



KATHMANDU ENVIRONMENTAL EDUCATION PROJECT

BI-ANNUAL PROGRAM REPORT
2017-
2019





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KEEP was awarded the
National Energy Globe Award by
Energy Globe Foundation,
Austria. 2018



Foreword

To KEEP's 2019 Biannual Report – Sir Chris Bonington



Foreword to KEEP's 2019 Biannual Report – Sir Chris Bonington

Twenty-seven years ago I was sitting alongside Lord John Hunt with other members of the Kathmandu Environmental Education Project staff and supporters at the 'KEEP' inauguration ceremony. At that time KEEP presented a refreshing approach to raising environmental awareness, engaging with the remote hill communities and providing training opportunities for those Nepalese staff that are the backbone of the trekking and mountain tourism industry, a vital sector

contributing to Nepal's GDP.

Over the intervening years KEEP has gone from strength to strength, surviving, almost untouched, the disruption forced by the more recent changing political landscape in Nepal, it has continued to deliver both training and environmental awareness programs in remote areas and often to excluded communities.

As we have seen with the recent events on Everest Nepal's mountain tourism industry is experiencing a radical shift in, not only the attitude but also the expectations of adventure seekers from around the world visiting the high Himalaya.

With the increase in the numbers of people visiting the trekking and mountain regions of Nepal there is a new and greater pressure on the fragile Himalayan environment. The work that KEEP does in supporting the rural communities in developing sustainable and environmentally friendly tourism activities is critical in preserving Nepal's natural beauty for future generations. Their training programs are essential in providing the grass-root tourism professionals often freelance workers with the essential knowledge to not only enhance the visits of trekkers, but also in preserving the environment. The advice given to trekkers visiting the KEEP Visitors' Center and, the work of KEEP Porter Clothing Center undoubtedly enrich the mountain experience for all.

I wish KEEP continued success with its future activities and as I mentioned back in 1992 'I strongly urge you to support this project'.

Sir Chris Bonington
UK
July 2019

Message from the Chairman



It is with great pleasure that I introduce KEEP's biennial report, 2017-2019. During this period KEEP has experienced a relocation of office, vital administration changes as well as introducing and conducting many different programs in the field of sustainable tourism, rural community development, porter and guide training and environment conservation projects. However, despite all these changes, KEEP has emerged victorious and stronger.

I would like to take this opportunity to express hearty thanks to all the well-wishers and donors for their faith in KEEP and to all partners and KEEP staff for their patience and determination during these times of change.

Bimal Naharki
Chairman, KEEP 2018

Message from the CEO



As the result of the KEEP Board meeting of November 2018 I found I had been unexpectedly elevated into a new role, that of International CEO, an Honorary position. This was a great honour to be following on in the footsteps of the previous incumbents of the position, Mr. Yogi Kayastha, PT Sherpa and Mr DB Gurung.

KEEP provides the services of an un-biased visitors' trekking advice centre, Porter Clothing and Porter Welfare Centre, and, an organisation with an environmental purpose, I believe KEEP brings into the Nepal tourism arena a uniqueness that no other NGO does.

KEEP has an established credibility for delivering a comprehensive training program to grass-root mountain tourism professionals, those people who in general are at the chalk-face of mountain tourism and who directly interact with foreign clients but who are also the residents of many of the excluded communities of Nepal. It is these people who really represent Nepal's famed hospitality and friendliness to visitors, and it is these people who are the backbone to the mountain tourism industry.

The KEEP Board and dedicated staff provide a good solid base on which to build for the longevity and sustainability of the organisation in the future.

Looking to the future I am committed to contributing to developing KEEP's infrastructure and to implement a 5-Year Development Plan that will strengthen both the services that KEEP provides to the grass-root trekking professionals and also to the financial sustainability of the organisation.

As a not for profit NGO, it is not easy to keep our financial head above the water but with the continued support of friends, donors, sponsors, and well-wishers standing by KEEP the organisation can look forward to a bright future serving Nepal tourism.

Ian Wall
Honorary CEO 2019

From Small Acorns!

In 2017 KEEP celebrated its 25th Anniversary. As an organisation we have witnessed many changes in the trekking industry of Nepal over those 25 years and KEEP has consistently raised the bar to keep up with changing expectations from both the client and Nepalese staff perspectives.

KEEP was the phoenix that rose from the ashes of a sad and tragic accident that befell Tracey Tailor-Young in 1991 who died while trying to climb Imja Tse. Her fiancé, Johnnie Woods and close friends Joanne Chittenden, along with Wendy Brewer-Lama and Steve Powers supported by Lt. Dr. Chandra Gurung were inspired to establish a lasting memorial to Tracey and so KEEP came into being.

KEEP has recently undergone a transformation. We have moved the office to a new location above the Gaia Café in Thamel which now accommodates the KEEP Visitors' Center, the Porters' Clothing Center and the administration offices. Despite the changes, KEEP is in an extremely privileged position in so much that it has a team of committed and motivated staff who have stood firmly behind the organization during these difficult transformations.



Inauguration Ceremony of KEEP in 1992 - in attendance were Lord Hunt, leader of the successful 1952 first ascent of Everest Expedition, Sir Chris Bonington, leader of the first successful SW Face of Everest Expedition, Dr. Chandra Gurung, Pertemba Sherpa, climbing Sherpa on the Everest SW Face Expedition who also made the second ascent. Other KEEP staff of the era.

KEEP's mission is "to minimize the negative impacts and maximize the positive impacts associated with tourism in Nepal and its communities".



Notable Events from 2017 - 2019

KEEP's 2017 Annual General Meeting was graced by the then Minister of Law, Justice and Parliamentary affairs, the Honorable Mr. Dil Man Pakhrin as the Chief Guest.

DB Gurung retired in October 2017 on health grounds and we wish him luck in his retirement. Mr RK Shrestha graciously accepted the post of CEO of KEEP on February 2018. KEEP is grateful to Mr Shrestha for his short albeit fruitful involvement.

In January 2018 Mrs. Linda Jay Jackson, Director of Helping Hands Nepal visited KEEP for the first time to discuss future partnership opportunities.

The GIZ, CIM organization visited the KEEP offices in October 2018 and donated a desktop and laptop computer to promote a more connected working environment.

In October 2018 Mrs Wendy Lama, a founding member of KEEP visited the KEEP office to discuss



strengthen the financial base and sustainability of the organization.

In August Dr Tang and his team from Eco-Bus Hong Kong visited KEEP with the aim of developing a partnership to promote environmental conservation and awareness amongst the Nepali citizens.

KEEP successfully conducted its 22nd Annual General Meeting (AGM) on September 18, 2018, and KEEP is also very delighted to have Mr. Ian Wall as its new International CEO and we are hoping to reach new heights under his guidance. Mr. Wall was appointed as an International CEO on March 11, 2019.



In 2019 KEEP successfully negotiated an MoU with the Himalayan Map House and became an affiliated member of the Nepal Mountain Academy, it also received the first installment of a 3-year funding donation from the Intrepid Foundation supporting porter and guide training through a new Train the Trainers program.



Mr Steve Mannshardt, Executive Director of WWEP World Wide Partnership for Nepal visited

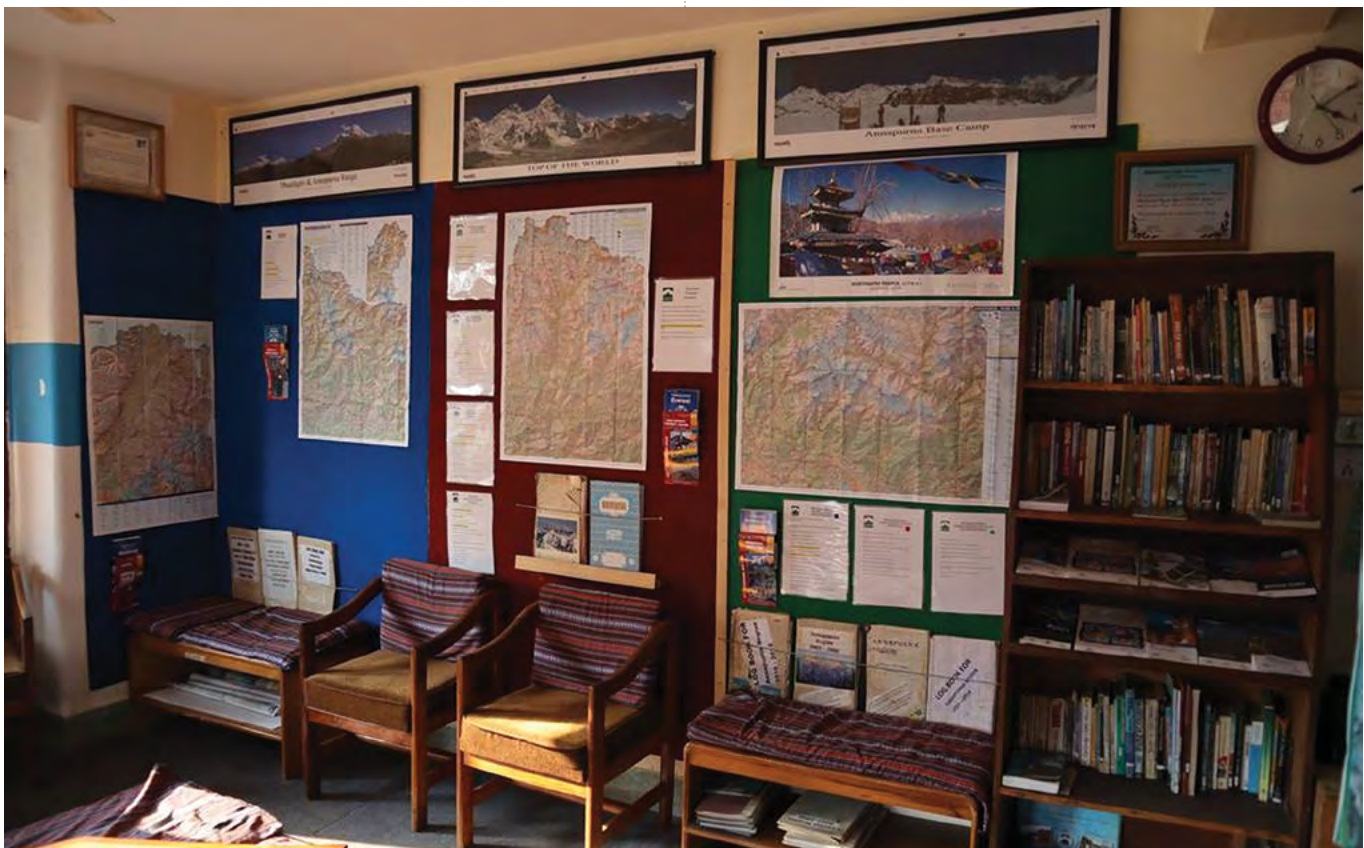
KEEP in June to further strengthen the partnership between the two organisations.

An upgraded Visitors' Information Center (VIC)

Shortly after the appointment of our new CEO, KEEP's VIC got a new look with Mr. Wall who is also a trekking information expert providing accurate information on trekking in Nepal, a free KEEP service to trekkers. Also available in the VIC are updated logbooks from KEEP clients, guide books, eco-friendly trekking items and facilities to enable trekkers to plan treks in a comfortable environment. Although KEEP's VIC is open 12 months of the year it is especially busy during the accepted 5month trekking season when the main numbers of visitors visit the Centre.

Asia	Europe	Australia/Oceania	North America	South America
41	117	18	96	4

Table 1: Number of visitors visiting our VIC for trekking information in the year 2017-2018 covering the tourist season period (March-April and October-November)





National Energy Globe Award Winner

2018 was also a very special year for KEEP, as it was awarded the National Energy Globe Award by Energy Globe Foundation, Austria. The Award was presented on the 6th November 2018 at the Nepal Tourism Board office by Mr. Rajesh Babu Shrestha, Honorary Consul of Austria for the drinking water project that KEEP constructed in Lagarche village, Sindhupalchowk district supported by the BridgIt Water Foundation, Australia.

KEEP Programs

KEEP conducts seasonal and annual training programs inside and outside the Kathmandu Valley on a regular basis. The training programs specifically target trekking guides and porters. KEEP remains active in supporting rural community development and the period 2017-2018 have been excellent years regarding both capacities building training programs, as well as, rural community development programs delivered by KEEP.

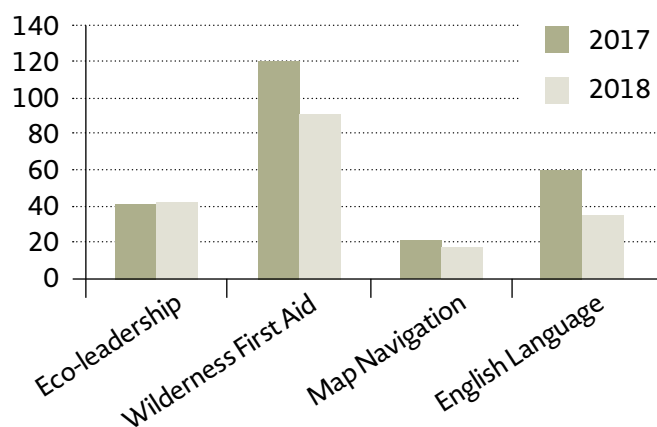


Chart 1: Graphical representation of total number of participants in different programs 2017-2018

Eco-Tourism Capacity Building Training

As a part of Eco-tourism capacity building, KEEP conducts various training programs throughout the year which aim to improve the skills and knowledge of tourism professionals, specially guides and porters.

Wilderness First-Aid Training “essential skills for keeping both clients and Nepalese staff safe”

With the understanding that safe tourism is a part of eco-tourism, KEEP has been continuously organizing the Wilderness First-Aid course since its conception in 1992.

First aid training is an essential skill required by all tourism professionals, skills relating to mountain injuries, causes and treatment. KEEP conducts two First Aid course on an annual basis, a three-day refresher course, and five-day intensive course. The



training includes topics appropriate for in-field treatment related to mountain safety, and altitude sickness including practical demonstration of CPR, the use of portable altitude chambers (PAC bags) and oximeters.



English Language Course “essential skills for interacting with clients and meeting their expectations”

KEEP runs tailored English language courses for improving the communication skills of tourism professionals. The course runs for four weeks and is instructed by experienced native English speaking instructors. These language courses are delivered at three levels, beginner, intermediate and advanced. Besides English language, KEEP also occasionally provides French and German language courses depending upon the availability of volunteers and demand.

Mr Deepak Raj Joshi CEO, NTB graced the closing and certification ceremony of the English language winter course 2017-2018 as chief guest.



Eco-Leadership Training and Awareness Courses “essential skills to ensure the pristine trekking environment remains pristine and meets the clients’ expectations”.

The course is designed to produce eco-friendly leaders/guides within the fast growing tourism industry of Nepal. This foundation course helps to increase the awareness that the guides have on both the positive and negative aspects of mountain tourism.

The objective of this program is to raise awareness on conservation issues and the protection of the

fragile Himalayan environment. By educating communities, these training programs emphasize good environmental practices, the environment, conservation and the need for responsible tourism.



Map and Navigation Training “essential skills to enable the guide to respond knowledgeably to clients’ questions concerning peak identification and location”.

The course is designed to build upon guides’ existing navigation skills and increase their confidence when handling maps. Ultimately, this course produces guides who are more knowledgeable about their working environment and therefore make them more effective, efficient and safe trekking leaders. There are two elements to this program, the first is conducted in Kathmandu while the second is conducted in the field where the theory is put into practice.



Rural Community Development

Chepong Project



In 2018 the Chepong community approached KEEP with the aim of seeking support in developing a community birthing and general health care centre. KEEP developed a partnership with SSF to bring this project to fruition. In March 2019 SSF visited Nepal and KEEP and then visited Chepong (21st to 23rd March) to run a health camp which was attended by 225 community members. KEEP also provided essential winter clothing for the community.



Mrs Meena Sherpa, Assistant treasurer of KEEP and her friends Sonam Sherpa and Lily Shrestha donated four sewing machines to Chepong community with the idea of training community members in sewing and stitching skills as a source of generating financial sustainability.

Water Project

KEEP successfully constructed a drinking water supply project in Salang on June 2017, with the support of BridgIT Water Foundation, Australia. With this construction more than 50 households in Salang now have access to safe drinking water. KEEP also visited Salang and other areas of Dhading district with the BridgIT Water Foundation team in September 2018, to study the scope of future drinking water projects.



School Construction

KEEP along with the Edinburgh Global Partnerships (EGP), UK, constructed three rooms for a community school in Adhuwabari, Dhading in May-June, 2018. Nine volunteers from Edinburgh University, UK, volunteered for the construction program at the school. The volunteers lived in the village for three months with the village families. In this way, along with the construction of school rooms,



there was also an exchange of cultures. The rooms were officially handed over to the school community after their completion in a formal ceremony.

Community Volunteering

On November 2018, 6 volunteers from Crooked Trails, USA visited Jogitar, Kavrepalanchowk to support community development projects. The volunteers lived in the village for 3 days and were involved in various activities including painting the school, helping farmers in the fields and observing culture lifestyles. This program is an essential part of KEEP's responsible tourism concept.



Environmental Conservation

Eco-Hike

As a part of our environmental awareness campaign, KEEP conducted an eco-hike in January 2017 in Shivapuri-Nagarjun National Park.

The program was attended by KEEP staff, board members, KEEP general members, and others

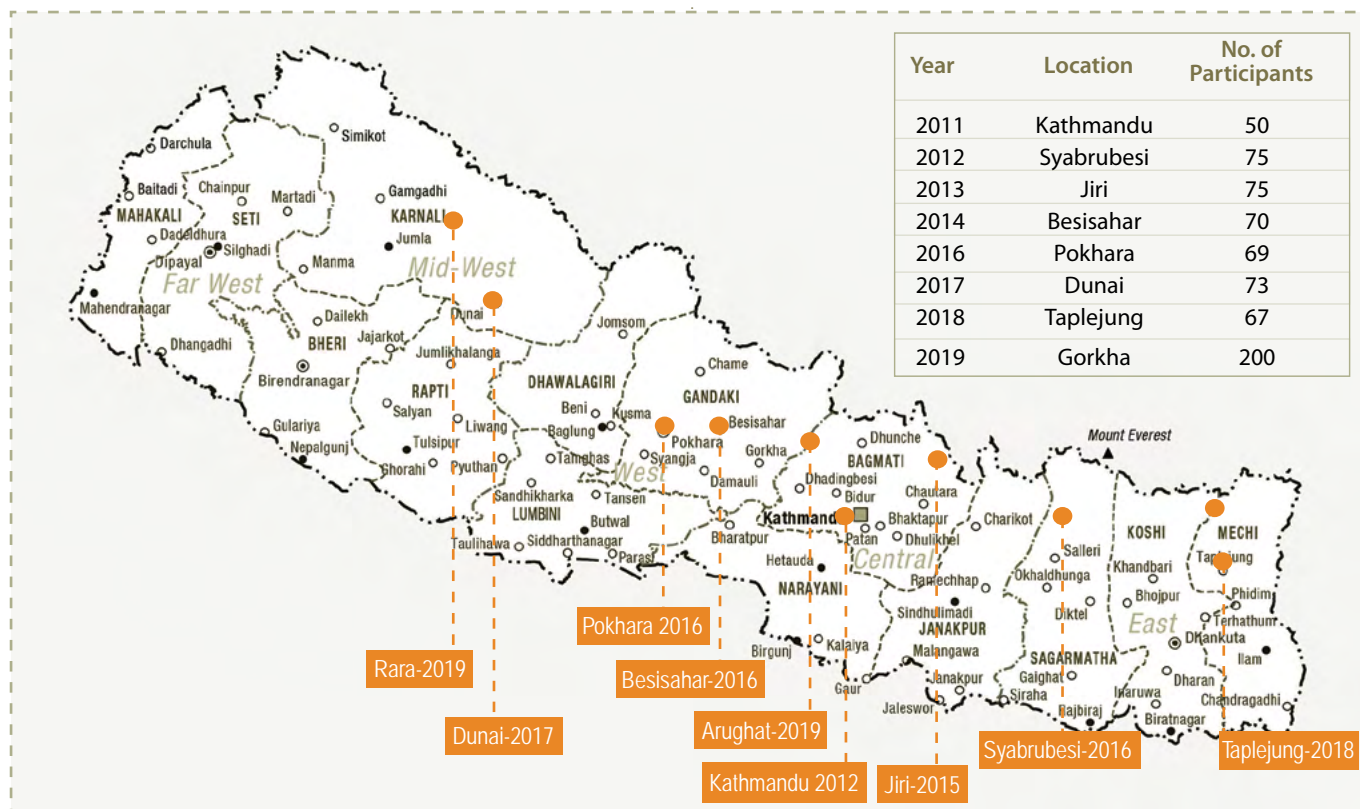


friends from the broader community. During the hike, trekkers were encouraged to use reusable and recycled items as much as possible. The hikers were also briefed on relative eco-hike information of the national park, including that of waste management in national park. Lunch was provided locally thus promoting local food businesses and helping contribute to the local economy. The hikers also collected the waste along the trail and finally a community school was supported with essential materials by KEEP.

Environmental Awareness Workshop

KEEP also successfully conducted an Environmental Awareness Workshop in Pokhara on 7th and 8th June, 2017. The program was attended by more than 70 participants from the tourism sector. The workshop was supported by Nepal Mountaineering Association (NMA). The aim of this workshop was to create an awareness of environment and culturally friendly tourism.





Location of rural communities in which KEEP has provided training programs

Heritage Sites Clean-Up Program

In association with the Nepal Tourism Board, KEEP successfully conducted a “Heritage Site Clean-Up Program” at nine heritage sites around Kathmandu starting from July 4th– 23rd July, 2018. At each of these heritage sites, local school students and KEEP staff jointly worked together for the betterment of the local environment. The school students were also

briefed on the importance of their cultural heritage, tourism benefits and how to the heritage sites clean. The program was a major success.



Porters' Welfare

Porters' Clothing Center (PCC)

KEEP established the Porters' Clothing Center (PCC) on September 2009, with the aim of “providing poorly equipped porters with better clothing, suitable for their treks in mountain environment”.

Throughout the consecutive years, the PCC has successfully established itself as a critical support facility for porters by lending individual porters and trekking agencies alike full sets of clothing and equipment for a nominal fee that is later spent directly



covering the costs of running and maintaining the PCC. Since its establishment KEEP has been lending warm



and waterproof jackets, trousers, fleece jackets, boots, sunglasses, socks, gloves and sleeping bags to a large number of porters.

Our records show that as many as 4043 porters from 423 different trekking companies, as well as, many freelance porters and guides have benefited from KEEP's PCC.

KEEP's PCC related activities, as well as the current stock and historic development are pictorially illustrated below.

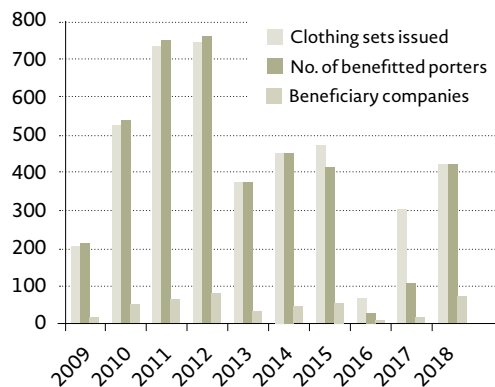
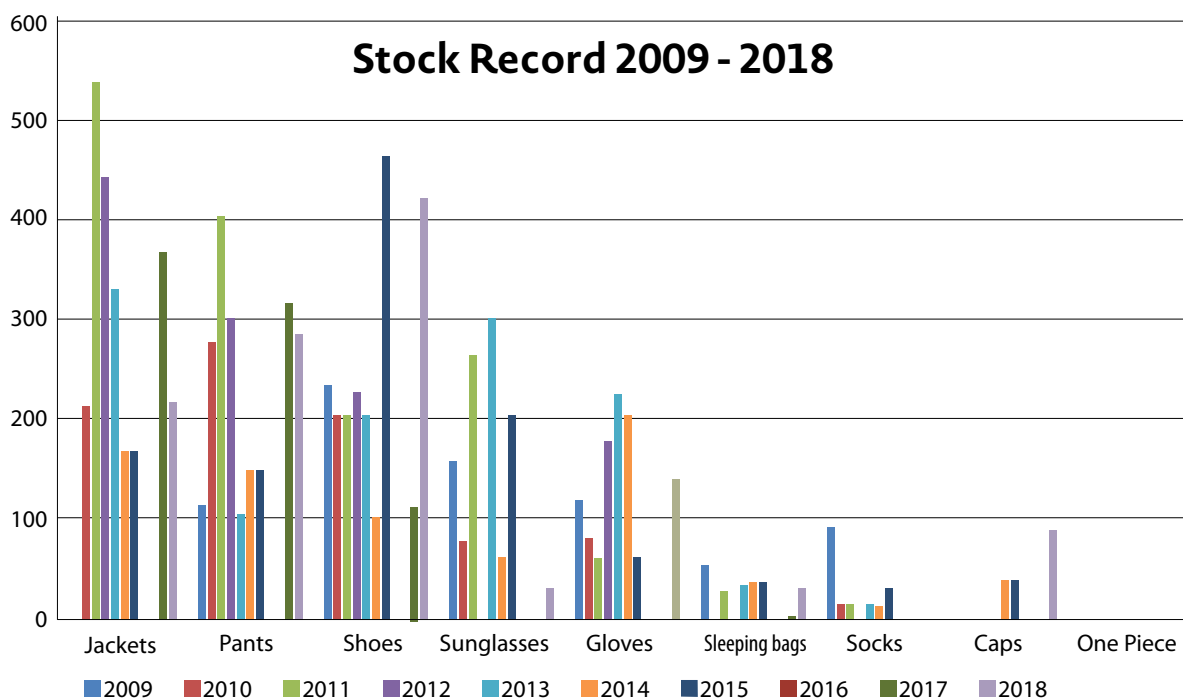


Chart 2: Graphical representation of Beneficiaries from PCC

Porters' Awareness Workshops (PAW)

One of KEEP's major programs is the Porters' Awareness Workshop. The goal is to enhance the porter's knowledge on the necessary safety skills, as well as, creating an increased awareness regarding sustainable tourism and environmental concerns. The workshops have taken place annually since 2011 in different tourist destinations inside and outside valley. During these workshops, porters receive extensive information on tourism, porters' rights and responsibilities, protected areas, insurance, safety, hygiene and get to develop general high altitude first aid skills. KEEP also advises porters on appropriate trekking clothing and how to get access to KEEP's PCC.



ORGANIZATION CHART

Advisors



Ukesh Raj Bhuju
Conservationist



Dr. Shailendra Thakali
Conservation & Livelihood Consultant



Sagar Pandey
Tourism Entrepreneur



Lhakpa Phuti Sherpa
Mountaineering Expert



Fabien Del' Homme
President, SSF France



Ian Wall
Tourism Training Expert

KEEP BOARD MEMBERS



Bimal Naharki
Chairman



Devi P. Panta
Vice Chairman



Ram K. Puri
General Secretary



Pitamber Gurung
Secretary



Rishi P. Nepal
Treasurer
(Porter Clothing Com.)



Meena Sherpa
Asst. Treasurer
(Environment/HR Com.)



Ajit K. Gurung
Member



Santosh Giri Gurung
Member



Nava Raj Amgai
Member
IT/Web Com.)



Ganesh Neupane
Member



Keshav Raj Wagle
Member



Ian Wall
International CEO



Tara Datt Joshi
Manager



Sadikshya Basnet
Program Officer



Sandhya Rijal
Program Associate



Narada Lamichhane
Visitor Centre
Co-ordinator



Padam Tumsing
Site Co-ordinator



Ramita Tamang
Coffee Shop Assistant



Paul Ostrowski
Supporter

National & International Donors profile





I WISH TO BECOME A KEEP - SUPPORTER

International Membership

Associate/Individual	US \$30
Institutional/Organization	US \$100
Lifetime	US \$300

National Membership

Associate/Individual	NRs 2000
Institutional/Organization	NRs 5000
Lifetime	NRs 25,000

Name (Individual/Organization)

If organization, state contact person:

Address:

Tel: _____ Fax: _____

Email: _____

Website: _____

IM: _____

Thank you for your support !!

Criteria for KEEP Membership

KEEP is an organisation that supports trekking professionals both individuals and small agencies.

Over the last few years the international market has been faced with many issues emanating out of Nepal that have in some respects been of a negative nature. KEEP's aim is to redress the balance and to inject trust back into the delivery of Nepal based products.

With this in mind KEEP wishes to open up its membership but with a membership criteria that will both boost international confidence in working with KEEP members and also in providing a wider international market place for its members to draw clients from.

There are 3 categories of membership, plus Honorary Membership.

However to become a Member individuals and small organisations must satisfy the following conditions:-

- Be appropriately registered as per the Government regulations.
- Must pay all appropriate taxes • Must pay the Nepali mountain staff the appropriate financial rewards.
- Must provide proper due care and attention to the working conditions of all staff.

KEEP is an un-biased and non-political organisation, that specifically caters for individual and small agencies, under these circumstances it should be assumed that potential members would provide a transparent application that indicated that they are not –

- Owners or major shareholders in large hospitals, trekking companies, helicopter companies or hotel chains.
- That they have never made financial donations to any major political party.
- That they do not have a history of regular helicopter rescues.

Donate to:

In Nepal: KEEP

A/C 01-0140872-51
Standard Chartered Bank
Nepal Limited
Lazimpat, Kathmandu,
Nepal
SWIFT CODE:
SCBLNPKA

Or

In UK : KEEP

(c/o Denis Gallagher)
A/C 73983587
Barclays Bank PLC, Hull Branch
King Edward Street, Hull,
East Yorkshire, HU13RL
Sort Code 20-43-47

Thank You!

AUDIT REPORT

Kathmandu Environmental Education Project

Thamel, Kathmandu, Nepal.

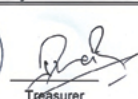
Cash Flow Statement

32nd Ashadh, 2075

Particular	F. Y. 2074/2075	F. Y. 2073/074
Cash Flow from Operating Activities		
Net Surplus	862,690.32	(354,210.63)
Add Depreciation & Amortization	92,928.60	99,963.57
Changes in Operating Assets & Liabilities:		
(Increase)/Decrease in Closing Stock	52,867.00	43,710.00
(Increase)/Decrease in Advance & Deposit	(1,095,619.00)	1,032,879.50
(Increase)/Decrease in Assets	-	-
Increase/(Decrease) in Sundry Creditors	60,617.76	-
Increase/(Decrease) in Expense payable	167,810.00	33,011.00
Increase/(Decrease) in Advance Received from Donor	215,000.00	(1,519,415.00)
Increase/(Decrease) in Bills payable	-	-
Net Cash Provided by Operating Activities	356,294.68	(664,061.56)
Cash Flow From Investing Activities:		
Purchase of Fixed Assets	(25,918.00)	(18,110.00)
Capitalised portion of Repair & Maintenance	-	-
Sales of fixed Assets (Deletion of Fixed Assets)	-	-
Net Cash Inflow From Financing Activities:		
Share Capital	-	-
Loan & Advance	-	-
Net Increase in Cash & Banks	-	-
Opening balance of Cash & Banks	330,376.68	(682,171.56)
	631,711.78	1,313,883.34
Cash & Banks balance at the end of the year	962,088.46	631,711.78


Chairman




Treasurer




Auditor

Kathmandu Environmental Education Project

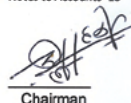
Thamel, Kathmandu, Nepal.

Balance Sheet

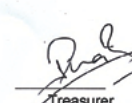
As at Ashadh End 2075

Particular	Schedule	F. Y. 2074/2075	F. Y. 2073/074
A. Sources of Fund			
Surplus (Capital Fund):	1	3,117,289.04	2,254,598.75
Total		3,117,289.04	2,254,598.75
B. Application of Fund			
Fixed Assets	2	1,057,928.19	1,131,973.78
Less Depreciation		(92,928.61)	(99,963.58)
		964,999.59	1,032,010.20
a. Current Assets:			
Materials for Next Year	3	107,985.00	160,852.00
Cash & Bank Balance	4	962,088.44	631,711.79
Advance & Deposit	5	1,697,647.00	602,028.00
Bills Receivable		-	-
Total (a)		2,767,720.44	1,394,591.79
Less:			
b. Current liabilities			
Advance from Donor for next Year	6	291,000.00	76,000.00
Account Payable		-	-
Sundry Creditors	7	105,126.00	44,508.24
Expense payables	8	219,305.00	51,495.00
Total (b)		615,431.00	172,003.24
Net current Assets (a - b)		2,152,289.44	1,222,588.55
Total		3,117,289.04	2,254,598.75

Schedule 1 to 13 are integral part of this Financial Statements.
Notes to Accounts -13


Chairman




Treasurer

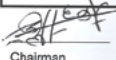

Auditor

Kathmandu Environmental Education Project

Thamel, Kathmandu, Nepal.

Income and Expenditure A/C for Fiscal Year 074-075

Particulars	Schedule	F. Y. 2074/2075	F. Y. 2073/074
Revenue			
Renew & Membership Fee	9.1	115,120.00	93,000.00
Tourism Related Skill Dev. Activities	9.2	1,389,050.00	705,450.00
Financial Support by Members	9.3	56,035.00	84,450.00
Environment Based Awareness Program	9.4	209,520.00	517,000.00
Environment Based Community Dev. Program	9.5	1,274,749.00	4,845,048.62
Environment Education & Awareness Program	9.6	315,600.00	439,531.75
Tourism Based Porter Program	9.7	1,517,019.86	2,165,698.66
Revenue from Other Eco-Tourism Activities	9.8	701,695.00	276,185.00
Foreign Exchange gain		-	-
Total		5,578,788.86	9,126,364.03
Expenditure			
Program & Donation Expenses	10	2,407,385.00	6,586,283.69
Exhibition Expenses	11	72,867.00	160,760.00
Administrative Expenses	12	2,102,645.00	2,582,325.07
Repairing & Improvement expenses		11,760.00	14,018.00
Depreciation Charges		92,928.61	99,963.58
Bank Charge		14,003.39	14,184.84
Foreign Exchange		14,509.54	23,039.48
Surplus Transferred to Balance Sheet		862,690.32	(354,210.63)
Total		5,578,788.86	9,126,364.03


Chairman




Treasurer




Auditor

KEEP MEMBERS

Life Members

1. Above The Himalaya Trekking P. Ltd
2. Ability Cargo P. Ltd
3. Ace The Himalaya Trekking P. Ltd.
4. Active Holiday Nepal Treks & Expd. Pvt. Ltd
5. Adventure Mountain Club Trek & Expeditions
6. A1 Excursion Tours & Travel
7. A. G. Sherpa
8. Angle Tour & Travel Nepal
9. A Falling Leaf Inc.
10. Al_hayat Tours And Travels P. Ltd
11. Alpine Adventure Club Treks & Expedition Pvt. Ltd
12. All Nepal Adventure Tours & Treks P. Ltd
13. Cho Oyu Trekking
14. Cots Nepal
15. Dawa Sherpa
16. Destination Nepal Treks & Expedition P. Ltd.
17. Dr. Suresh Babu Malla
18. Eco Trekking & Expedition P. Ltd.
19. Eco Trip Nepal Treks And Expedition Pvt. Ltd.
20. Ecological Treks
21. Encounters Nepal.com
22. Exodus Treks & Expds Nepal
23. First Environmental Trekking
24. Hima Adventure International
25. High Lander Trekking & Expds
26. Himal Sonam Treks & Expedition Pvt. Ltd
27. Himayan Ecological Trek
28. