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Founder
S. S. Shashi

Chief Editor
Dharam Vir

Volume 29, Number 1 (January-March), 2020



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Social Scientists, Authors, Journalists & Social Activists)

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Journal of National Development

Aims and Scope

The Journal of National Development (JND) is an interdisciplinary bi-annual peer reviewed & refereed international journal committed to the ideals of a 'world community' and 'universal brotherhood'. The Journal is a joint effort of like-minded scholars in the field of social research. Its specific aims are to identify, to understand and to help the process of nation-building within the framework of a 'world community' and enhance research across the social sciences (Sociology, Anthropology, Political Science, Psychology, History, Geography, Education, Economics, Law, Communication, Linguistics) and related disciplines like all streams of Home Science, Management, Computer Science, Commerce as well as others like Food Technology, Agricultural Technology, Information Technology, Environmental Science, Dairy Science etc. having social focus/implications. It focuses on issues that are global and on local problems and policies that have international implications. By providing a forum for discussion on important issues with a global perspective, the *JND* is a part of unfolding world wide struggle for establishing a just and peaceful world order. Thus, the *JND* becomes a point of confluence for the rivulets from various disciplines to form a mighty mainstream gushing towards the formulation and propagation of a humanistic world- view.

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Role of INGO in Livelihood Improvement : A Case Study of Community Action Nepal (CAN)

Shyam Kumar Karki*

This research paper is about a UK-based International Non-Governmental Organization named Community Action Nepal (CAN). It is engaged in healthcare, education, and agriculture to contribute to quality education, quality health, food security, nutrition, and poverty reduction as well as economic development. This paper specifically explains the role of CAN towards the social and economic development of Chum Nubri Rural Municipality of Gorkha District, Nepal and its further effects of SDGs throughout the nation. The study was carried out in the form of a qualitative research method, where the case study research design was used. Secondary sources of data were used for this research. The data collected were analyzed through the use of content analysis method where codes were developed after a close reading of the sources. As a result, support initiatives by CAN, it comes out as an INGO which is contributing to the development of the people in Nepal in general and the Chum Nubri Rural Municipality in particular. There are two main dimensions of development in which CAN is playing its role; social and economic development. CAN ensure that its actions help the most unfortunate and less privileged in society. It could do this effectively with the cooperation of government, other NGOs, and local community.

[Keywords : Livelihood improvement, INGOs and SDGs in Nepal, Chum Nubri, Northern Gorkha]

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1. Introduction

International non-governmental organizations (INGOs) are key players and stakeholders for ensuring development (Barnes & van Laerhoven, 2015). They act as a non-state actor which provide aid to improve livelihood of people. Community development is a shared responsibility towards the overall economic growth (Banks, Hulme & Edwards, 2015). It is not a duty of a unique person or institution rather it is a collective responsibility, it is a role for all the related actors to ensure development. Additionally, development takes place through the collective efforts of people, institutions, and agencies, which may be either governmental or non-governmental ones (Bendell, 2017).

The government alone cannot meet the numerous needs of the people in the developing countries like Nepal. It has many limitations. Among them, the most important is its bureaucracy, which limits itself to reach the grass-root level. In Nepal, the number of NGOs are skyrocketing during the last few years. Which necessitated a separate institutional arrangement on the part of government to deal with the entire NGO sector. To fulfill this necessity Social Welfare Council (SWC) was formed to regulate the entire NGOs and INGOs of Nepal under the Social Welfare Act, 2049(SWC, 2018). It is responsible for the promotion, facilitation, coordination, monitoring and evaluation of the activities of the NGOs in Nepal.

According to SWC, 254 INGOs and 46,235 local NGOs have been registered until 2018 and have been mobilizing about 20 billion Nepalese rupees annually (NPC 2017:18).

Community Action Nepal (CAN) is one of the INGOs that is affiliated with SWC which is providing social relief to people in Nepal. Selection of organization was based on its unique way of working, volume of activities, and their existence in the study areas.

2. Objectives of the Study

The objective of the study is to analyze the specific roles of CAN towards the improvement of livelihood in Chum Nubri. This study also analyzes the activities and its relationship with the specific target of SDGs.

The following research questions will be answered in the course of study :

1. What is the socio-economic development impact of CAN in Chum Nubri rural Municipality of Gorkha District?
2. What are the contributions towards the SDGs in Nepal and its future prospects towards 2030?

