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Shangri-La Development Association

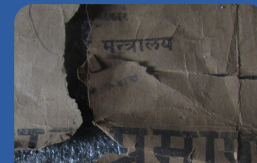
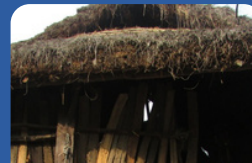


Estd. 2071



10 YEARS OF IMPACT

A DECADE OF COMMUNITY DEVELOPMENT, EMERGENCY RELIEF AND HUMANITARIAN ACTION



Shangri-La Development Association



Shangri-La Development Association (SDA) is a youth-led non-governmental organization established in 2014 that works for long-lasting, sustainable development, focusing on the most marginalized and at-risk communities of Nepali society. The organization utilizes a multisectoral approach in its programs, and has projects in multiple essential sectors of rural Nepali life — namely, Health, Agriculture, and Education. It has active projects in Kailash Rural Municipality of Makwanpur district of Nepal, where it primarily targets the Chepang community and other at-risk populations through multiple projects. It is also engaged with a project for the schooling of deaf children in Jumla district of Nepal. Besides that, Shangri-La Development Association has mobilized relief efforts during the 2015 earthquake as well as the COVID-19 pandemic.

Vision, Mission & Goals



01

Vision

Pioneering prosperous Nepal and harmonious world by creating critical, honest, and harmonious development-oriented world citizens to create equitable peace and prosperous society by mainstreaming the excluded and disadvantaged peoples into development process.

02

Mission

To work to improve the lives of the people through health, education, participation, capacity building and opportunity enlargement program and facilitate the excluded and disadvantaged peoples for their empowerment and overall development.



Health

- Carry out the survey, researching public health issues
 - Implement public health activities based on research findings
 - Run health projects and activities
-

Education

- Enable people to gain skills, knowledge, and thoughts
 - Advocate and practice their rights and responsibilities as individuals and as members of groups/clubs and communities locally, nationally and internationally.
 - Encourage equality of opportunities and discourage discrimination such as ethnic/social discrimination and discrimination borne of culture, caste, language, sexual identity, gender, and disability.
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Participation

- Enhance people's lives and the environment through a voluntary/professional relationship with NGOs, CBOs, local clubs, like-minded institutions, and other civil society organizations in which the organizations are a partner in the decision-making structures
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Empowerment

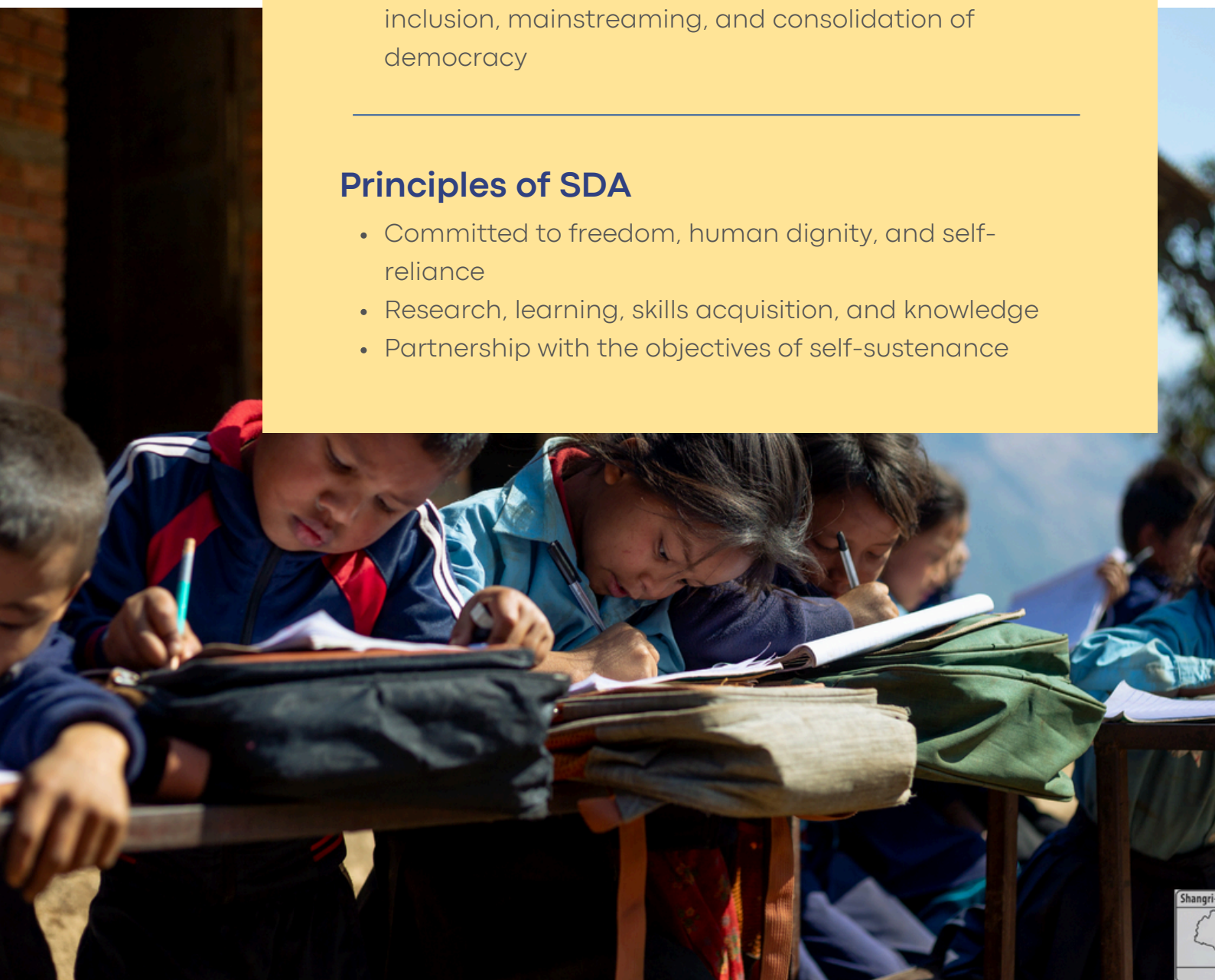
- Capacitate people with knowledge and skills to enlarge their capabilities and life opportunity
 - Support people to understand and act on the personal, social, and political issues which affect their lives, the lives of others, the communities, and the nation of which they are a part.
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Economic and Social Well-Being

