



Project Newsletter

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Project for Improvement of Himachal Pradesh Forest Ecosystems Management & Livelihoods (JICA Funded)

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Hon'ble Forest Minister Sh. Rakesh Pathania is being welcomed at the PMU



Hon'ble Forest Minister Sh. Rakesh Pathania planting a sapling of "Chinar" at the PMU premises



Rakesh Pathania

Hon'ble Minister of Forest,
Youth Services & Sports, Himachal Pradesh

M E S S A G E

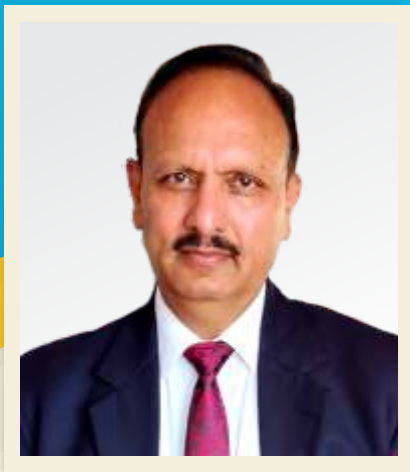
I congratulate the JICA assisted "Project for Improvement of Himachal Pradesh Forest Ecosystems Management & Livelihoods" on the publication of their third quarterly Newsletter, which I believe serves as a crucial link between the Project and our local community members who stand to benefit the most from the Project.

This is the first JICA funded forestry project in our state that specifically focuses on enhancement and management of forest ecosystem services while contributing towards environmental and socio-economic development of the forest fringe and dependent communities. And, in the initial years only the project has been able to garner significant traction amongst local populace, research based organisations and other government departments for their active participation and interest in all its activities.

In my humble opinion, personalised communication with our people goes a long way in ensuring sustainable success of our efforts, and that is what is envisioned from this Newsletter. These quarterly exhibits of project activities will prove to be essential and momentous in forging a long-lasting association with our people who will be directly or indirectly interlinked with the Project.

I extend my best wishes to the Project Officers for the successful publication of this Newsletter and all its forthcoming editions. I am hopeful that the concerted efforts of this vibrant team will enable them to achieve the envisaged objectives of sustainable environmental and social development of a wider section of forest fringe areas and local communities in Himachal Pradesh.


Rakesh Pathania



Nagesh Guleria, IFS

Chief Project Director, PIHPFEM &L

I find this opportunity to once again communicate with you through this Newsletter of the Japan International Cooperation Agency (JICA) assisted 'Project for Improvement of Himachal Pradesh Ecosystems Management and Livelihoods' (PIHPFEM & L). In the last two issues of the Newsletter, we shared some basic information related to the Project with you. I am glad that our field staff tried their best to reach the goals related to the Project, but due to COVID-19 many activities were hampered or could not be completed. All the development activities were affected due to COVID-19 in the past few months. As such, the Project related activities were too affected. But as the situation is improving now, we are trying to move our activities forward. Our first attempt in this direction will be that we complete the incomplete works of the previous year on a priority basis. After that, mark those works which were targeted last year but could not be completed due to some reason or the other.

I am happy to inform you that this year we have set a target of spending Rs. 41.78 crore, under which various activities related to the Project will be carried out. We have also issued the information related to the complete annual action plan of this year to the concerned Conservators and the Divisional Forest Officers. This year our goal is to complete the work of preparing 79 micro plans left last year at the earliest. In addition, we target to prepare 150 more micro plans as well. To achieve this target, we have decided to hire some retired forest officers under the Project. Hence, I believe that all the Project related activities will be

completed in a time bound manner. We have also asked all the DFOs to take help of the local NGOs in preparing best micro plans. As our micro plans are ready, funds will be provided in a phased manner to carry out the tasks specified in those plans and all these tasks will be completed with people's participation. You all know that this Project also has a provision to boost the livelihoods of the local people and the complete capacity building programme has been finalised for the whole year. Now, we need to form self-help groups (SHGs) at the earliest, so that we can move forward in this direction.

I urge upon all the members of the VFDS Committees to take special care of two things: 1) While forming the SHGs, only those people should be included in the SHGs, who have keen interest in accomplishing the specific task, and 2) Women participation must be ensured in the SHGs.

