

## Project Update: February 2009

### Centre for Environment Education Nepal

Workshop Schedule for Forestry User Groups, Lamatar.

17<sup>th</sup> February 2009.

Time	Activity	Resource Person	Remarks
09:00 AM	Registration	Subhash Dawadi/Anita (CEEN)	
09:30 AM	Introduction	Rajaram Poudel (President, FUG).	
10:30 AM	Habitat Lap Sit	Parshuram S Niraula. (CEEN)	
10:45 AM	Chart Explanation	Parshuram S Niraula.	Participatory
11:30 AM	Carrying Capacity	Parshuram S Niraula.	CEEN)
11:45 AM	Team building simulation	PS Niraula	(CEEN)
12:30 PM	Lunch	Rajaram Poudel/Subhash Dawadi (FUG/CEEN).	
01:00 PM	Intro. to herbal plants	Mr. Dhanishwar Neupane, Range Officer	
01:30 PM	Importance of herbs	Dr. Hari P Pokherel (herb specialist/nature cure)	
03:30 PM	Final words	Parshuram S Niraula. (CEEN)	
04:00 PM	Tea and disperse		

### Workshop Report.

A workshop for the members of the ten Forestry User Group (three members from each FUG) was organised at the forest Range Office at Lamatar, on Tuesday, 17<sup>th</sup> February 2009. The age of the participants ranged from about 22 to 60+. The Range Officer, Secretary of the village Development Committee also participated at the workshop, along with the members. Altogether there were thirty seven participants including forest officials and three members from the Centre for Environment Education Nepal (CEEN).

The first part of the workshop focused participants on how the earth evolved and the history of human evolution. During this, slides made on white cloth was used, as the power was not available due to load-shedding. The workshop was participatory and interactive as many senior citizens shared about the kind of environment they used to have when they were children, and compared with that of the present. The presentation motivated the participants to change their way of thinking towards the present and also for their future generations. Simulation activities were also used to encourage the participants along with meditation method.

In the whole of afternoon session, Dr. Hari Prasad Pokherel started his presentation with the introduction of background of Ayurveda, cultural and biodiversity richness of Nepal. He gave examples of how some of the daily edibles, if consumed in correct method/dose could cure diseases like blood pressure, abdominal problems, blood sugar, etc. He also highlighted on the packed food items, most of which contain harmful chemicals and elements triggering many diseases. He also talked about organic farming and its benefits and effects of chemical fertilizer and insecticides on the health of the people, land and the water bodies (aquatic life).

Dr. Hari's presentation was an eye-opener for all participants, including the CEEN members. He said he would help in the herb demonstration plot, which is a part of this project, along with training of at least two community people to prepare herbal medicine, with library books and CDs on herbal medicine.

The participants were encouraged to make their own medicine at home instead of buying expensive ones for simple ailments. A suitable plot for herb-demonstration is being identified, adjacent to the Range Office (for better care and management). Soon the plot will be initiated. Overall, the workshop was very successful and fruitful.