3. Overview of CAN

Community Action Nepal (CAN) is a counterpart NGO of Community Action Nepal UK (INGO), founded by Mr. Doug Scott in 1975. He is also the first British national who climbed the Mt. Everest in 1975. During hiking Mr. Doug deeply felt how people in mountain region struggle to support foreigners through various services such as carrying their baggage, being as a guide and providing guesthouse despite receiving least amount in return. Seeing the struggles and reality of the local people made Mr. Doug start CAN in order to provide them what they deserve for their hardcore labor and selfless support to the foreigners.

Since 1989, CAN run various project in the following nine districts: Dhankuta, Sankhuwasava, Solukhumbu, Sindhupalchok, Nuwakot, Rasuwa, Lamjung, Kaski, and Gorkha. It has a current staff of more than 40 professionals that consist of health workers, agriculture expertise, and renowned engineers. Purpose of CAN is to help people in healthcare, education and create a better life for themselves. In order to achieve it, CAN has a fast response towards each individual, organization and local government.

Chum Nubri is one of the working areas of CAN which belongs to Gorkha District. The reason to choose Chum Nubri as a central stage is because it is a location that falls within the charity model of the organization (CAN, 2018).

Figure-1 : CAN supported Health Staff 2017/2018 in Chum Nubri

S.N.	Name of Health Post	AHW	ANM	H A	HPH	LT	Total
1	Samagaun Health Post	1	1	-	1	-	3
2	Lho Health Post	-	1	1	1	-	3
3	Libi Community Health Center	1	-	-	1	-	2
4	Sirdibas Health Post	1	-	-	-	1	2
5	Prok Community Health Clinic	1	-	-	1	-	2
6	Bihi Health Post	1	-	1	1	-	3
7	Chumling Health Clinic	-	1	1	1	-	3
8	Chhekampar Health Post	-	-	1	1	-	2
	Total	5	3	4	7	1	20

Note: AHW=Auxiliary Health Worker, ANM=Auxiliary Nurse Midwifery, HA=Health Assistant, HPH= Health Post Helper, LT= Lab Technician

Source : Annual progress report of CAN, 2018.

CAN have provided fund for reconstruction after a massive earthquake in Nepal for all health post of this area (see Figure 1). Not only the rebuilding but also the sustainable healthcare service for the local people through the professional health worker and required medicine.

Many other organizations are also working on building infrastructure, providing health, education, and environmental services. For example, Manaslu Conservation Area Project (MCAP), Chay-Ya Nepal, Kadoorie Agriculture AID Association British Gorkhas Nepal, Health Air Lift Operation Mountain Child, Oxfam and, Purnima etc. in Chum Nubri. Apart from other INGOs, CAN plays very pivotal role in ensuring the social development of Chum Nubri rural municipality area.

4. Methodology

The study was carried out in the form of a qualitative research method. As qualitative research, the emphasis was on the need to understand the way people behave and the factors that motivate them to behave in a certain manner. (Patton, 2015). A case study was also used to ensure that the researcher could have a thorough, detailed and in-depth exploration of one entity (Park, Sha & Olmsted, 2016), which in this case was CAN. Secondary data was collected from academic papers and official reports from the organization for this research. The data collected were analyzed through the use of content analysis method, in which codes were developed after a close reading of the sources.

5. Background Information of Chum Nubri

The name of Chum Nubri Rural Municipality is taken from the Chum and Nubri valley when new administration body was constructed after the promulgation of the new constitution of Nepal in 2015. It encompasses a 1,648.65 km² area with the former seven Village Development Committee (VDC); Samagaun, Lho, Sirdibas, Prok, Bihi, Chumchet, and Chhekampar VDC.

This Municipality covers a large area of land than other municipality of Gorkha district even though, it has a lower population (see Figure 2). Altogether there are 1,949 households in this municipality with more than 6,923 inhabitants. Gurung and Tamang are the predominant ethnic group living in this

municipality. More than 95% of the population are Gurung and Tamang, while 5% are Brahman, Chhetri, Ghale, Kami, and others.