I am glad to inform you that the 'Jadi-Buti Cell' of the Project is reaching you soon and you will be accordingly made aware of the various activities related to this cell. I am enthralled that the advance work for plantation was done properly and the VFDS and BMC sub-committees were taking up the plantation drive vigorously during the preceding rainy season. But our responsibility will not just end here. All of us will have to take care and protect these plants as well. Only then, we can fulfill the objectives of the Project.

Nagesh Guleria

Hon'ble Forest Minister Sh. Rakesh Pathania *Visits PMU*

Hon'ble Forest and Youth Services & Sports Minister of Himachal Pradesh, Sh. Rakesh Pathania, visited headquarters of the Japan International Cooperation Agency (JICA) funded "Project for Improvement of Himachal Pradesh Forest Ecosystems Management and Livelihoods" on Aug. 21, 2020, at Potters Hill, Summerhill, Shimla. This was his first visit to the project headquarters after assuming the charge of Forest Minister.

On this occasion, Hon'ble Forest Minister held detailed discussions with the officers and other staff of the Project. He emphasised on ensuring active participation of local people in important and ambitious works and plans, like forest ecosystem management and livelihood improvement. He said that the equal and active participation of women was a must while moving forward towards increasing green cover and sustainable development of the state.

Appreciating the efforts of the project management initiated so far, Sh. Pathania said that he would also visit the project areas and take stock of the activities there. He exhorted the staff to accelerate the pace of project implementation. He said that the target was to increase the green cover of the state from the current 27.2 per cent to 30 per cent by 2030, adding that this project would contribute significantly in achieving this goal.

Hon'ble Forest Minister said that 61 nurseries of the Forest Department had been strengthened with the support of this project. Due to this, the capacity of the



nurseries of the department had increased by 3.5 million plants. He said that saplings would be planted on 1631 hectares of land during this financial year. He further said that in view of the livelihood improvement of the forest dependent communities, they will be allowed to cultivate medicinal and aromatic plants on forest land in addition to the private land.

Turning to the goals and objectives of the project, Sh. Rakesh Pathania said that the emphasis will be on sustainable forest ecosystem management and augmentation, biodiversity conservation, livelihood improvement support and institutional capacity building and strengthening under the project. He expressed confidence that this project will prove to be a milestone in the direction of social and economic development and environmental conservation with the active participation of local people, especially women.

Hon'ble Forest Minister expressed happiness that information technology was being used in the project implementation. He said that establishment of Monitoring and Evaluation Cell at headquarters level was also a good step. Shri Pathania expressed confidence that due to the activities of the project, there will be a reduction in incidents of human-wildlife conflicts and fires in the forests and check on illegal felling and encroachments. Besides, soil erosion will stop, water will be conserved and alternative livelihood

opportunities will be created.

Meanwhile, during the meeting, Sh. Pathania also interacted with the officers and other staff of the Kullu and Rampur regional offices of the project through video conference. On this occasion, he released three booklets - Community Development Trainers' Manual, Gender Action Plan and Micro Planning Guidelines for Field Workers - prepared by the project. Sh. Pathania also planted a sapling of "Chinar" in the project premises after the meeting.

Earlier, at the outset, the Chief Project Director, Sh. Nagesh Kumar Guleria welcomed Hon'ble Forest Minister Sh. Rakesh Pathania and Sh. Sanjay Gupta, Additional Chief Secretary (Forests). He gave a presentation on all the topics related to the project. Principal Chief Coservator of Forest (Hoff), Sh. Ajay Kumar, Project Director, Sh. Raman Sharma, Director of Jadi-Buti Cell, Dr. Harsh Mitter, Project Management Consultant, Sh. Girish Bhardwaj and other members of staff were present on the occasion.

Training Programme for VFDS Office Bearers

A one-day training programme each for Village Forest Development Society (VFDS) office bearers under Mandi and Joginder Nagar Forest Divisions was organised on July 23 and 24, 2020 at the Forest Training Institute, Sundernagar. A total of 49 trainees participated in this programme. The guidelines issued by the Government relating to COVID-19 were strictly followed during this training programme.

The VFDS office bearers and the forest guards were imparted training relating to the description and details of the works to be done under the Project, common forest management, duties and responsibilities of the respective executive committee office

bearers, maintenance of records, writing cashbook etc.