- Work for the economic and social well-being of excluded ethnic, Chepangs, Dalits, women, children, youth, and elderly persons.
 - Work in the sector of community development
 - Work for the human rights, good governance, inclusion, mainstreaming, and consolidation of democracy
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Principles of SDA

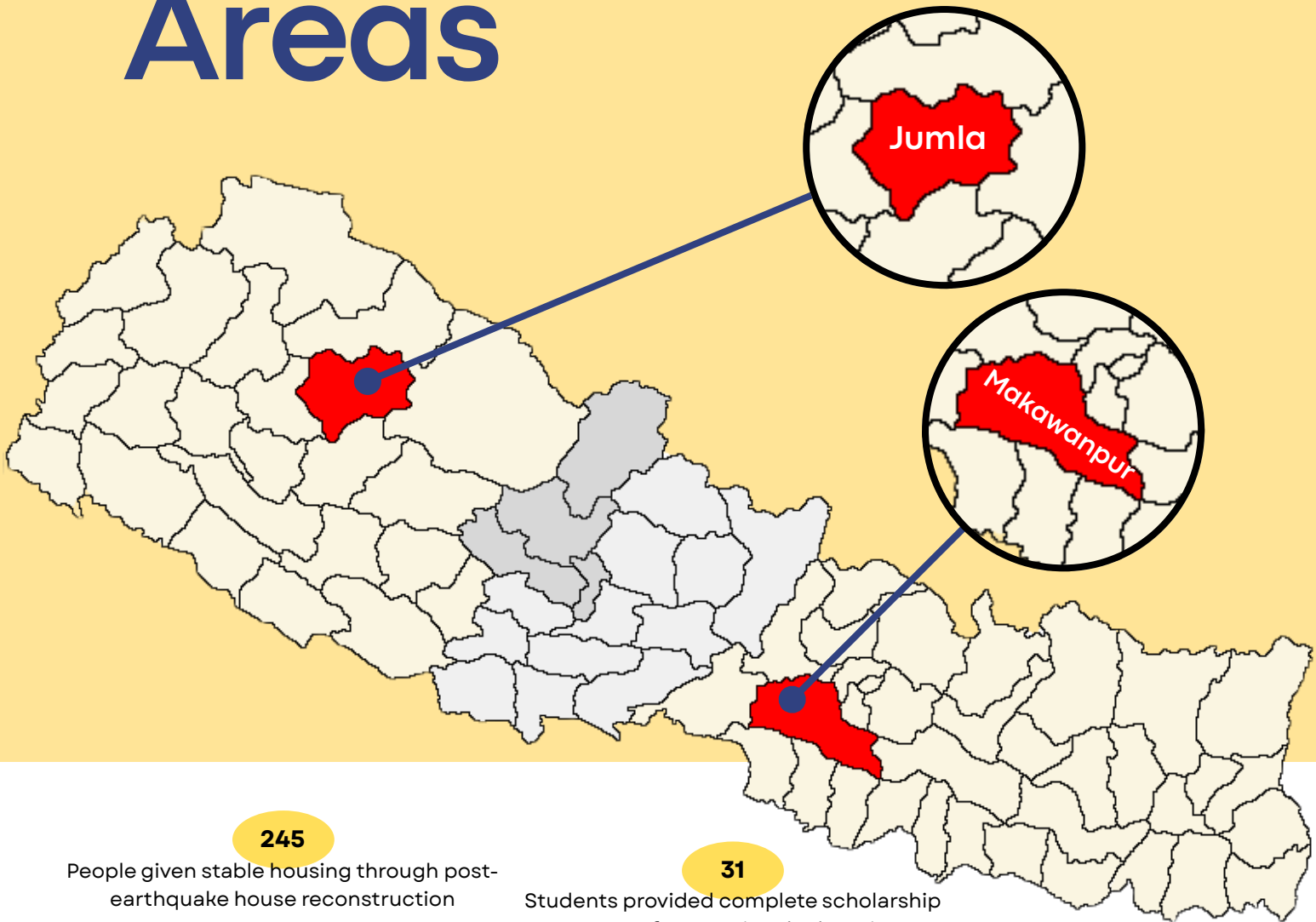
- Committed to freedom, human dignity, and self-reliance
- Research, learning, skills acquisition, and knowledge
- Partnership with the objectives of self-sustenance



ACRONYMS

SDA	Shangri-La Development Association	
SA	Shangri-La Association, Switzerland	• Partner organization
GA	Govinda Association, Germany	• Partner organization
JSCP	Jumla Special Children Project	• Project for inclusive education of deaf children in Jumla
SOH	Shangri-La Orphanage Home	• Also funded by SA/GA, the founders of SDA grew up together at SOH before establishing the organization
SSLI	Shangri-La Sustainable Local Initiative	• Name of the umbrella project under which SDA conducts its projects in Health, Agriculture, and Education
SRDP	Shangri-La Reconstruction and Development Project	• The house reconstruction project in the ODHR model was a collaborative project between multiple organizations started in the aftermath of the 2015 earthquake. SDA took over house reconstruction in Makwanpur, constructing 34 houses in Kailash Rural Municipality.
ODHR	Owner-Driven House Reconstruction	•
SRBES	School Building Reconstruction and Education Support Project	• SDA also reconstructed 4 schools in Kailash in the aftermath of the earthquake under this project.
OTSP	One-Time Special Project	• SDA conducts one-time special projects to engage in one-time activities that supplement the primary projects.

Working Areas



245

People given stable housing through post-earthquake house reconstruction

924

Students benefitted through post-earthquake school reconstruction at time of completion

59

Deaf children provided complete living and education support in Jumla

14460

Tree saplings grown at SDA Tree Nursery

6317

Kilos of vegetables harvested and distributed to schools and SDA hostel from 2021 to 2025

43

Farmer training programs conducted

31

Students provided complete scholarship support for vocational education

33

Underprivileged girls provided complete living and education support till through SDA Hostel Project

21

SDA Hostel Project girls passed SEE

518

Average no. of students supported per year over the past 5 years with complete stationery, uniform, and mid-day meal support

132

Newborn Baby Support Packages distributed

SDA'S INTEGRATED APPROACH TO RESILIENT DEVELOPMENT

Shangri-La Development Association's projects are based on a view towards future sustainability and long-term development. At the heart of this vision is a collective of principles that are intertwined through all our project activities. By emphasizing co-ownership and self-empowerment, we work with a participatory approach that ensures communities are not passive recipients of our support but active participants in their own progress.

The organization fosters collaborative action that puts the community at the front and center, creating a sense of strong ownership over our project activities. This principle not only enhances the effectiveness and relevance of programs but also instills a deep sense of responsibility and accountability among the community members, with the goal of ensuring that progress remains a permanent fixture of their lives in our project regions.

The organization recognizes that resilient development cannot be achieved in isolation. This belief defines the essence of the theory of change model upon which our projects are based. Challenges such as poverty, food insecurity, and lack of healthcare are deeply interconnected, and require multisectoral solutions. Based on this premise, Shangri-La Development Association introduced projects across Health, Education, and Agriculture sectors, and designed programs in an interconnected manner, where every initiative complements and reinforces the others. By addressing development holistically, the organization creates self-reliant, resilient communities that thrive even in the face of adversity.

At the time of its inception, Shangri-La Development Association sought to establish its projects in those regions of Nepal that were populated by marginalized, underrepresented communities. This brought us to Kailash Rural Municipality, a remote region in Makwanpur district with a Chepang majority community, most of whom relied on sustenance farming and seasonal labor work to make a living. Based on the above principles, we established projects in the area seeking out a close connect with the community members from the very beginning, and tackling real and persistent issues in the community. We would also inherit the Jumla Special Children Project, dedicated to providing inclusive education to deaf children, from our partner organizations in Switzerland (Shangri-La Association) and Germany (Govinda Association). The following pages are an exploration of how these activities integrate our defining principles and create real change in our project regions.

Chapter 1: Co-Ownership

At the heart of SDA's success lies the principle of co-ownership — a model that actively engages community members in the conducting the development program. This approach seeks to ensure long-term sustainability by fostering a sense of responsibility and empowerment among beneficiaries. From farmers' groups to health initiatives, co-ownership is a thread that connects all our project activities.

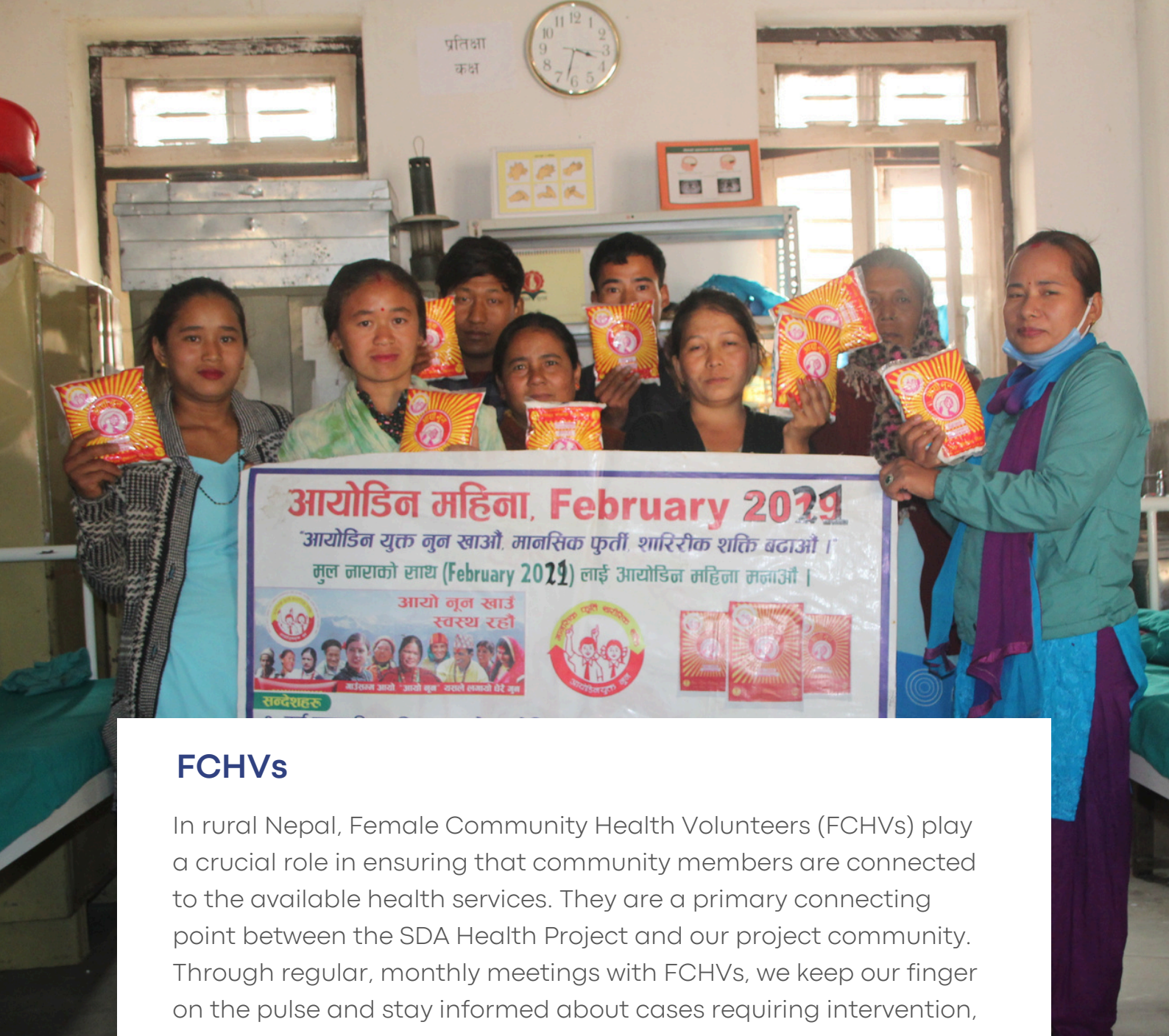




Health

The SDA Health Project is oriented towards the most vulnerable populations in the community. A significant barrier to positive transformation often lies in outdated beliefs that are harbored by community members. In such a context, community trust is the most important asset — and we have been fostering that since the very beginning.

Our Health programs are designed to meet urgent needs while at the same time laying the groundwork for sustainable change in health behaviors. In order to accomplish these, we work closely with community groups and seek to empower them to bring change.



FCHVs

In rural Nepal, Female Community Health Volunteers (FCHVs) play a crucial role in ensuring that community members are connected to the available health services. They are a primary connecting point between the SDA Health Project and our project community. Through regular, monthly meetings with FCHVs, we keep our finger on the pulse and stay informed about cases requiring intervention, and disseminate information on emerging health issues and community issues that may be deeply entrenched.

These trained volunteers not only assist with outreach programs but also actively engage with families, offering advice, support, and education on health issues ranging from maternal care to child nutrition. Through these volunteer-led initiatives, we are building a resilient and informed community.

The FCHV network has been instrumental in our health outreach, providing essential services and also connecting us with individuals and families who may benefit from our health programs.



Mothers' Groups

We also conduct similar meetings with Mothers' Groups to connect with our target groups more directly. These meetings allow us to foster trust, and also act as a reliable platform in which to engage in awareness-raising activities, such as child nutrition, prenatal care, and disseminate information about upcoming programs that we may be introducing.

Through these groups, mothers gain the tools and knowledge they need to care for their children and safeguard their health. Our Mothers' Group meetings seek to enhance community involvement, creating spaces where families can come together to discuss health concerns and share experiences. This collective effort helps ensure that health practices are adopted more effectively and sustainably. We also support these group for government registration and guide them in procedural matters, as formal registration comes with a greater visibility when it comes to government health programs.



The Reconstruction Projects

The collaborative Shangri-La Reconstruction and Development Project (SRDP) remains a glowing example upon which SDA's foundational principles were built. In the period following the 2015 earthquake of Nepal, we collaborated with various organizations and set out with the goal of supporting the most needy and vulnerable people by reconstructing their earthquake-demolished homes.

What set SRDP apart was its Owner-Driven House Reconstruction (ODHR) model that informed all our activities on the ground. Under this model, homeowners would participate closely in the house reconstruction effort, volunteering with labor and even raw materials for construction, as per their individual capacity. A system was set out where the homeowners would volunteer with labor for the reconstruction of a specified number of houses in their immediate community.

This ensured equal participation and strong community support for the reconstruction project. Following this model, we succeeded in building 34 homes in Kailash Rural Municipality in the span of around one year, providing stable housing for 245 individuals at the time of the project's completion.



Education

SDA's Education Project also strongly emphasizes co-ownership, typically through parent engagement. This involves giving a platform for them to voice their opinions on our programs, and making them a part of how we conduct our activities. At the same time, we also involve them directly in some of our most important. Through regular parent meetings, we empower families to take an active role in their children's education, and our education programs of which their children are a part.



Parent Meetings

We conduct regular parent meetings at the SDA-supported community schools as well as the SDA Literacy Home, where our Hostel Project is based. During these meetings, we encourage parents to take an active role in their children's educations. They also act as a platform for families to discuss challenges, collaborate with teachers, and gain insights into their children's academic progress. This strengthens the community's investment in education and fosters a shared responsibility for the children's well-being.



Mid-Day Meals

The Mid-Day Meals Program, which is conducted in five community schools of Kailash Rural Municipality, addresses both nutritional needs and student retention — both of which are common problems in the project region. While this program has always been heartily welcomed by the community, we go one step further to ensure that the community members who directly benefit from this program have an important role to play in it.

Parents of students who study in these five schools closely work with us, as well as the schools, to conduct mid-day meals on a regular basis. Being assured about your child's daily meal is a strong motivating factor that brings a great deal of community support in organizing the mid-day meals; for families who struggle with food security, the benefit goes much deeper. From helping transport the food materials to the schools to helping out in cooking, the parents sit at the front and center of the Mid-Day Meals Program, demonstrating a strong sense of ownership over it.



Agriculture

The SDA Agriculture Project is oriented towards introducing sustainable farming practices in our project region of Kailash Rural Municipality. A significant focus of this project is towards capacity building of farmers, which is inherently based on the principle of co-ownership — programs like trainings, excursion visits to commercial farms, and resource distribution are all aimed at inspiring farmers to take ownership of the new technologies and farming practices that are embedded in SDA's own model organic farm, the Achim's Agriculture Field model. By focusing on capacity building and farmer empowerment, SDA has transformed agricultural practices in Kailash, bringing new opportunities for families to thrive.



Farmers' Groups

The Agriculture Project finds its primary connection to community members through Farmers' Groups, building personal relationships with them through constant engagement. Between regular Farmers' Group meetings, trainings, and the like, we look forward to farmers integrating the modern agricultural practices that we introduce in their own farms.

Every single instance of success in this regard bolsters confidence in our programs among the farmers in a big way. Some discover that their small farm that they utilize for sustenance can provide significantly bigger yields with the right practices, like crop rotation and off-season farming. Others succeed in systematizing their own farming practices and growing cash crops that acts as a major source of income.



Achim's Agriculture Field

Achim's Agriculture Field is the other big part of the SDA Agriculture Project — a model farm in Kailash based on land that is owned by the organization itself. We utilize AAF to showcase modern, organic farming practices across various agricultural domains — from off-season farming, kitchen farming, agroforestry, all the way to animal husbandry.

The farm, spread across 17,576 sq.m of land, is maintained by a large number of farm hands who are hired from the local community itself. Regular hires who work at AAF learn to adopt the modern practices at their own farms as well. Alongside this, the farm work also gives them a steady source of income almost year-round. Today, Achim's Agriculture Field is seen as a valued institution on its own, that belongs equally to the community — providing income in a region where steady income is scarce, and connecting to numerous stories of farmers discovering the benefits of modern farming practices.



A Decade of Relationship Building

A common thread that ties all of these instances that highlight co-ownership of community members over SDA activities is the deep relationship that we have fostered with our project community over the past 10 decades. It was a strong priority of ours from the very beginning. Today, it is through our close and personal relationships with our beneficiaries that we continue steadily with our community development activities.

Chapter 2: Project Integration

The principle of project integration for synergistic benefits defines the architecture of Shangri-La Development Association's SSLI umbrella projects. Our project activities are designed to create multiplicative benefits, and many of our pillar programs are interlinked across projects. This kind of program design creates immense value, as we make use of every opportunity to draw community benefits with every possible project activity.



Health and Education



Our Health Project closely utilizes our relationship with the SDA-supported schools to conduct outreach and maintain a sense of the health condition of the community at large. As our Health Project primarily targets the vulnerable groups, many of our health programs are conducted in collaboration with the Education Project and the School Management Communities, for the benefit of school students.

This includes regular health screenings at SDA-supported community schools, which include malnutrition screenings as well as check-ups on common or arising health issues in the community. We also utilize this opportunity to regularly educate children on good hygiene practices, distributing sanitation products like soaps, toothbrushes, toothpastes, and so on.

Education and Agriculture



Achim's Agriculture Field, besides serving as a model organic farm, also supports the Mid-Day Meals Program and meals at the SDA Literacy Home, which is where our Hostel project for underprivileged girls is based. This is the primary relationship that ensures that our model farm is creating dividends for the community on every facet possible.

While maintaining the farm creates value for farmers as a resource and learning center, the produce that is harvested from farming activities at AAF make for nutritional meals at SDA-supported school, and the SDA Literacy Home.

Coupled with the Scholarship Program, in which we provide complete stationery and uniform support to the students of SDA-supported schools, the mid-day meal program also plays a big hand in student retention and admission rates, a factor that is very commonly acknowledged among the community members as one of SDA's most celebrated achievements.

What this program means for school children, and for their parents, is an especially poignant matter since food insecurity is a common problem in Kailash Rural Municipality. Over time, dedicated students have been known to rise above this incentive — albeit one intimately connected to health and security — to develop a genuine interest in their education, while parents have also grown to adopt a modern outlook on the value of formal education for their children through repeated engagement with the school community.

Health and Agriculture



The Mid-Day Meal Program also contains an indirect impact upon childhood malnutrition, which is a common issue at Kailash Rural Municipality. The Chepang-majority community in the region mostly rely on traditional farming practices to engage in sustenance farming, and the common saying that goes in the region is that the average family in Kailash only has enough food to eat for six months of the year, following the main harvest season. For the other six months, they are dependent on intermittent, unreliable labor work in the nearby town, which leads to a severe food insecurity problem.

Because of this recurring pattern, childhood malnutrition is rampant in the project area. The Mid-Day Meal Program assures families of a nutritious meal for their child, as long as they go to school, indirectly contributing to the mitigation of childhood malnutrition among school children.

Chapter 3: Empowerment & Capacitation

SDA also places great value on capacitation and empowerment of its beneficiaries. Sustainable development doesn't take place until community members develop the necessary skills and self-sufficiency. True change happens when individuals are equipped with the knowledge, skills, and confidence to shape their own futures. With this belief, we have engaged in various programs that are designed to empower locals and build capacity within the community, enabling individuals to break barriers and become active participants in their own betterment.





Farmer Trainings and Model Farmers

One of the cornerstones of the SDA Agriculture Project is the extensive training programs offered to local farmers. Through our Agriculture project, we provide hands-on workshops, field visits, and resource distribution aimed at improving farming practices and introducing sustainable, organic farming methods.

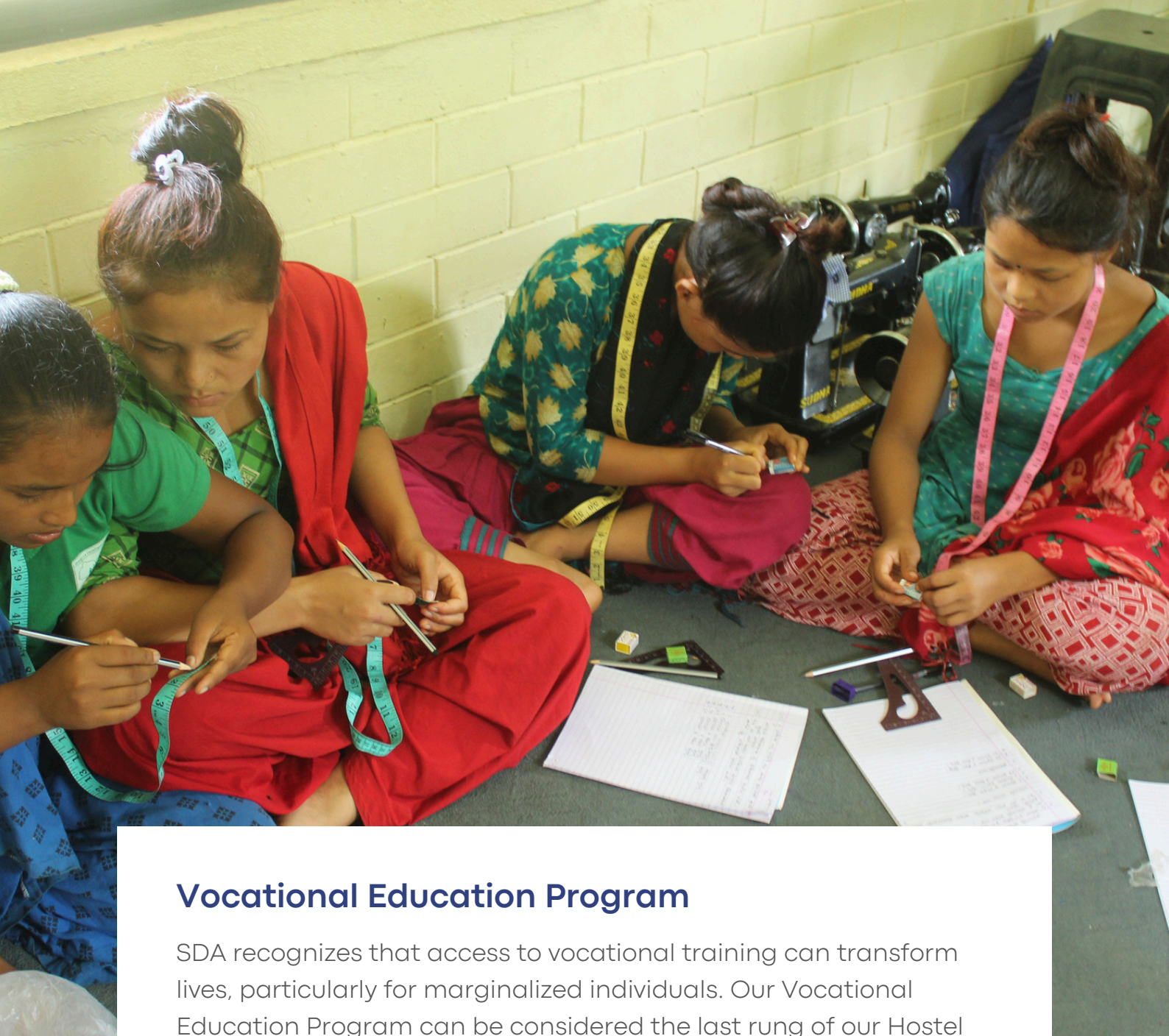
These training sessions seek to develop self-reliance, ensuring that farmers not only adopt new techniques but also take full ownership of their learning and application. By teaching the principles of organic farming, crop diversification, and modern irrigation methods, we help farmers improve their yields, increase their income, and ensure food security for their families and communities.

Over the years, these trainings have proven real value by steadily creating knowledgeable farmers who adopt a mindset of growth and learning, exploring modern farming practices that yield far better results and leave the soil in good health for future generations as well. Having seen the benefits of casting off unsustainable, traditional farming methods and replacing them with modern ones, they act as glowing examples to the rest of their community — model farmers who influence peers directly by example.



Achim's Agriculture Field

The employment opportunities that are brought about by Achim's Agriculture Field for local farm hands also comes with a strong impact in the sense of empowerment and personal growth that is experienced by community members. This applies especially to women: where income sources are few and far in between, and where the community as a whole is still struggling to move out of their traditional mindset, it is almost impossible for women to take charge of their own life. The ability of women to work a steady job and provide for their family cuts through some tough challenges with regressive attitudes, empowers the women to take charge of their own lives, and take care of their families.



Vocational Education Program

SDA recognizes that access to vocational training can transform lives, particularly for marginalized individuals. Our Vocational Education Program can be considered the last rung of our Hostel project's attempts to directly capacitate underprivileged girls of our project region. The Vocational Education Program supports SEE graduates — primarily the Literacy Home girls — to enroll in vocational education courses that can open the door to stable employment opportunities.

This program covers the cost of training in a variety of fields, typically through CTEVT courses, which is Nepal's biggest vocational education board. By offering a practical pathway to employment, SDA empowers individuals to achieve financial independence. Some of our greatest successes in the Hostel project today live respectable, empowered lives after having transitioned to working life through the Vocational Program.



Life Skills Trainings

We also provide opportunities for employable life skills outside of the Vocational Education program through Life Skills Trainings. These trainings are typically integrated into the Hostel project, and focus on skills that are easy to learn and can offer a fallback for our Hostel girls through which to be economically self-sufficient. These trainings can provide a sense of agency and empower participants to take control of their future.



Construction Projects as Vehicles of Empowerment

Shangri-La Development Association found its starts in some unique circumstances. Mere months after the organization was formally established, our team members were on a field visit working to set up the early structure of our projects when the 2015 earthquake struck. We immediately set about mobilizing relief efforts, eventually coming together with a group of organizations to undertake reconstruction projects of homes and schools.

During this period, we would also utilize the reconstruction context to provide skill trainings to masons and carpenters. The construction projects created opportunities for local carpenters and masons to receive specialized training in construction techniques. These paid training programs, coupled with hands-on experience in our construction projects, provided participants with valuable upskilling that would result in improved income.

By focusing on construction as a vehicle for empowerment, SDA ensured that local tradespeople could contribute to their community's development while enhancing their professional prospects. This initiative also aligned with the broader goal of promoting sustainable economic growth.

Chapter 4:

Serving Vulnerable Groups: Pregnant Women, Children, Inclusive Education, and the Chepang People

Kailash Rural Municipality is an intersecting nexus of certain underprivileged groups. A majority of its residents belong to the Chepang community, who have been historically sidelined for opportunity and development, something that is in great part related to their nomadic past. At present day, the Chepang people struggle to adjust to the modern, settled lifestyle; especially for the older demographic, old superstitions still get in the way of connecting them to government healthcare and education mechanisms.

In this nexus, vulnerable groups like children and pregnant women are especially at risk of prevalent health issues. Our work in this region has been focused on addressing these challenges and providing the resources and support necessary for these groups to live healthier, more secure lives.



Birthing Center Construction & Natal Care



A common issue that affects pregnant women in Kailash is that of home births. While a part of this issue is related to outdated beliefs, lack of easy access to institutional birthing facilities also plays an equally big part in the problem. The difficult hilly terrain means that traveling to the available health facilities is also quite tough.

In order to facilitate improved access, SDA constructed a birthing center at Katunje Health Post, in Kalikatar, which is a center point for the rural municipality. Alongside this, we also supported the health post with the equipment necessary to properly operate the health post. Till date, a total of 334 institutional births have taken place in the SDA-constructed birthing center since it came into operation in December, 2018.

Malnutrition Camps



Childhood malnutrition remains one of the biggest challenges in Kailash, particularly among families reliant on sustenance farming. Due to limited arable land and other factors, many families in the region only have enough food to last them for half the year, leaving them to struggle with food shortages during the rest of the year. This situation leads to widespread malnutrition, especially in children.

In response, we hold Malnutrition Screening Camps to address this issue, in collaboration with Nutrition Rehabilitation Home (NRH). These camps are designed to provide immediate nutritional support to children, make parents aware about better nutrition practices utilizing locally available nutritious foods, as well as to offer interventions for children suffering from severe malnutrition, which we do by referring the children to the Nutrition Rehabilitation Home in Sunakothi, Lalitpur. The camps also serve as a platform to raise awareness about the importance of long-term solutions to food security and sustainable farming practices.

Since 2019, we have conducted four iterations of the Malnutrition Screening Camps in different clusters of Kailash Rural Municipality. In total, we conducted screenings for 4326 children, referring 86 children to NRH Sunakothi and also covering the travel costs.

Hostel Project



The Hostel Project, under which we provide complete living and scholarship support to 15 girls from the project region, is also based on the principle of serving the most vulnerable groups. We select new arrivals to the Hostel Project based on their home circumstances. Through our network with the SDA-supported schools, we seek out school girls who have been forced to drop out of schooling due to difficult circumstances at home. Upon their acceptance to the program, they receive complete living support along with all educational materials, and are enrolled at the nearby secondary school, where they will study up to their SEE examinations. Upon graduating from the Hostel program, they have the choice of applying for the Vocational Education program as well, which would enable them to join a course that will provide them with an income-generating skill to set them up for their adult life.

The Jumla Special Children Project



The Jumla Special Children Project in Chandanath Municipality, Jumla, also falls under this principle of serving the most vulnerable and disadvantaged populations. The remote Himalayan district of Jumla brings about a lot of challenges in daily life, especially for persons with disabilities. JSCP, which is run in collaboration with Karnali Secondary School, provides complete living and scholarship support for around 35 deaf children at any given time, providing them with a fair chance at life.

The project works under inclusive education principles, and also has a number of sign language teachers who work under it. Through their help, the JSCP children are encouraged to integrate into life alongside peers without disabilities. Many of these children come from highly impoverished backgrounds and would have no chance for a stable life otherwise, and JSCP becomes the sole beacon of hope in their lives offering them the possibility of something resembling normal life.



10 YEARS OF IMPACT

A Decade of Community Development, Emergency Relief
and Humanitarian Action

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