Figure 2 : Population, area and total student of Chum Nubri 2017

S.N.	Name of Municipality	Population	Area sq.km.	Total number of students (Grade 1-12)		
				Girls	Boys	Total
1	Ajirkot Rural Municipality	14,802	198.05	3,925	3,554	7,479
2	Arughat Rural Municipality	23,887	160.79	2,262	2,131	4,393
3	Gandaki Rural Municipality	23,253	123.86	3,713	3,448	7,161
4	Gorkha Municipality	49,272	131.86	894	837	1,731
5	Chum Nubri Rural Municipality	6,923	1,648.65	2,099	1,889	3,988
6	Darche Rural Municipality	13,229	651.52	3,648	3,261	6,909
7	Palungrar Municipality	38,174	158.62	10,035	9,117	19,152
8	Bhimsen Rural Municipality	22,033	101.25	5,879	5,445	11,324
9	Shahid Laxhan Rural Municipality	27,555	148.97	3,105	2,729	5,834
10	Siranchowk Rural Municipality	23,628	121.64	3,470	3,129	6,599
11	Sulikot Rural Municipality	25,389	200.63	4,111	3,720	7,831
Total		2,68,145	3,645.86	43,141	39,260	82,401

Source : MoE 2018 p: 17 and CBS 2014, p : 67-71.

According to the CBS (2014), the number of students were 1916 in 2011 and it reached to 3,988 in 2017 which is more than double in seven-year time period. This improvement became possible with the support of different NGOs such as CAN. It has a very low literacy rate of 32.43% where the male literacy rate is 44.25% and the female literacy rate is 21.97%. Educational attainment rate is also the same. The number of primary students is quite large but afterwards it starts declining. Very few students are able to join higher education and there are almost zero at graduate level.

All these data show that very few students are enrolling and at the same time female participation in education is very low. Providing equal opportunity in education to everyone is the current necessity of this area. This can only be possible when all the stakeholders, NGOs, and INGOs acts together with the cooperation and coordination of each other without any individual interest.

Chum Nubri is an isolated municipality, which is not connected to the district headquarters by road. It is approximately 54 km away from district headquarter to nearest village sirdibas and 94 km to remote village samagaun. Local people of this area used to go to Tibet via Ngula Pass to shop their daily uses. The market of Tibet nearer

than the district headquarters and it is also cheaper to bring goods from Tibet. Unfortunately, Tibet opens this border only once a year. People are facing financial burden because they have to buy all the required stuff for the whole year at the time of opening of border.

Agriculture, natural resources, and tourism is a key component of the livelihoods for the majority in the Chum Nubri. Barley, potato, and buckwheat are a staple food crop of this region (Sapkota, 2017). Most of the rural people in Nepal depends on natural resources for their livelihood (IUCN 2000). The high-Himalayan regions are famous for medicinal plants and have been mentioned in the Ayurveda. Its ethnic groups are collecting an average of 18.1 kilograms (kg) wild mushrooms for food by a single household in a year (Christensen et al., 2008). Mushroom collection is one of the supplement diets and provide cash income for the local people of Chum Nubri.

Another source of income for local people of Chum Nubri is the collection of Yarsagunba (*Cordyceps sinensis*, yartsa gunba in Tibetan) which is used in medicine since ancient times. Yarsagunba is available in High-mountain region like Dolpa, Gorkha, Humla, Jumla, Mugu, Lamjung, Bajura, Bajhang and Rasuwa districts (Gyawali 2006). A study found that income from yarsagunba selling is accounted for 76% to 92.1% of the total household income of this region (Childs, Geoff, and Choedup, Namgyal 2014).

Chum Nubri is a mountainous area that has the most popular Mt. Manaslu. Manaslu is the world's 8th highest mountain, making it a very popular tourist attraction. Some locals in this area are involved in the tourism industry for instance as tourist guides and porters, while few others operate as guesthouses.

Unfortunately, the people living in the surroundings of the mountain including those from Chum Nubri do not live a desirable lifestyle worthy despite being one of the popular tourist attractions. This working area of CAN is considered as one of the most isolated regions in the whole of Gorkha which creates a deprivation of basic social amenities needed to make the lives of residents easier and better.

6. Results

In this section, the main results of the study are presented.

6.1 Health

Two main areas of social welfare that residents lack are health and good sanitation (CAN, 2018). It is against this backdrop that CAN has adopted the region as one of its focal point in helping with social development. As part of its strategic approach in ensuring the achievement of SDG 3 on good health and wellbeing for people, the health support that CAN offers is directly targeted to the people who are affected with health needs and critical situations of health services. As part of this, the organization priorities are setting up of smaller health posts that can be as many as possible, and well distributed within neglected areas. This approach is preferred to spend a large amount of investment in one big hospital that will be very far from the local people and will, therefore, require them to travel long distances to access healthcare.

Figure-3 : Major health activities run by CAN in Chum Nubri 2016/2017

S. N.	Major Health Program run by CAN	Sama gaun	Lho	Lhi	Sirdi bas	Prok	Bihi	Chum ling	Chheka mpar
1	Total patients visited to HP	1841	1610	723	3868	901	753	578	802
2	New patients visited to HP	1706	755	532	3573	445	713	450	565
3	Emergency cases	40	39	3	40	44	1	8	16
4	Hospital referral cases	2	13	2	2	-	1	3	5
5	Numbers of deliveries	10	8	5	10	7	14	4	4
6	Health Edu. to school (NoT)	29	16	3	6	7	2	2	1
	Health Edu. to school (NoP)	2284	1023	40	269	299	25	45	13
7	Health Edu. to MG (NoT)	5	3	4	1	1	0	3	6
	Health Edu. to MG (NoP)	60	204	45	15	8	0	90	70
8	Clinic Health Edu. sessions (NoT)	15	9	3	17	16	6	10	20
	Clinic Health Edu. sessions (NoP)	241	49	38	328	149	162	57	160
9	Health Edu. to FCHV (NoT)	5	7	0	7	12	8	3	4
	Health Edu. to FCHV (NoP)	45	83	0	79	102	61	27	66
10	Envr. and Sanit. Prog. (NoT)	1	6	3	9	10	7	2	5
	Envr. and Sanit. Prog. (NoP)	14	146	76	106	624	111	15	73

Note: Edu=Education, Envr=Environmental FCHV= Female Community Health Volunteers, HP=Health Post, MG=Mother's Group, NoT=Number of Times, NoP=Number of Participants, Prog=Program, Sanit=Sanitation.

Source : Shabi 2018.

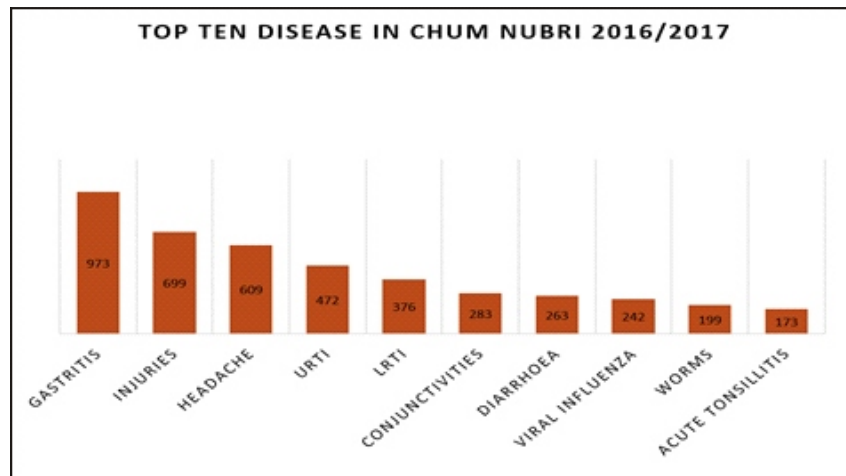
Shabi (2018) reports that within the periods of 2016-2018, CAN has taken several social interventions aimed at improving the quality of health of local people in Chum Nubri Rural Municipality.

CAN is running several healthcare centers in coordination and cooperation of the local Government and other organizations. Kelley and Gravina (2018) supported this approach or concept of taking healthcare to the doorstep of the people, claiming that the issue of accessibility to healthcare facilities always denies several people's overall access to quality healthcare. This proves is that for most people, the reason they do not have access to quality healthcare, because healthcare facilities are not accessible. Isolated areas such as Chum Nubri, where economic empowerment of the people is very

low, is common to find a lot of people who refuse to seek professional healthcare, because of the travelling cost to reach a healthcare center. Thus, investing in smaller health posts in several areas within the region by CAN is justified.