The office bearers of Tauna Deou, Bajrangbali, Hari Om, Prit Adesh, Dolakh, Lakhdara Pir, Bala Sundari, Dharwaha and Mandal VFDSs under Mandi Forest Division were imparted training on July 23, while the office bearers of the Kaphlavani Mata Torjaar, Nav Durga Mata Torjaar, Shiv Mahadev Langaihar, Banal and Tancher VFDSs under Joginder Nagar Forest Division were trained on July 24, 2020. All the trainees/participants appreciated this initiative and effort of the Project Management.



Governing Body Meeting

The 3rd meeting of the Governing Body of the 'Society for Improvement of Forest Ecosystem Management & Livelihoods in Himachal Pradesh' (PIHPFEM&L), was held on May 13, 2020 in the conference hall, Armsdale Building, Himachal Pradesh Secretariat, Shimla under the Chairmanship of Sh. Ram Subhag Singh, then Additional Chief Secretary (Forests) to the Government of Himachal Pradesh. In the meeting the members of the Governing Body, the CPD, the PD and office staff of the PMU Shimla participated. At the outset, the

Chief Project Director-cum-Member Secretary, Governing Body, Sh. Nagesh Kumar Guleria welcomed the Chairman and other members of the Governing body. He gave a brief presentation on the Project's goal, objective, outlay and components. Thereafter, 30 agenda items were taken up for deliberation and decision. The Governing Body approved the agendas and sanctioned Rs. 41.78 crore for the financial year 2020-21 for the Project. Component wise budget detail is given below in the Table

Budget Sanctioned for Financial Year 2020-2021

Component/ Activities	Budget Sanctioned (in INR)	Component/ Activities	Budget Sanctioned (in INR)
Component 1: Sustainable Forest Ecosystems Management		Component 3: Livelihood Improvement Support	
1.1 Preparatory Works for Participatory Forest Management	23975000	3.1.Community Development	23100000
1.2 Participatory Forest Management Mode	40841950	3.2.NTFP based Livelihood Improvement	4000000
1.3 Training of VFDSs & Exposure Visits	1300000	3.3.Non NTFP based Livelihood Improvement	8800000
1.4 Department Mode	139374150	3.3.6.Training of Mobilisers, Ward Facilitators, SHGs & Exposure Visits	1640000
1.5 Training of SMS, GP Mobilisers, Facilitators & Manuals	700000	Component 4: Institutional Capacity Strengthening	
1.6 Research	1150000	4.1.2.Strengthening of PMU and Field Level Units	54741000
Component 2: Biodiversity Conservation		4.1.3.Recruitment of the Personnel/ Organisations	30988000
2.1 Scientific Biodiversity Management	12000000	4.1.4. Gender Action Plan & Environmental and Social Consideration	3700000
2.2 Training of SMS, GP Mobilisers, Facilitators & Manuals	550000	4.2.Capacity Development	7743500
2.3 Research	6500000	4.3.Monitoring & Evaluation (M&E)	9144000
2.4 Community Based Biodiversity Management (SATOYAMA)	12641350	4.5.Procurement of PMC	10000000
2.5 Training of BMCs & Exposure Visits	1030000	5 Contingency	3939000
		6 Salaries	20000000
Total sanctioned budget for Financial Year 2020 -2021			417857950

Coco Peat as a Nursery Medium

Coco peat is a growing medium and is normally used for soil improvement. It is made from the coconut husk and is beneficial product for plant growers which provides an alternative growing medium. It has water retaining capacity, wettability, drainage, aeration and is also more resistant to diseases, pests and weeds. Coco peat can be put into use in many areas, such as greenhouses, seedling nurseries, worm bedding, hydroponics (Growing medium), application in horticulture and floriculture, container gardening, etc. Coco Peat is available in the market in the form of compressed bricks. The bricks are easy to package, market, store and handle. The product will need to be reconstituted before using it.

Reconstituting the Bricks

Coconut coir or peat comes in compressed form. It expands and increases up to 5 or 6 times in volume after it is reconstituted. Only break off the piece you are planning to use.

Break apart a brick in parts and put it in a large bucket. Add enough amount of water

(2-4 times of the weight of bricks) to saturate the brick.

Keep coco peat pieces in water overnight, so that these can become loose and absorb water.

Next morning stir and fluff with a garden trowel, make sure all of it has been moistened. Add more water if it looks dry. Stop, if it is loose. Once you see the moist and loose coco peat, it is ready to use in the garden.

It is very Important : If the coco peat is treated with saline water, wash it with fresh water two times for the removal of salt. Also treat the coco peat with pesticide.

Application in Nursery Bed

- Coco peat can be directly incorporated into the garden soil to improve water retention and aeration and to decrease the risk of the soil fungus and root diseases. Mix it in soil at 25/75 ratio.
- It can also be used as mulch around garden plants to help the soil retain moisture and prevent weed growth.

Use as Potting Mixture

Ratio of Coco peat, Vermiculite/Perlite/ Vermicompost/ Farm Yard Manure and Soil for the nursery work is given in the table.

Sr. No.	Potting Material	Plant size	Coco peat (%)	Vermiculite/Perlite/ Vermicompost/ Farm Yard Manure (%)	Soil (%)
1	Germination Tray	Only for Germination	90-100	-	0-10
2	Root Trainer	Up to 6 Inch Growth	60	10	20
3	Root Trainer	6-12 Inch Growth	50	20-30	20-30
4.	Poly Bag	-	40	10	50
5.	Gunny Bag	-	30	10	60

Livelihood Improvement through Project Activities

The aim of the “Livelihood Improvement Support” is to reduce the pressure on the forest resources through effective and sustainable Non-Timber Forest Produce harvesting and marketing interventions; promoting alternative sources of energy and means of livelihoods to enhance the household level resilience against the resource scarcity and augmenting the resource base and building capacity of the community towards sustainable forest resource management. The household/ community oriented livelihood activities are covered through community development, NTFP based livelihoods and Non – NTFP based livelihoods activities.

The household/ community oriented livelihood activities which are based on other than NTFPs would be identified by

the CIG members during the preparation of CD&LIP, which is to be done while FEMP is prepared. As a part of the planning exercise, simple business plan will be prepared. The basis of identifying the indicative livelihood options include, 1) activities that can be done at home and can be done during winter or lean season, 2) closely linked to existing livelihood pattern, 3) activities that have potential for being integrated into the existing marketing channel, and 4) potential for cluster formation or working with the existing clusters. Some of the activities that can be promoted in the project areas include handloom, weaving & knitting, milk products, mushroom cultivation, food processing, poultry and other skills training.

Nursery Development and Seedlings Production

Nursery improvement and seedling production is a key objective of the project to develop healthy seedlings for the plantation. Nurseries of the 18 divisions (including both Circle level and Range level nurseries) were developed and improved.

3074059 seedlings (758160 conifers; 1491859 broad leaves; 473720 medicinal plants and 350320 shrubs) were raised in 54 nurseries for both PFM and Departmental mode plantation in 54 Ranges (51 TR and 3 WL). Division wise detail of seedlings is given in the table.

Name of Division	No. of seedlings raised					Plants available	
	Conifers	Broad Leaves	Medicinal Plants	Shrubs	Total	Monsoon Plantation	Winter Plantation
Kullu	248820	212005	-	4800	465625	293260	35000
Parvati	86780	135660	24000	3000	249440	120000	89660
Seraj	39500	57950	-	26400	123850	77650	17000
Lahaul	-	85000	-	-	85000	-	-
Mandi	10000	77954	62540	-	150494	51100	-
Suket	19620	81080	115600	48400	264700	101200	-
J/Nagar	9810	73866	108580	50900	243156	42800	10000
Nachan	-	51700	-	48400	100100	95400	-
WL Kullu	28700	57924	-	48400	135024	-	-
Bilaspur	-	151900	-	-	151900	35700	-

Shimla	71160	155360	-	3620	230140	106200	-
Theog	41280	43720	95300	7500	187800	52000	-
Chopal	38120	120090	-	-	158210	53300	-
Rohru	51800	-	-	-	51800	-	-
Rampur	7320	59830	-	48400	115550	6960	35000
Ani	30440	72620	67700	12000	182760	67200	-
Kinnaur	74810	55200	-	48500	178510	51000	-
Total	758160	1491859	473720	350320	3074059	1153770	186660



Seedling production in Mandadwar Forest Nursery, Kullu Forest Division

Institutional Development and Micro Planning

93 Village Forest Development Societies (81 VFDSs) and Biodiversity Management Sub-committees (12 BMC Sub-committees) were constituted and registered under Society Act-2006 in 16 Territorial Ranges and 2 Wildlife Ranges of 16 Forest Divisions. Initially, Micro planning of Bastori Gram Panchayat in Kullu Forest Division and Chhajpur ward in Anti Gram Panchayat of Rohru Forest Division was developed as a 'model'. After that, on the

basis of this Model Micro Plan, micro planning process of all the VFDSs and BMC Sub-committees has been completed. The process for the identification of 175 VFDS & BMC Sub-committees was completed and initial steps for the formation of VFDSs & BMC Sub-committees started in the respective wards. Participatory Rural Appraisal exercise also started for the preparation of micro plans.

S. No	Division	Range	No. of VFDS / BMC	VFDS / BMC Name
1	Shimla	Tara Devi	5	Kanda, Panesh ,Shilru, Talyal&Rangol
2	Theog	Balson	5	Dhagali ,Upper Mundu, Kashna, Lower Mundu&Tikker
3	Chopal	Nerwa	5	Bagna, DhaleunaGunsa, Rinjat, Badich&HanakAntrawali
4	Rohru	Saraswatina gar	5	Chhajpur, Sansog -Dhakrantu, Ruhil -Malog, Shallar - Nandpur, Badiyara-Anu
5	Joginder Nagar	Dhrampur	5	Tourjajar, Chowki, Banal, Langehar&Tanher
6	Mandi	Mandi	7	Mandal ,Tikkri, Majathal, Troh, Sakroha, Dharwahan&Bhangrotu
7	Suket	Suket	5	Ropari, Rigger, Bhanglera, Thala &Chamukha
8	Nachan	Nachan	5	Karnala, Dari, Bakhlot,Satyogi&Sianj
9	Bilaspur	Ghumarwin	4	Bakroa, Tundvi/Fandair, Rohin, Kothi &Amarpur
10	Ani	Nither	5	Katmore, Khlair, Nauni, Sharsha&Jajhar
11	Rampur	Sarahan	5	Labana-Sadana, Dheu -Kurgu, Chhaladi, Kinoo -1 &Kandhar- Suga
12	Parvati	Bhunter	5	Khonkan-1 , Pahnala, Jolly-1, Bansu& Khokhan-2
13	Kullu	Kullu	5	
		Bhuti	1	Sarli
		Patlikuhal	1	Katrain-1
14	Banjar	Sainj	3	Sarri, Talara&Kanon
		Tirthan	3	Chakurtha, Shukaribeed&Thatibir
15	Kinnaur	Bhabanagar	3	Chaura, Bara Kamba & Jani
		Nichar	2	Grange &Nigani
16	WL Kullu	WL Kullu	6	Lot, Janahal,Bekhali, Chhabra, Shogi &Niyul-
		WL Manali	6	Tandla, Karadsu, Bishtbehar, Kais, Seobag, Dharaghaut

Establishment of a Jadi-Buti Cell

A 'Jadi-Buti Cell' has been set up in the Project Management Unit (PMU), Shimla to coordinate activities on NTFPs, including medicinal plants. The PMU engaged professionals i.e., Director, Manager- Marketing, Manager-Enterprise Development and MIS Associate from the market on contractual basis to put into practice the NTFP related activities. The key

functions of the Jadi-Buti Cell are ; Create a brand for the medicinal plants, brand promotion, work on value chain of medicinal plants, facilitating role in procurement and trade, coordinate with stakeholders to promote cultivation, conservation, resource development and sustainable management of the medicinal plants.

Issues of Grazing & Stray Cattle in Himachal Pradesh



Like other States, stray cattle in Himachal are an issue which is not yet resolved completely. Since farmers do not wish to keep them as and when they are unproductive, traders shirk buying them because it is culturally prohibited and Gausadans are full to their capacity. As a result there is a havoc on farms, roads and forests. To address this issue, a one-day workshop and stakeholders meet on “Issues of Grazing and Stray Cattle” was organised at the Circuit House, Shimla on January 07, 2020 under the Chairmanship of the Chief Project Director, Sh. Nagesh Kumar Guleria. A total of 35 participants

(Subject matter specialists of the Agriculture, Horticulture and Animal Husbandry departments, representatives of social organisations and care takers of Gausadans along with PIHPFEM&L staff) participated and shared their views and put way forward to address the issue in this workshop. It was impressed upon during the workshop that the cattle rearing must be done in such a way that it puts least pressure on the forests and the forest land must be protected from grazing done by the abandoned livestock or stray cattle, because they destroy the plantation and natural regeneration.



Learnings from Micro Planning Process

The two-day training programme to review the ongoing micro planning process and its progress as also difficulties being faced by the field staff of Kullu, Mandi and GHNP Circles was held at Kullu on February 12-13, 2020. 74 participants from these Circles attended this training programme. All the participants were divided into 8 sub-groups. The sub-groups were briefed to come up with suggestions for overcoming the constraints they experienced during finalising the micro plans in their respective areas. The following learnings were

emerged:

1. Conducting project activities related awareness programme at Gram Panchayat (GP) and ward level before micro planning process is a must
2. Micro planning process should be done during the lean period /free period of villagers
3. Ward selection/ area selection needs to be done again
4. Initial survey of ward selected by DMU/ADMU is a must before starting

micro planning process

5. Community development activities should be according to the needs of the inhabitants of the ward/s
6. Front line staff should be well trained about project philosophy before moving to ward/s
7. Good quantity of project pamphlets should be made available for distribution among villagers
8. Micro plan template should be in Hindi
9. Only the information required for micro plan preparation as per the Micro Plan formats should be collected
10. Who will be responsible to work in overlapping areas of the project i.e. territorial area outside Wild Life (PA) area
11. Early deployment of social staff is very crucial for the successful planning & implementation of the project
12. One independent official should be provided by the Project for establishing liaison with the line department for implementing convergence activities emerging from the micro plans as FLS of Forest Divisions is already overburdened
13. FLS posted in the project area should be incentivised by means of imparting training and outside state exposure visits
14. Exposure visits for the field staff should be discouraged during February end and March month of the financial year. Most suitable period for exposure and trainings is from April to June

Chief Project Director's Field Visit

The Chief Project Director, Sh. Nagesh Kumar Guleria, CCF, visited Kinnaur, Rampur, Suket, Nachan, Mandi, Seraj, Parvati and Kullu Forest Divisions in order to review the ongoing activities of the Project. He visited different JICA assisted Forest Nurseries as well as saw advance works done by FTUs for Batch-1 year plantation areas. He also visited different VFDSs during his visit. This was found very useful for confidence building among the local community and the Project staff. The Chief Project Director also conducted series of meetings with Forest officials and front line staff during his visit. He asked the staff to contact him for any kind of query and help relating to the Project works.

Sh. Guleria visited VFDS Sarli on 18th July, 2020. He was accompanied by Mrs. Meera Sharma Project Director, M&E Kullu, Sh. Ashwaria Roy DFO Kullu, Sh. Manoj Kumar ACF, Mrs. Bandna Sharma Range officer Bhutti and the other field staff.

A warm welcome was given by VFDS Sarli, Gram Panchayat Bastori and the villagers to the Project staff. They expressed their gratitude and assured the staff for their cooperation. The Chief Project Director during his address to the community, said that the Sarli VFDS was the first one where the Project had started its micro-plan preparation exercise, as also the first VFDS constituted and registered under this Project. He added that the micro plan of "Sarli" had been a model for other VFDS for preparing their own micro plans. Sh. Guleria appreciated the process followed by this society in micro plan preparation and record keeping. He further said that this micro plan was the exemplary result of community cooperation and contribution. He added that the Sarli micro plan will be replicated in other project areas for reference. He was optimistic that in future, many people will visit Sarli along with the Project funding agency - JICA

representatives to see and learn the exemplary work done by this VFDS. Sh. Guleria said that due to COVID-19, the Project was a bit late and slow, but it had now started its plantation works, especially

trainings and exposure visits. Covid-19 guidelines issued by the Government from time to time were being followed, while carrying out all project related activities, he added.



Interaction of Chief Project Director with VFDS members in Kinnaur Forest Division



Visit of Chief Project Director of Bhawana Nursery, Kangoo Forest Range, Suket Division



Interaction of Chief Project Director with VFDS members of Sarli VFDS in Kullu Forest Division



Chief Project Director planted a sapling of "Cedrusdeodara" at Chhani Nal Nursery, FTU Sainj, DMU Seraj (Banjar)

COVID-19: Protect Yourself and Others

COVID-19, a global epidemic has affected millions of people. Corona has turned out to be a deadly virus threatening the very existence of the human race. The major reason for this is lack of vaccination and cure so far. The virus that causes this disease, is mainly transmitted through droplets generated when an infected person coughs, sneezes or exhales. These droplets are too heavy to hang in the air and quickly fall on the floor or at a surface. You can be infected by the virus, if you are breathing within close proximity of someone, who has COVID-19 or by touching a contaminated surface and then your eyes, nose or mouth. Millions of people have so far been infected by

this dreaded virus worldwide. Life came to a near stand still around the Globe. Manufacturing and production sector and development works were badly effected. Micro planning works, the most important social part of the JICA funded PIHPFEM&L was also affected. However, the things are now being accelerated and are gaining momentum. Here are some important tips to work in the COVID-19 outbreak conditions. A simple hack is to take precautionary measures to keep yourself safe. There are some of the Do's and Don'ts that must be followed by each and every person:



Do's:

The first thing you got to keep in mind is, 'precaution'. Here is what you need to do to protect yourself from getting infected.

- ✓ **Hand Wash:** Regularly wash your hands with soap for half-a-minute and do this every time you travel or touch anything. This will help you avoid any kind of infection.
- ✓ **Cover your mouth & nose:** Cover your mouth and nose while sneezing or when anyone next to you coughs or sneezes. Corona virus usually spreads through cough. Hence, covering your nose and mouth will save you from this pandemic.
- ✓ **Consult a doctor, if sick:** If you are suffering from a common cold, cough, nausea, vomiting, shortness of breath and fatigue, make it a point to consult a doctor immediately. Any of these symptoms could be a sign that you are suffering from the virus.
- ✓ **Stay indoors:** Avoid being in crowded places. Make sure you wear full sleeves shirts with anti-pollution masks whenever you travel. Staying indoors is a rather safe option.



Don'ts:

A virus that is as deadly as swine flu and viral fever, needs to be treated with utmost sensitivity and here is what you consider not doing:

- X **Avoid close contact with anyone:** Do not get close to anyone, especially touching or laughing closely. Also, use anti-pollution masks when out with friends or family. These simple physical distancing ways can do good until the outbreak comes to an end.
- X **Don't spit:** Spitting can increase the spread of the virus. Avoid spitting at public places and at home. Also, avoid getting close to a person suffering from cold, cough and flu.
- X **Avoid using public transport:** Travelling by cab, flight, bus and train can get you infected. Use anti-pollution masks and carry a hand sanitiser with you everywhere. Prefer travelling by your own vehicle and avoid public transport.
- X **Don't opt for self-medication:** If you are suffering from dry cough, back pain, nausea and shortness of breath, it is recommended that you consult a doctor rather than opting self-medication.
- X **Don't panic, take it easy:** Most often a state of fear can lead to taking wrong decisions and use of self-medication. All you need to keep in mind is hygiene i.e., regular hand wash with soap, use of anti-pollution masks and consult a doctor, if not well.
- X **Don't touch your face:** Do not touch your face, nose and mouth often to avoid risk of getting infected from corona virus. Wash your hands with soap or use a hand sanitiser.

Events/Meetings/Workshops/Trainings held w.e.f. December, 2019 to June, 2020

- 9th Executive Committee Meeting of the Project on December 30, 2019
- One-day Workshop & Stakeholders Meet on issues of grazing and stray cattle on January 07, 2020 at Circuit House, Shimla
- One-day Gender Training Programme for Frontline staff on January 3-4, 2020 at FTI Chail
- One-day Circle Level Review Workshop/Meeting of Kullu, Mandi and GHNP Circles on February 05, 2020 in Conference Hall Wildlife Division Kullu
- Two-Day Micro Planning Review and Orientation Training Programme on Micro Planning Process on February 12-13, 2020 in Conference Hall O/o Wildlife, Kullu, for Field staff of Kullu, Mandi and GHNP Circles
- Two-day Training programme on GIS Application for HPFD Frontline Staff on February 24-25, 2020 at FTI Chail
- One-day Training Programme on Accounts for Accountant-cum-Computer Operators on February 28, 2020 at Agriculture Cooperative Staff Training Institute, Sangti, Shimla
- One-day Orientation Programme for Ward Facilitators on March 17, 2020 at PMU office, Kullu

During June-July, 2020, five plantation sites were selected for Photo Monitoring in Kullu Circle. Of these five, two sites each were selected in Kullu Forest Division and Kullu Wildlife Division and the rest one was selected in Parvati Forest Division. Future photo monitoring of these five sites will be done by the M&E cell of the Project.



Site for Photo Monitoring of Treatment plot of VFDS Sarli



Photo Monitoring site of VFDS Katrain in Patlikuhal Range of Kullu Forest Division



Photo Monitoring site BMC Chobra of Wild Life Division Kullu



Photo Monitoring site BMC Neul of Wildlife Division Kullu

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