About Us (home page)

Powerful Hands, a non-profit and Non-Governmental Organization established in the year 2011; serving the societal welfare under the contemporary issues of Environment, Health and Education led by a group of energetic youths from various backgrounds. Members of PH are a group of like-minded youths realized of establishing an ideal type of organization. It also works in the field of social event management firm in organizing the beneficial social events to attract internal and external tourist to participate and contribute in welfare of society as well as for encouraging the local culture and tradition preservation.

Today PH is established as a mature organization consisting dedicated professionals and experts from various fields, committed toward creating a better future.

Vision

* Maximizing the literacy rate
* Cleaner and greener cities
* Generate healthy people for a healthy future

Mission

* Implement positive and sustainable solutions to the problems pertaining to the project area identified in the field of health, education and environment.

Objective

* Awareness on thematic issues
* Preserving our culture, tradition and recognition.
* Bring the variations in the practical aspects of targeted areas
* Modernized and improvised way of life
* Increase people’s participation for skill development.

Organization Profile (when click on please display the dialog box)

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| **Name of the NGO:** | **Powerful Hands** |
| **Acronym:** | **PH** |
| **Registered Address:** | **Dallu Aawas, Swoyambhu** |
| **Telephone:** | **977-01-6923177** |
| **Email:** | **powerfullhands@gmail.com** |
| **Website:** | [**www.powerfulhands.org**](http://www.powerfulhands.org/) |
| **Founder:** | **Vijay Khadgi (President)**  **Shailaja Kasaju (Vice-President)**  **Sapna Nakarmi (Treasurer)**  **Ineej Manandhar (Secretary)**  **Amir Man Bajracharya (Event Co-ordinator)**  **Reena Rauniyar (Health Co-ordinator)**  **Annal Kumar Pradhan (PR)**  **Nabin Man Baidya (IT)**  **Ijan Man Piya (Fund Raiser)** |
| **Year of Establishment:** | **2011** |
| **SWC:** | **33460** |
| **Registration:** | 209/067/068 |
| **Areas of Work:** | **Health**  **Education**  **Environment** |
| **Focus Areas:** | **Kathmandu Valley** |

**Health (on home page)**

**Camps**

**First Aid**

**Hand wash**

**Education**

**Study buddy!!**

**Shikya Aashram**

Shiksha-aasram is an education center project focused on Brick klin kids. The project targets to give formal education to the children it will be an informal type of teaching as they are already affiliated with some of the schools in their villages. The insight of the project is not only to educate children but also to teach them to use soap to wash their hands, brush their teeth twice a day, take bath, use latrine to keep them healthy and fit.

**Environment**

**Bio-eletrification**

**CONCEPT**

Different technologies have been developed to convert waste to energy. One of the technologies known is anaerobic digestion is used to produce alternative fuel by converting organic waste to methane and slurry. The municipal waste produced in the developing countries is primarily of organic and degradable content. The study and model implementation was done to find out the possibility of practical and economical utilization of the municipal solid waste to produce biogas and to convert the biogas generated into electrical energy.

Municipal solid waste (MSW) of Kathmandu Valley contains 63.7% of organic matter and Energy present in organic fraction of the Municipal Solid waste can be recovered through anaerobic digestion method. Organic waste is a resource placed in a wrong location. Energy recovery from municipal solid waste solves the problem of municipal waste management, green house gas emission and energy shortage. Recovery of energy from wastes also has additional benefits which are: cost of transportation of waste gets reduced proportionally, reduction in environmental pollution, demand for land which is already scarce in cities for land filling is reduced and carbon trading.

**MODEL SITE:**

Located at Chamati, opposite Shova Bhagwati temple in the Bishnumati corridor has a problem of dumping the waste directly to the Bisnumati river. This model site was developed in the community participation and of the active club Ganga Lal Club which has provided space for the project.

Powerful Hands carried out the project with support of, **KATHMANDU UNIVERSITY, Nepal Community Bioresources** and **WATER AID IN NEPAL**

**Afforestation**

**Planting shades for future**

Planting trees is fun! If it’s hard to believe, just take a drive to Nallu [about 28 kilometres south from Central Kathmandu] to see the newly planted 500 saplings. Nallu represents a classic case of being ‘so near, yet so far’ as its current development belies its proximity to the metropolitan city. The mostly Tamang village is bereft of modern health and sanitation facilities. People are still dependent on traditional firewood and a thinning community forest is resemblance to dieing enthusiasm and motivation for maintaining the forest which is leading to ecologically unfriendly practices.

The reforestation initiative in Nallu was taken jointly by three non-profit organisations; Powerful Hands, Aastha Foundation and Sustainable Nepal, on June 5 2012, to celebrate World Environment Day

The organisers were enthusiastically joined by nearly 60 members of the local communities who represent the Deurali Bhanjyang Sallagari Ban (local forest group) and 70 students and teachers from Dreamland High School of Kathmandu. The event was participatory, informative and fun as groups exchanged knowledge and learnt from each other. The team also dug a trench in the community forest to harvest rainwater that can be used to water the saplings.

The local community supplied food to the visitors for a nominal charge and committed to protect the saplings and the community forest. The organisers ensured to introduce novel schemes in near future focussing on health, environment and education that would benefit not only the local community but also its local economy. The local community seemed happy with the idea of welcoming development projects and committed to protect the forest

**Aquaponic System**

**plastic free movement**

**A hopeful step to make Kathmandu a Plastic free City**

With a distinct motive to make Kathmandu a plastic free city, a national interaction campaign was held in the Old Kathmandu Municipality Office, Teku. The program was organized jointly by CMDRR Forum Nepal, Kathmandu Metropolitan City, ESDO-Nepal in collaboration with other partner organizations which include Hoste-Hainse, Concern Universal, HUREC-Nepal, JCYCN, Varosa, CWIN, Presidential Business School, Youth Concern Forum, Himawanti, Youth Coordination Center, Volunteer Aid Nepal, EFNC, Youth Utility for Awareness, Scope Nepal, Hrelic Nepal, WCDF and Powerful Hands Nepal.