Moreover, CAN support, in the form of improvement of sanitation, through the provision of drinkable water (CAN, 2018), which is also a major health issue. Because of the lack of clean water, people become exposed to several forms of water-borne diseases including dysentery, diarrhea, cholera, salmonellosis, and even malaria (Levy et al., 2016). Meanwhile, when people are not healthy, it has negative effect on their social lives as they are not able to live and enjoy their lives normally (Youniss, 2017).

Figure- 4 : Top ten diseases in Chum Nubri (2016/2017)



Source : Annual report of CAN 2018.

CAN categorized some top ten diseases on the basis of number of patients who visited the health post as Gastritis, injuries from falls and fracture, headache, upper respiratory tract infections (URTI), lower respiratory tract infections (LRTI), conjunctivitis, viral influenza, diarrhea, worms, and acute tonsillitis. Gastritis is one of the most common disease in Chum Nubri.

After the massive earthquake of 2015 in Nepal, the local government has been supervising drinkable water quality and CAN staffs are continuously engaged in teaching local citizens about how to purify water with small efforts and simple technology, which is available in rural areas. At times also running many awareness programs regarding health-related problems such as malnutrition and contagious diseases.

6.2 Education

Another dimension of development that CAN prioritizes is economic development. Economic development has been defined as the growth in people's standard of living where there is an improvement in the income levels of people and there are several other factors and conditions that must be present to make this happen (Schumpeter, 2017). To achieve economic growth, Furtado (2018) identified the importance of education. Education is considered the most ideal way of ensuring the empowerment of people by creating opportunities for them to earn higher incomes that lead to economic development (Amin, 2017).

Thus, CAN take investment in education very seriously. According to the group, it also sets up and maintains village schools for the mountain people of Nepal including those in Chum Nubri Rural Municipality of Gorkha District (CAN, 2018). CAN is supporting 11 schools by providing teachers, stationery goods, rebuilding, and maintaining infrastructure.

Figure-5 : Number of SEE graduate students of Buddha Secondary school

Academic Year	Girl	Boys	Total
2012/013			13
2013/014			18
2014/015			21
2015/016			33
2016/017			28
2017/018			37

Source : Buddha Secondary School, Sirdibas, 2018.

Buddha Secondary School Sirdibas is one of the granted school by CAN in this area. The number of Secondary Education Examination (SEE) passed student has almost doubled during the period of 2012-18 (see Figure 5). This is a result of the collective efforts of the government of Nepal and various organizations including CAN. Based on the educational activities of CAN, it would be noted that it is directly involved in bringing educational facilities and also help in restoring the dignity of existing educational facilities in places where standards are low.

Where there is an insufficient number of schools to cater the needs of growing population of children, CAN take steps to establish entirely new school systems and identifies schools which are in deplorable state and takes steps to improve the conditions of such schools. The educational campaigns organized by CAN contribute towards providing basic skills, expertise, vocational courses and career counselling to youngsters.

6.3 Agriculture

Agriculture is a backbone of Nepalese economy, it contributed 27% of the GDP in 2017 but unfortunately the share in GDP of agriculture is declining every year. Food security problem is becoming a major phenomenon around the world these days. Every government should prioritize on agriculture sector. In some developing countries like Nepal, the government could not reach to remote areas.

Agriculture is the main source of livelihoods for the majority of the local people. Unfortunately, they do not have enough food to feed their families for a year from their own agricultural produce. They can survive approximately six months in a year from their agricultural food and remaining six months from other natural resources and tourism industry. Limited agriculture land, lack of irrigation facilities, high altitude, and traditional way of farming is one of the main reasons for low yield.

Most of the NGOs are running their activities in education, health, human rights, and advocacy, however CAN is running a new Big Lottery Fund (BLF) project to support agriculture sector in Chum Nubri. CAN have appointed number of professionals as Agriculture Junior Technician Assistant (JTA's) to help local farmers. This project support to increase farms productivity, through providing highly productive seed samples, training for the local people, and building tunnels for the greenhouse.

Producing fresh food in own garden is a great way to feed nutritional food to one's own family. To make a role model of this village which does not have malnutrition is the main objective of this project. All these activities assist to accelerate the better production of manure, vegetables and fruits. Recently, growing vegetable farming such as broccoli, cabbage, carrots, peas, and tomato, etc. is gaining popularity among farmers because it is becoming the main source of

nutrition and source of income. All these activities contribute to food security, nutrition, and poverty reduction as well as economic development.

