haella-Stichtung, a Dutch NGO empowering Dalit Community in three VDCs of Parbat district in partnership with Caritas Nepal.

**2002 to 2008:** Decentralized Transformative Approached to HIV and AIDS, funded by UNDP together with UNAIDS and Nepal Centre for AIDS and STD Control of the Government of Nepal.

**2004-2006:** Micro-credit and saving in Five VDCs of Parbat District supported by the Rabobank Foundation in the Netherland.

**2007:** Empowering people through awareness raising and leadership development in Changu region, supported by TUC and Waschi Arts.

**2007:** Empowerment of Learning Skills for Women and Children in Changunarayan, Bhaktapur in financial support of Ministry of Foreign Affairs, Japan.

**2009-2011:** Enhancing and Protecting Interventions Program with the support of Rural Access Program (RAP/DFID) in Baneshwor to Khandbari sector spanning 41 KM under Basantapur Khandbari Feeder Road Project.

**2012-2014:** Building Civil Society through Facilitative Planning, Conflict Resolution and Peace Building Activities in three districts of Far Western Regions of Nepal, funded by KatholischZentralstelle fur Entwicklungshilfe.V./MISEREOR, Germany implemented in Dadeldhura, Doti and Baitadi districts.

**2007:** Poverty Alleviation of Disadvantaged Community in Far Western Nepal funded by Poverty Alleviation Fund (PAF) of Nepal Government.

**2009-2011:** Community School Support project in eleven schools of three districts with the support of Department of Education. ICA Nepal was honored as one of the best NGOs in education sector by the Ministry of Education in Nepal.

**2009-2011:** Action Research entitled “Underlying Causes of Forest Destruction” in three districts of Nepal, in partnership with Global Forest Coalition (GFC). It was carried out in Jhapa, Dadeldhura and Rasuwa district.

**2012-2014:** Building Civil Society through Facilitative Participatory Planning, Promoting Human Rights and Community Development Activities in Five Districts of Far Western Region of Nepal, funded by Misereor, Germany.

**2015-2018:** Project in Mid Western Development Region funded by Misereor, Germany.
Agriculture Development Activities

Nepal has always been known as agricultural based country as its economy is dominated by agriculture. In the late 1980s, it was the livelihood for more than 90 percent of the population, although only approximately 20 percent of the total land area was cultivable. But, using same old farming practice, lack of irrigation facilities and not receiving enough production of crops and vegetables, people here quitting their farming business and now the involvement of the population in agriculture has reduced to 75 percent.

World Bank agrees that agriculture is the main source of food, income, and employment for the majority. It helps with almost 30% of the gross domestic product (GDP). The government now is adopting different policies to uplift the agriculture condition of Nepal. In trying to increase agriculture production and diversify the agricultural base, Nepal government is focusing on irrigation, the use of fertilizers and insecticides, the introduction of new implements and new seeds of high-yield varieties, and the provision of credit.

In order to contribute for sustainability of agricultural dependency in Nepal, time and again ICA Nepal has been conducting various agriculture training since its inception.

- Regular exposure visit to agriculture model farm including Knowledge Park maintained by ICIMOD, Vegetables Seeds Production Center maintained by Nepal Government.
- Arrange interaction program for farmers with thematic experts such as seeds production, compost making.
- Capacity Building training on cash crops such as Shitake Mushroom Farming. Last year, in 2017 we conducted Shitake Mushroom farming training for the villagers of Gorkha. Participants from same training now engaged in Shitake farming and are doing great in it.
- Commercial Tomatoes Farming; Groups of farmers are carrying out commercial tomatoes and vegetable farming in Thankot area. Many of these farmers were participants of exposure visit arranged by ICA Nepal and after that started commercial farming. In addition to this, ICA Nepal is also financially and technically providing supports to 30 families.
3. NGOs Support and Civil Society Development

In technical support of CIVICUS and partial financial support of Action Aid Nepal and IDRC, ICA Nepal initiated “Civil Society Index” Project in 2004.

As the developer of the Civil Society Index for Nepal, ICA Nepal is working as a local partner of CIVICUS and supporting number of local NGOs working in the field of educational development, helping differently able people, orphans, children, old aged people and women. With an aim to implement the CSI it aims to reach the wider community and addresses the myriads of needs and problems of CSOs in Nepal. At present, there are 25 organizations affiliated with ICA Network. They are autonomously established and registered organizations, many of them do not have regular funding sources.

ICA Nepal is also involved in the process of setting up a citizen-generated data initiative. It is playing a supportive role in providing data to other concerned individual and organizations. It believes that citizen generated data helps in minimizing social and economic backwardness of the society.
4. Social Artistry Initiative

**Social Artistry Leadership Development:** One huge step towards human development with the aim to expand social Artistry philosophies, tools and techniques, ICA Nepal is continuously working on ‘Social Artistry Leadership Development’ addressing diverse sectors of the community.

More than 1000 have participated in the Social Artistry Program and more than 5000 have been exposed through briefing session or SA modules incorporated into other training programs. Key Nepali trainers of Social Artistry are Dr. Tatwa P. Timsina, Mr. Atma Ram Timsina, Mr. Amba Datta Bhatta, Mr. Chandi Chapagain, Ms. Yog Maya Kadel, Ms. Akim Shrestha, Ms. Pramila K.C and Mr. Rupendra Maharjan.