The ‘Program’ was inaugurated by former Population and Environment Minister, Mr. Bacharpati Devkota. Mr. Devkota focused his address on balancing industries and living population for sustainable environmental development. Keeping in mind the theme of World Environment Day, he stated, ‘Self consciousness to save what is yours is being lost. People waste because they believe that they have a right to waste because of false sense of ownership’.

It was a remarkably suitable day for such a step as it marked the national commitment towards environment day. A strong participation of 60 Nepali and 2 Bangladeshi representatives discussed their interest and concern over the uncontrollably growing pollution in Kathmandu also drawing some conclusion along with their suggestions. The presentation by Mr. Rajaram Karmacharya spread light on the meaning of waste, typologies of plastic, issues and harmful effects of plastic use and the relation of nature vs. environment. The participants enthusiastially committed to contribute in their own ways to reduce use of plastics, which is although a small contribution at the individual level, but carries the potential to bring a bigger change in the nation tomorrow.

Of the total waste produced in Kathmandu Valley, 11% is plastic, equivalent to 475 tonnes of plastic waste daily. The cost of plastic waste management per ton is Rs.2,250 amounting to a staggering Rs.10,68,750 expenditure everyday for plastic waste management. If the initiation is implemented successfully, the government could utilize this amount in other sectors for greater benefit of the society.

The major issues discussed in the interaction, among others are:

1. Using waste as wealth and carrying out the R3 policy.
2. Using plastic bags above 20 micron that are approved for quality.
3. Implementing the Waste Management Act 2068, clause no 25, which announced Katmandu Metropolitan City to be plastic free in two years.
4. Implementing the provision of imposing a fine of Rs. 500 for consumers and Rs. 1000 for selling plastic bags.

**Programs**

**So near yet so far**

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| Nallu is a village development committee in Lalitpur District in the Bagmati Zone of central Nepal. As of 1991, Nallu is inhabited by 1849 people living in 320 individual households (Nepal census). Nallu is only 28 kilometers away from Central Kathmandu. The villages are inhabited mostly by people of the Tamang community. Nallu has arid like conditions, with a lot of dry land and scarce water availability. The land is suitable for cultivation of citric fruits. A majority of the population is dependent on the community forest for fuelwood. |

**Why Nallu?**

Nallu presents a classic case of being ‘**so near, yet so far’**. Geographically, it is only a few kilometers away from the capital of the country but in terms of development, it looks miles away from being an ideal location. People are still dependent on firewood for cooking, only two households have access to toilets, farms remain barren due to lack of water storage and irrigation facilities and drinking water is supplied from a spring that is upstream in another village.

The community forest user groups have not maintained their forest properly in recent years. People have exercised their right to cut down trees for fuel, but without bothering to plant new trees. As a result, the community forest has thinned considerably and has very few trees left. At this rate, there is a risk that community forest will disappear within 2-3 years.

**Your small effort**

Your small effort is a project introduced by powerful hands especially for the international volunteers. It is service develop for all the guest of Nepal who want to be a part of volunteer project. It provides various services to the guest and the service charges are contributed to the development activates. So make you contribution, stay with us enjoying our company you can make a change. You just need to make **your small effort!**

**Services of Your small effort.**

* Internship Opportunities
* Experiencing Nepali way of life
* Travel Planning

Internship Opportunities

This program is designed for international students who wish to do their internship or volunteer in Nepal in various fields. We encourage from various background for the all round development, your contribution is valued.

Experiencing Nepali way of life

This program gives you an opportunity to live with a Nepali family in their house. Sharing their culture and tradition, It is wonderful opportunity to experience Nepal and rich Nepali culture in a close manner.

Travel planning

This component of the project assist you to design your schedule and plan your travel package, the package may include sightseeing, hiking, rafting, social cultural events etc.

Events

Hiking

Voye

We have been celebrating Indra Jatra through the means of an traditional event for the past three years. This feast is an attempt to modernize this rich tradition and bring it back into vogue, showcasing what can be achieved by building in ambiance, music and a little bit of style.  
  
So, We have combined this epic event and a Grand Feast into a tour that we are calling the VO’YE (from the Newari word for feast). The Tour will start at the Kumari Temple with Sagun, khadas and will be guided by an expert on the Kumari. The Grand Feast will have over 20 different types of Newar specialities and there will be free flow aila and thyo as well.  
  
With the rise of catering services and the busy lives of the people, parties are catered to and the tradition of the Vo'ye is diminishing. These traditions of feasting bring families closer and remind us of our rich roots, which people need to be aware of and not let diminish.

This feast is an attempt to modernise this rich tradition and bring it back into vogue, showcasing what can be achieved by building in ambience, music and a little bit of style.

Ropai

Rice is one of the most important commodities in Nepal. Every summer, as the rains set in the valley, its time to celebrate the showers by making a celebration of the planting of rice. Every year, we invite you to participate in this event at Bajrabarahi, in the southern outskirts of the valley. Things cannot get more local than this.  
  
The memories of this day will stay on! Gauranteed.  
  
Come participate in this event, play with some mud, get a bit wet, and mingle with the local’est of local traditions in the Kathmandu valley, planting rice. Accompany this with a newari feast of sorts, and this makes for an excellent day out.