7. Impact of CAN Activities on the SDGs in Nepal

United Nations introduced the 2030 agenda, 17 Sustainable Development Goals, and 169 targets in September 2015. This agenda states: “All countries and all stakeholders, acting in collaborative partnership, will implement this plan.” (UN General Assembly, 2015). Sustainable development is emphasized in three dimensions: economic, social, and environmental. To achieve the SDGs goal until 2030, coordination and cooperation of multi-stakeholders is crucial (UN General Assembly, 2015). Especially, INGOs are expected to play a vital role in developing countries like Nepal. Their work will be instrumental in generating awareness, providing catalytic technical assistance, and helping building capacity in integrating SDGs into the planning, programming, and budgeting processes across tiers of government (NPC 2017 : 15).

The activities by CAN are in accordance to the SDGs in the longer term (see Figure 6).

Figure-6 : CAN and the SDGs



Source : Created by researcher.

CAN contributed towards achieving goal 2. For example, Target 2.1 “End hunger and ensure access by all people”, target 2.2

“Ends all forms of malnutrition”, target 2.3 “Double the agricultural productivity and incomes of small-scale food producers, in particular women, indigenous people and family farmers”. These all targets of goal 2 can be supported by CAN agricultural activities.

Healthcare activities are closely related to goal 3 in following targets. Target 3.1, reduce the global maternal mortality ratio, target 3.2 end preventable deaths of newborns and children under 5 years of age, target 3.3 ends the epidemic of AIDS, tuberculosis, malaria and neglected tropical disease and combat hepatitis, water-borne diseases and other communicable diseases. Target 3.8 access to quality essential healthcare services and access to safe, effective, quality and affordable essential medicines and vaccines for all. Sanitation, and water purification program is related to target no 6.a: expand international cooperation and capacity-building support to developing countries in water and sanitation related activities and programs, including water harvesting, desalination, water efficiency, wastewater treatment, recycling and reuse technologies.

Through the initiatives of building and maintaining the village schools, providing teachers to local schools, CAN ensures that there is an access to quality education. Educational activities are related to target no 4.5. It is related to eliminate gender disparities in education and equal access to all levels of education including persons with disabilities, indigenous people and children in vulnerable situations. Through the educational initiatives, it ensures that inequalities that would have existed between people due to their educational and income differences are bridged.

Based on the data provided by CAN, many mothers and children are facing malnutrition in Chum Nubri. Poverty is the direct cause of malnutrition. To get out of malnutrition, people need nutritional food. Nutritious food makes healthy lifestyle, which is the result of social and economic progress (FAO 2018). Hunger and poverty are closely related with Goal 2 & 1 respectively of SDGs which is fundamentally trying to solve the issues of unhealthy lifestyle which makes difficult for one to earn a living.

8. Conclusion

From the above discussions, it can be concluded that based on the support initiatives by CAN, it comes out as an INGO which is contributing to the development of the people in Nepal in general and Chum Nubri Rural Municipality in specific.

The organization rightly positions and identifies itself as an important non-state actor with the role of ensuring that the most common forms of support which local people need to make their lives better are provided. There are two main dimensions of development that this study has helped in understanding that CAN is playing its roles in social and economic development where CAN ensure that there is a justification for its actions, particularly those that directly tends to target the most unfortunate and less privileged in society.

These forms of support help to reiterate the statement that community development and development, in general, is a shared responsibility rather than something that can be delivered by government alone. All the activities of this organization are contributing to the achievement of SDGs within 2030. Agricultural activities of this organization has improved the productivity of rural area, as a result, local people will be able to nourish their family. It is directly related to SGD 1 to end poverty in all its forms everywhere, SDG 2 end hunger, achieve food security, and improve nutrition and promote sustainable agriculture and SDG 3 ensure healthy lives and promote well-being for all at all ages. Furthermore, no goal is independent rather all are interrelated to each other. Some of the specific goals of educational activities help in meeting SDG 4 on quality education, SDG 8 on decent work and economic growth, and SDG 10 on reducing inequalities. In the end, we can conclude that CAN is making great strides in developing the district fundamentally based on SDG goals and create the ripples of those effects throughout the nation.

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