Social Artistry Initiative started in 2005 in Nepal through Jean Houston Foundation holds as much of significance today as it was before a decade. In fact, its value and significance is much higher now. Social Artistry is all about realizing our inner capacities and specialties to strengthen ourselves as a community person. It was highly significant in earlier days when people needed motivation to realize what’s their inner capacity is, and today in this rapid globalization age, people are being exposed to more opportunities as well as equally more challenges. There is ever growing individualism whereas society is prone to growing depression. Thus, Social Artistry makes people optimistic and helps them realize their true inner potential which will help to create a better world. It helps people to realize their goals and aim and enhance their determination towards community development. Social Artistry also develops creativity among people which has become more important in present days.
## Social Artistry: Sequence of Events

<table>
<thead>
<tr>
<th>Year</th>
<th>Event</th>
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<tbody>
<tr>
<td>May, 2002</td>
<td>Prof. Dr. Robertson Work and Janet Sanders visit Nepal and work with Tatwa Timsina of Nepal.</td>
</tr>
<tr>
<td>2002-2003</td>
<td>Implements Decentralized Transformative Approaches to HIV and AIDS for UNDP.</td>
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<tr>
<td>2003</td>
<td>In Mexico City, Tatwa and Janet present work to 5th International Conference on Global Governance.</td>
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<tr>
<td>2004</td>
<td>Tatwa P. Timsina from ICA Nepal participates in Social Artistry Institute and training program.</td>
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<tr>
<td>2005</td>
<td>The team of Janet, Tatwa and Thea Patterson conduct a 4 day Introduction to Social Artistry Leadership, 55 participants from various districts of Nepal and from Bangladesh participated. Social Artistry Initiative formally launched in Nepal, Minister of Education and Sports of Nepal inaugurated the launch program in Kathmandu. ICA Nepal begins to incorporate some of the SA exercise/processes into strategic planning.</td>
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<tr>
<td>2006</td>
<td>ICA Nepal participates in 4th Module of the Master’s Program in Social Artistry Leadership in Canada.</td>
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<tr>
<td>2007</td>
<td>Social Artistry Manual developed in Nepali language. Dr. Jean Houston and Peggy Dean and Rubin visited Nepal and interacted with Social Artistry Team of Nepal, conducted training program for UN Habitat.</td>
</tr>
<tr>
<td>2008</td>
<td>ICA Nepal participates in Train the Training Session in Ashland. ICA Nepal conducts 10 days’ long training on ‘Social Artistry Trainers’ Training’ for Transformational Leadership, Developing Leaders for a New World at Dhusikhel, Kabhre 27 people from Nepal, Bangladesh and India received training while training was facilitated by Janet Sanders, Richard Sims Lorraine McRae, Lisa Nelson, and Martin along with Nepali facilitators. Event was sponsored by Jean Houston Foundation, International Institute of Social Artistry and ICA Nepal. Social Artistry Micro-Grants projects were implemented through Robertson Work International Fund for Social Artistry and International Institute of Social Artistry. 30 people with social artistry background received micro-grants and implemented micro projects with big impacts such as popularizing social artistry to community and school, enabling schools to build library, organizing training for farmers, improving river water.</td>
</tr>
<tr>
<td>2009</td>
<td>Train the Trainers Group meets for First Social Artistry Summit – trainers report on how they are using SA in their work. Social Artistry Cultural Lad (or lab)conducted Evelyn Philbrook, Lorraine McRae, and Janet Sanders carried out Social Artistry Introduction Program with Nepali trainers Yog Maya Kadel, Khem Lohani, Amba Datta Bhatta, Atma Ram Timsina and Juju Raj Tuladhar</td>
</tr>
<tr>
<td>2010</td>
<td>Social Artistry Leadership Workshop conducted in eastern part of Nepal – Janakpur and Sunsari. Over 90 participants of Janaki Women’s Awareness Society participated in the training program. SA is incorporated in community development activities of ICA Nepal in Far western region. Social Artistry Leadership developed as one of the key course of six month diploma course on training and human development – 25 SA leaders developed. Training programs conducted at Sarnamati (Jhapa) and Chitwan. Second Summit of SA Nepali Trainers.</td>
</tr>
<tr>
<td>Year</td>
<td>Social Artistry Leadership Activities</td>
</tr>
<tr>
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</tr>
</tbody>
</table>
| 2011 | Social Artistry Leadership for Effective Teaching for 30 school teachers.  
Social Artistry Leadership for staff members of National Trust for Nature Conservation, Central Zoo.  
Sarah Marie Hope volunteered to document past achievements and current social artistry situation in Nepal. |
| 2012 | Social Artistry Leadership “Developing New Sense of Leadership” was one of key themes in 8th Global Conference on Human Development, 2012.  
International Social Artistry Leadership Training conducted as pre-conference event. |
| 2014 | Kris Harrington and Janet Sanders led SA training for teachers (DAV, Darwin Academy) differently abled group (visually impaired, physically challenged, hearing impaired) tailoring groups, research students (PhD Scholars).  
Young Social Artists of Glen Bud School received micro grants. |
| 2015 | SA for National NGOs Network Group Against AIDS (NANGAN)  
SA for Peace Building – in far western region  
Earthquake hit Nepal – SA as Rehabilitative Facilitation  
Social Artistry Leadership Development program for psycho- social trauma relief was organized in community of Changunarayan and at schools namely: Institute of Business and Management Studies (IBMS), South Point Boarding High School, Tri- Ratna School, for Association of Wives of Civil Employees  
Jean Houston Foundation (JHF) provided support on relief distribution in Bhungmati, Changunarayan, Sangla and Disabled Service Centre.  
JHF also supported on reconstruction process. Contributed to Earthbag House built for 82 years partially blind man in Changunarayan and supported to construct a permanent house for 25 physically disabled people at Goldhunga.  
Micro Grants provided to organization established by differently able people namely: Entire Power for Social Action (EPSA), Little Women Association, Nepal Integrated Blind Association (NIBDA) and women’s group at Changunarayan (Progressive Women Society), Krishi Sahakari Sanstha, Nuwakot and Kalimaya Laghu Udhami Women Cooperative at Parbat district. |
| 2016–2018 | SA for differently able, youths (Rotaracts and Non-Rotaracts), Rotarian, Teachers’ Association, Rotary Community Corps.  
Advanced Social Artistry Training  
ICA Nepal is using SA approach to facilitate elderly citizen, developing children as young social artists, and facilitative leaders |
5. Research
- Collaborated with Voluntary Service Overseas (VSO) to find partner NGOs in the Far West
- Carried out intensive research work for CARITAS Nepal using PRA tools and techniques to investigate about the status of women and children in relation to environment and social aspects
- Carried out two different research works for Rural Access Program (RAP) of DFID
- Carried out a research work on “Milk Marketing in Far Western Development Region” for Third Livestock Development Project (TLDP).

Among various programs undertaken by ICA Nepal, Academic and Applied Research Program is covering research activities carried out by the organization. Through AARD, ICA Nepal implements academic and applied research based training and promotional activities.

6. ICA Volunteer Programme
Integrated Volunteer Plan and Opportunities for Volunteers
Volunteers from all around the world can apply to change lives and build human capacity by volunteering with ICA. One can fill the online form which we have in our website and submit it in order to proceed with the volunteering campaign.

ICA volunteer program has always been a big part of ICA objectives and the organization has always welcomed volunteers from all around the world in the most jovial spirit. In celebration of the spirit of volunteerism and in its ceaseless effort for human capacity development, ICA Nepal along with its other major goals has revamped the program to ignite the spirit among the interested individuals and groups of people and help bridge the gap between the two aspects of volunteering, the volunteers and the people in need.

Mobile Phone Distribution
The volunteers from India and USA accompanied ICA staff to Mugu in order to distribute Mobile Phone to the rural people under the program ‘connecting rural through communication’, which was supported by ICA Nepal in coordination with Rotary Club of Rudramati.

Children Playground and Senior Citizen Club at ICA Learning Center
International and local volunteers participated in the process of constructing children playground at ICA Learning Center located at Changunarayan, Bhaktapur.
ICA Facilities

ICA Nepal has a full-fledged and spacious office at Kriti Marg, Koteshwor, Kathmandu. Field offices have been established in Khanigaun (Parbat), Changu Narayan (Bhaktapur), Deulekh (Bajhang), Sanphebagar (Accham) and Rakam (Dailekh).

ICA Nepal has established a learning centre in Changu Narayan VDC, Bhaktapur district. The three stor building has two training halls, office space and accommodation facilities for 16 people. The building was constructed by ICA Nepal in financial support of Washi Art Group, Japanese Embassy and ICA Japan. ICA provides training and accommodation facilities on rent to organizations for short or long term basis. The facilities are provided on nominal cost.

ICA Nepal Global Initiatives

In the last 20 years, various donors; both organizational and individuals have contributed ICA Nepal’s efforts, enabling it to implement various development activities in Nepal. Some of the major partners are MISEREO, Katholisch Zentralstelle fur Entwicklungshilfe e. V., Germany, TUC, Jean Houston Foundation, International Association of Social Artistry, Global Forest Coalition (GFC), Poverty Alleviation Fund (PAF)/World Bank, The American Foundation, USA, Association for International Co-operation of Agriculture and Forestry (AICAF), Japan, CARITAS Nepal, HaëlliaStichting, Holland, ICA Japan, KNCF Japan, Washi Art Group, Japan, Ministry of Foreign Affairs (MOFA), Japan, Rabobank Foundation, Holland, Vision Trust, USA, USAID/MSH, Global Fund, UNDP etc.

ICA Nepal has worked with several organizations through training or carrying out research and development work. Some of the major organizations that we have worked with in the past are Poverty Alleviation Fund/World Bank, DFID (RAF), RNDP (ADB), NARMSAP, GIZ, The National Trust, INF, Swiss Development Cooperation, International Trachoma Initiative (ITI)/NTP, Nepal Trust for Nature Conservation, United Nations Development Program (UNDP), CIVICUS: World Alliance for Citizen Participation, UNAIDS, UNDP, UN – HABITAT, Save the Children Fund Alliance, Third Livestock Development Project/ADB, Bagmati Integrated Watershed Management Program (EU), PUCD/FAO, Management Sciences for Health – MSH/USAID, National Centre for AIDS and STD Control, Practical Action (ITDG – UK and Nepal), School of Environmental Management and Sustainable Development (SchEMS), Association of District Development Committee of Nepal (ADDCN), Volunteer Services Overseas (VSO), Nepal Water for Health (NEWAH), Britain Nepal Medical Trust (BNMT), NANGAN, FHI 360, HC3/USAID, Mercy Corps, UMN, Action Aid, University of Agricultural Sciences, Vienna, Kathmandu Metropolitan Corporation, Integrated Human Development Organization, Bangladesh, Concern Bangladesh, Environment and Public Health Organization (ENPHO), Handicap International, Room to Read, DAV school, Southwestern State College, SMDI, Nepal Tailoring and Cloth Merchant Association, BB Trust, Theravada, Japan, ADRA Nepal etc.
Connecting Rural Women with Communication through Mobile Phone Throwing Competition

With the theme “One Women, One Mobile” very enthusiastic and fun event of mobile throwing was organized by ICA Nepal in association with Rotary Club of Rudramati at Tudikhel with an aim of connecting Rural Community through communication. ICA Nepal has been a part of two successful events on Mobile Phone Throwing held in January 2014 and March 2017 respectively. More than 500 people have participated the event and thousands of audience gathered to see the event.

The objective behind this event was to promote communication in the rural district of Mugu in the Mid-Western development region.


In the year 2012, ICA Nepal successfully conducted an international conference “8th Global Conference on Human Development”. The conference ran over 5 days from 29 October to 2 November, 2012.

The conference was attended by more than 300 people, more than 30 countries participated, and more than 100 organizations involved. The major conference themes were leadership, education, environment, peace building, comprehensive development and human resourcing. As a preconference event, on 27-28 youth conference on human development was organized. The conference was held in Soaltee Crown Plaza.

ICA Nepal hosts Asia Pacific Regional Meeting, 2017

With the objective to move together for exchanging ideas and collaboration for human development across the region, ICA Nepal hosted ICA Asia Pacific Regional Meeting (APRM), 2017 in Kathmandu Nepal from 29 October to 3 November. The meeting created an opportunities, forum for collaboration, a momentum for sustainability, ToP, facilitation and community consultation.
List of Publications

ICA Nepal is active in the field of human development particularly through training, facilitation and community empowerment. It has also published a number of manuals, books and reports. Major publications are as follows:

1. Proposal Writing and Fundraising
2. ToT and Facilitation
3. Social Style
4. Financial Service Association
5. Winning through Participation
6. Participatory Rural Appraisal
7. Group Mobilization and Dynamics
8. Civil Society in Nepal
9. Manual on Training of Trainers
10. Manual on Project Proposal Writing and Fund Raising
11. Bio Diversity
13. Changing Lives Changing Societies
14. Winning through Participation - 2
15. Participatory Monitoring and Evaluation (PPME)
आई. सी. ए. नेपालः स्थानीय रूपमा रूपमा नेपाल सरकारको सामाजिक निकाय समाज कल्याण परिषदमा आचरण गर्न। आई. सी. ए. नेपाल १९९८ को मार्च महत्त्वपूर्ण स्थान भएँ हो। आई. सी. ए. नेपालको यसको स्थापनाको कार्यक्रम निवेदित थाँ। आई. सी. ए. का कृषि निर्माण र सामाजिक निकायको सामाजिक आचरण अधिक तरस्नु यी हुन्छ। समुदाय नेपालका मानस हुनु या यहाँ, कृषि हुनु या व्यवसायी आई. सी. ए. मानिसहरुको क्षमता अभिवृद्धि गर्न लागिने का प्रतिविध सक्नु हो。

दर्शन र आदर्शः दिदौ विकासको लागि सामाजिक भएको जीवन जनवर्तको शिक्षा, समाजिक निकायको कार्यमा संलग्न हुनु पडिछ र अभिवृद्धि गर्नु आवश्यक छ। आई. सी. ए। नेपाल जीवन जनवर्तको निर्माणको अनुसरण गर्न जसले जीवन पर्यावरण सिकाइलाई सुरु गर्न। यसले कुनै पनि क्षण, समुह, जाति र पनि संस्कृत भएको माथि उद्देश्य पर्याबिध ठाँचा तथा संरचनाको प्रवर्धन गर्न। हाम्रो मानिसहरुको निर्माण चीता, तदर्शक, विज्ञानीकरण र उत्तरदायित्वको विकास गर्न जसले यसले उनिहरुको अनिवार्य र परिवर्तनीय आचरण गर्न र विवर्तन सामाजिक थालको अन्तर्वर्तनीय गहनातको विवर्तनीय गर्न सामाजिक स्तरमा इन्द्र समाहात गर्न सक्न सक्नु हुन सक्नु।

परिकल्पनाः आई. सी. ए। नेपाल दिदौ तथा सामाजिक जीवन मानिसहरुको ध्यानन्दिक प्रतिविध विकास्मा निर्माणको प्रतिविध घरीहरुको समुदाय हरुलाई अवसर उपलब्ध गराउन व्यवसाय तथा संरचनाको क्षमता विकासको निर्माण गर्न परिवर्तनी छ।

घरी तथा उद्देश्यः आई।सी.ए। नेपालका दिदौ तथा सामाजिक निर्माण संगठन राष्ट्रिय प्रभुक्षेत्रका सम्पादको प्रदर्शन गर्छु, जस्तै, सामाजिक निकायको आधुनिकता र उन्नत गर्न, तथा सामाजिक विकासको अभिवृद्धि बढाउन।

आई. सी. ए। नेपालको धरी तथा उद्देश्य निन्दा अवसर रहेको छ:
- समुदायको प्रत्येक तपाईं सामाजिक निम्नलिखित वेदनाहरू प्रतिदिन गर्न।
- निम्नलिखित वेदनाहरू प्रत्येक तपाईं सामाजिक निम्नलिखित वेदनाहरू प्रतिदिन गर्न।

रणनीतिकरणः
- सामाजिक विकासको सामाजिक निम्नलिखित वेदनाहरू प्रतिदिन गर्न।
- निम्नलिखित वेदनाहरू प्रतिदिन गर्न।
- लगायत्त उद्देश्यका क्षेत्रमा प्रभुक्षेत्रको प्रवर्धन र सामाजिक निम्नलिखित वेदनाहरू प्रतिदिन गर्न।
- सामाजिक निम्नलिखित वेदनाहरू प्रभुक्षेत्रको प्रवर्धन र सामाजिक निम्नलिखित वेदनाहरू प्रतिदिन गर्न।
- आई।सी.ए। संज्ञाना आचरण गर्न र सम्पादन हरुलाई सहयोग गर्न र स्वयंसेवक कार्यक्रममा माध्यमले सिकाइलाई अवसरहरू सिर्जना गर्न।
उन्हींले अलापको समय रेखा

1995: आई.सी.ए.लेपालको संस्थापन भएको थियो।

1996: आई.सी.ए.लेपालको संस्थापन अन्तर्राष्ट्रिय बिमारी विकासको कार्यक्रममा लागू गरिएको थियो।

1997: नेपालमा समान उद्देश्य लिएका संस्था तथा व्यक्तित्वको समूह निर्माण गरी आई.सी.ए.का विविध प्रकारका बारेमा प्रबोधन दिइएको।

1999: नेपालमा ५ बदा जिल्लाहरूमा सामुदायिक विकासको कार्यक्रमहरुको सुरुवात।

2000: आई.सी.ए.लेपालको संस्थापन सुदृढीकरणकालिक सहयोग प्रदान।

2001: जापानको परराष्ट्रीय मन्त्रालय (मोमो) र जर्मनीको मिनिस्टरी नामक संस्थाको आधिक सहयोगमा नेपालको परिक्षेत्रीय श्रेणीमा सामुदायिक विकास कार्यक्रमहरुको सालनी गरिएको।

2002: यु.एन.डी.पै.को आधिक सहयोगमा विकेन्द्रीकृत राष्ट्रीयनको नेतृत्व विकास कार्यक्रमको सुरुवात।

2003: जापानको परराष्ट्रीय मन्त्रालय (मोमो) र आई.सी.ए. जापानको विदेशी सहयोगमा प्रत्यक्ष तटकालीन राज्यमुक्त प्रणाली गाउँ विकास सम्बन्धित भविष्यतको महत्त्वले विविध वार्तालाग्नकालिक सिम्पोजियम केन्द्र भवनको निर्माण।

2004: आई.सी.ए.लेपालको संस्थापक डा. तथा प्रसार तिमिङ्सन आई.सी.ए. अन्तर्राष्ट्रियको अध्यक्ष पदमा नियुक्त।

2005: आई.सी.ए.लेपालको सामाजिक कलाकृति नेतृत्व विकास कार्यक्रमको शुरूवात। यसी वर्ष आई.सी.ए.लेपालको समाजको आधिक सहयोगमा नागरिक समाज सृष्टिकरण सम्बन्धित प्रतिवेदन प्रकाशन गरिएको।

2006: यु.एन.डी र एम.एस.एस. संस्थाको आधिक सहयोगमा परिणाममुक्त प्रणाली नेतृत्व विकास कार्यक्रमको प्रारंभ। यसी वर्ष आई.सी.ए.लेपालका जीवनकालमा प्रथम तिमिङ्सन आई.सी.ए. जीवनकालमा सात तिमिङ्सनहरू।

2007: बन विकासको क्षेत्रमा सामाजिक सुधार प्रणाली गरिएको विविध विकास तलमलको सुरुवात।

आई.सी.ए.लेपालका संस्थापन भएको थियो त्यसले जिल्लाहरूमा सामुदायिक विकासको कार्यक्रमहरुको सुरुवात गरिएका थिए।
(प्रोकोटोल 1) सामुदायिक संस्थापकालीक लागि गरिदै निवारण कोषको विस्तृत अनुदानमा आई.सी.ए. नेपालबाट सुदूर पश्चिम क्षेत्रमा कार्यरत।

2008 आई.सी.ए. नेपाल र जीन ह्युस्टन फाउडेशनको सहयोग तलामा ५,००० जनालाई नेपालमा सामुदायिक कलाकृति नेतृत्व विकास सम्बन्धि तालिम प्रदान गर्ने परीक्षण गर्न। ३० जना सामुदायिक विकास कार्यक्रमहरूलाई सामुदायिक कलाकृति लागि अनुदान प्रदान। २०१२ मा सम्भान छन् आई.मा मानवीय विकास सम्बन्धि लागि आई.सी.ए. नेपालको छॅटपङ्क।

2009 सामुदायिक कलाकृति संस्कृतिक प्रयोगशालालाई प्रारम्भ, केही प्रतिवर्ष सहजकृति को संकल्पित आई.सी.ए. एन्सीएसटी प्रारम्भ।

2010 सहजकृति तालिम विकास विषयक ६ महिने स्मारक तहको प्रशिक्षण सम्बन्धि लागि आई.सी.ए. को प्रकृति अवसरबाट गरिदै ३० जना ध्वनि प्रशिक्षण तथा सहजकृति निर्माण।

2011 विश्व सम्मेलनको ताराल। नियमित कार्यक्रमहरूको निरन्तरता।

2012 २०१२ मा सम्भान अन्तर्राष्ट्रिय विश्व सम्मेलनको पुर्व ताराली स्वरूप विश्व सम्मेलन संयोजन समितिले बैठक सम्भान। सरकारी, गैरसरकारी तथा व्यवसायिक संस्थान हर्का लागि ध्वनि व्यवस्थापन तालिम कार्यक्रमहरूको आयोजना। भूमिपुर, पवित्र र काठमाडौंमा सम्बन्धित सामुदायिक विकासको कार्यक्रमहरूको निरन्तरता।

2013 मानवीय विकास कार्यक्रम सम्बन्धि लागि निरन्तरता।

2014 एन.जी. ओ. सहयोग कार्यक्रमको माध्यमको स्वास्थ्य लागि गैर सरकारी संस्थाहरूलाई लागि कोष संकलन कार्यक्रम सहयोग, सार्वजनिक चुनौती भौगोलिक अध्ययनको तालिम कोष संकलन तथा सहयोग।

2015 २०१५ को अगस्त तथा मई महिनामा भूकम्पको अस्तर पारेका प्रतिको पुनरान्वेषण, भूकम्प- ग्रस्ततालाई राहत, पुनरीच्छन्ना कार्य ध्वनि प्रमाण रूपमा सम्भान। आई. सी.ए. अक्टूबर, जीन ह्युस्टन फाउडेशन र अन्य दाताहरूको सहयोगमा सार्वजनिक अपायले भएको ह्युस्टन २५ जना वर्षवर अभिलग्न भएको अपायलाई नेपाल रूपमा संपन्न निर्माण।

2016 आई. सी. ए. जापान नेपालको लागि आई.एन.जी. ओ. को रूपमा मान्यता प्राप्त। आई.सी.ए. जापानको पहलमा मंचक, बारी आई. गूप र जापानी राजदुरुवार्तामा अलीक्ष्णको सहयोगमा चाङ्गुनारायणमा अवस्थित महिना तथा वातावरणीय सिकाइ नेपाल भवनको पुनरान्वेषण।

प्रजनन स्वास्थ्य तथा स्वास्थ्य तथा सरसफाई इकाई प्रारम्भ, मोहनावारी स्वास्थ्य तथा सरसफाई व्यवस्थापन कार्यक्रमको सुखाल।

चाङ्गुनारायण अवस्थित सिकाइ केन्द्रमा न्युन मूल सेन्टरी नेपालिक निर्माण कार्य प्रारम्भ।
आ.स.ई. नेपालले काम गरेको प्रमुख कार्यक्रमहरू

नेपालमा सहभागिताको प्रविधि (ToP)

आ.स.ई. नेपालले काठमाडौंको कोटेडवर्गित आ.स.ई. तालिम केन्द्र र भक्तपुर स्थित चाङुगाउँसम्म रोडमा महिना तथा बालबालिका निकाई केन्द्रबाट तालिम तथा सहजीकरण क्रियाकलापहरूको प्रवर्धन गर्ने आएको छ ।

बिवेकानुसार २ दशकमा हामीले अन्तर्राष्ट्रिय स्तरमा स्थापि प्राप्त सहजकर्ता तथा प्रशिक्षककर्ता आम्नेय गरेको विश्व विश्वविद्युतहरूमा विश्व विद्युत तालिममा नेपालमै संचालन गरेको आइलेखा छ । त्यसम्मै संकट तथा प्रकोप व्यवस्थापन र दैवी प्रकोप व्यवस्थापन TOT, लघु उच्चमालता विकास कार्यक्रम तथा सामाजिक पुनर्वास विकास कार्यक्रम रहेका थिए । यी विश्वविद्युतहरूमा आ.स.ई. को मार्ग उत्पन्न, योगी तेबाएसी (मनोवैज्ञानिक), डा. विजय अरोरा (स्थानिक एसोसिएट प्रा.ति. (भारत) र आ.स.ई. जापानका सीजिओ सातोले सहजीकरण गरेका थिए ।
तालिमका विषयवस्तुहरू यस प्रकार रहेका छन्:

- प्रशिक्षकहरूका लागि प्रशिक्षण (TOT) तथा सहजीकरण सीप
- सहभागीमूलक रणनीतिक योजना
- परियोजना प्रस्तावना लेखन तथा कोष संकलन
- परिणाममुद्दता नेतृत्व तथा व्यवस्थापन
- प्रशासनक सोधकाज तथा सकारात्मक सोच / चिन्तन
- सहभागीमूलक प्रामाण्य लेखाजोखा
- सामाजिक कलाकृतरता नेतृत्व
- परियोजनाको योजना तथा व्यवस्थापन
- सहभागीमूलक अनुसंधान तथा मूल्यांकन
- सहजकर्ता नेतृत्वको रुपमा युवा
- इन्द्र व्यवस्थापन तथा शालिन निर्माण
- सामाजिक परिचालन
- सामाजिक उद्योगशीलता
- युवा सशक्तिकरण
- मानव अधिकार
- सजीव विकास तथा सशक्तिकरण

ब्यून मूल्य सेलेंटरी नेपालको उत्पादनहरूका लागि आयआर्जनमूलक क्रियाकलापहरूको शाखाली

आई.एच.ए. नेपालले महिलावारी स्वास्थ्य तथा सरसफाई सम्बन्धी जनबचनाको जनाउन तथा महिला सशक्तिकरण गरेको मुख्य उद्देश्यसहित नैन्द्रिय प्रयोगात रूपमा नून मूल्यको सेलेंटरी नेपालको नालिम प्रयोगमा त्याएको छ। पहिलो चरणमा ९० जना सहभागीहरूका लागि नून मूल्यको सेलेंटरी नेपालको निमाण गरेका तालिम सजावट गरियो। सहभागीहरूले अथै उल्लोहित भएर तालिममा भएर मात्र लिएनुन उनीहरूले आफूलो भएको भएने तथा अभिभाष प्रयोग गर्ने प्रशिक्षकको मूल्यका समेत प्रस्तुत गरेँ। यत्र परियोजना स्वास्थ्य तथा सरसफाई सम्बन्धी जनबचनाको विस्तार गर्नुका लागि यो जडाउन त्यहाँ परियोजनाको उक्त ठूलामा पण तिलिमको विविध प्रयोग गरेर सेलेंटरी नेपालको निमाण गरेको चलन ध्वस। (त्यसैले यो कार्यक्रम साने भए पानी पूर्ण देशका स्वातांत्र्य गरेको कदमको रुपमा अग्रसर छ)

सुरक्षा नेपाल
रबर खेती तथा उत्पादन द्वारा लघु उद्यमशीलता विकासका लागि संयुक्त पहल

आई सी.ए., नेपाल र इंस्टिट्यूट ऑफ रेजर्स एडीज पैरासाईट्री (IIJR USA, ICA) को संयुक्त प्रावधान प्राकृतिक रबर उत्पादन तथा रबर उद्यमशीलताका स्थापना गरी स्थानीय कृषक, समुदाय तथा राष्ट्रीय स्तरको आधिक स्थिति विकास गरेको उद्देश्यले उक्त कार्यक्रम सञ्चालन गरिएको हो। यो कार्यक्रमले नेपालको पौनो भागमा रहेको भागाप, मोरह, सुनसरी र इलामको समग्र भाग तथा प्रयोगमा नमुका जगतै भागमा प्राकृतिक रबर खेती गर्ने हलचल निर्माण गरी हजारो खोलहरूले ढोका खोलिदिने छ। हामी यस समबोधिनी निम्नलिखित क्रियाकलापहरू सञ्चालन गरेको छ:

- तालिम तथा विकास
- रबर खेती
- शोध तथा प्रचार प्रसार
- रबर उद्योगको विकास

कृषि पर्यटनद्वारा उद्यमशीलता

कृषि पर्यटनले कृषि र पर्यटनमा आवश्यक व्यवसाय, उद्योग तथा क्रियाकलापहरूको वारेमा उन्नेख गरेछ जसले कृषिशृंखला समृद्धिलाई आवश्यक तथा आवश्यक कृषि भ्रमणको आयोजना र उद्योगको विकास गर्ने जराइ角色 तथा धेरै भागमा मानिसहरूले हाम्रो जीवनलाई आवश्यक गर्दछ। आई सी.ए., नेपाल लमजुङ र काठमाडौं नगरको कृषि पर्यटन केन्द्र र उद्योगको सञ्चालन गर्ने जराइ角色 हाम्रो जीवनलाई आवश्यक गर्दछ। आई सी.ए., नेपालले उक्त क्रियाकलाप कार्यक्रमको गर्न स्थानीय कृषि, उद्योग तथा समाज कार्यक्रम शैली भएका संघ सञ्चालन तथा व्यवस्थापन सहकार्य गरेको छ।

- प्रतिभाशाली विद्यालयहरूका लागि उच्च शिक्षा प्राप्तिको विषयक विषय-विषय थप र अध्ययन गर्नेलाई विषयक सहयोग।
- अवलोकन भ्रमण।
- कृषि पर्यटनको अवसरको जसले मानिसहरूको दैनिक जीवनमा प्रत्यक्ष रूपमा सक्रिय भएको पाइन सकिए।
- निर्देशक राम एक समयमा होमस्टेस्ट र कृषि पर्यटनको विकास।
- सम्भाव्यहरूको पोषण गर्न सक्ने तथा चाहिए स्थानो खुसले व्यवस्थाहरूका लागि समुदायको महत्त्वपूर्ण कार्यक्रम सञ्चालन।
- पाहुनो तथा भ्रमणकार्यहरूको लागि प्राकृतिक खेतीवाट उपलब्ध व्यापारीको उपलब्धता।
- कृषि पर्यटनको लागि सम्बन्धित स्थानको पोषण गर्न सज्जन पुरोहितको उन्नत उपयोग गरेको छ।
- राष्ट्रिय कृषि नीतिमा कृषि पर्यटनलाई समावेश गरेछ।
आई.सी.ए. नेपालका विभागित रुपमा समावेशित मानवीय विकासका प्रयासहरू

1. वर्तमान कार्यकार्य: सन् २००९ देखि आई.सी.ए. नेपालले रोटरी कार्यअभियान रूपमा संयोजनमा नेपालका हिमाली क्षेत्रमा वसोबाट गन्त गरी समुदायव्यापीहरूलाई कपडा वितरण गरी आएको छ।

2. विधानलयका लागि पुरवतालय र विधान प्रगाध्यात्मक सहयोग: प्रत्येक वर्ष आई.सी.ए. नेपालले दुर दराजका पाउँ बढा फरक फरक सार्वजनिक विधायकहरूलाई फिकाई, कार्यालय, पेशेवर र विधानका प्रगाध्यात्मक उपकरणहरू उपलब्ध गराउने आएको छ। अघिल्लशी ३० मन्त्र बढी विधायकहरूले उक्त सहयोग प्राप्त गरिसकेका छौ।

3. नव प्रबंधन नेतृत्व विधायकले माध्यमले युवा सशक्तिकरण: आई.सी.ए. नेपालले नेपालका पटको व्यक्ति तथा संघ संस्थाहरूलाई उनीहरूको समुदायको रुपमा स्थापना तथा परिकल्पना साकार पाउँ सहयोग गरी आएको छ। यससम्मसम्मा २०० मन्त्र बढी कार्यक्रमहरू कार्यकार्यक्रममा वैसे केही छौ।

4. महिलावासी भएका बेलामा नियमित सम्प्रदाय स्कूल जाने केंद्री विधायीहरूलाई समायोजन मनाउँनु: आई.सी.ए. नेपाल सूदर परिचय र भएका परिचय क्षेत्रका केही जितनामा सार्वजनिक विधायकहरूलाई नयून संस्कृति नेपालको महिला क्षेत्र तथा शारीरिक व्यवस्थापन सम्बन्धी सामर्थ्य प्रदान गरिरहेछ। आई.सी.ए. नेपालले व्यापक सम्प्लेक्स विधायकहरूलाई वालिकाहरूको समुह बनाई महिलावासी स्वास्थ्य तथा सरसफाई व्यवस्थापन सम्बन्धी जनकेतनामुलक अभियान सम्पन्न गरिरहेछ।

5. नेपालभन्दा सहजीकरणको प्रवर्धन: आई.सी.ए. नेपालले सहजकर्माहरूको संगठन - नेपाल स्वास्थ्य गन्त गर्ने भूमिकाको बढीको छ। पन्सिंटफ्टर एफ.एन.एन.एन. आई.सी.ए. नेपाल (FAN) र आई.सी.ए. नेपालको समुदाय प्रचार नेपालभन्दा सहजीकरणको प्रवर्धन गर्ने विभिन्न कार्यक्रमहरू सम्मलन भएका छौ।

सन २०१२ आई.सी.ए नेपाललाई आठो मानवीय विकास विश्व सम्मलनको आयोजना

सन् २०१२ मा आई.सी.ए. नेपालले 'आठो मानवीय विकास विश्व सम्मलन' को सफलतापूर्वक आयोजना गरियो। उक्त विश्व सम्मलन २९ सितंबर, २०१२ र देखि २ नोभेम्बर, २०१२ मा सम्म ५ दिनको लागि आयोजना गरिएको थियो।

उक्त सम्मलनमा ३०० जनाले भाग लिएका थिए भने ३० मन्त्र बढी दशा आफ्नो सहभागितासहित भाग लिएको उक्त सम्मलनमा २०० मन्त्र बढी संघ संस्थाहरूको संयुक्तमा संयुक्त रहेको थियो। उक्त सम्मलनका मुख्य विषयसंघर्ष स्तंभ, विषय, बालाक्षेत्र, शालीन निगमको, समावेश विकास र मानवीय सामाजिक विकासको विषय रहेको थिए। सम्मलनपुरुषको सम्मलन युवा सम्मलन २५ र २६, २०१२ मा आयोजना गरियो।

सम्मलन सोमनंदी काँउललाजामा आयोजना गरिएको थियो।

आई.सी.ए नेपालको सबैभन्दा एसिया प्रायसिकका रिजनल मिटिड -२०१५

केही सार्थक एक जट भई मानवीय विकास गर्न तथा एक आपसमा सहयोग, भागीदारी, विकास र कार्यक्रमहरूको आयोजन प्राप्त गन्त उदेश्य लिरु आई.सी.ए. नेपालसन् २०१५ को अट्ठाँत्रि ९, देखि नोभेम्बर ३ देखि खतरी 'आई.सी.ए. एसिया प्रायसिकका रिजनल मिटिड (ए.पी आर.एस.एम) २०१५' आयोजना गरियो।

उक्त मिटिडले एक आपसमा सहयोग, विद्योक्ताको लागि गाउँस्कृतिका /विकासका लागि, सामाजिक तथा राजनीतिक वार्ता (TOP), सहजीकरण र विकासका लागि सामाजिक परमाणु आई.विधायकहरू महत्त्वपूर्ण झन्नन्तर गरी यस्तो विकास तथा प्रवर्धन गर्नका लागि एकजुट हुने निम्नांकन गरियो।
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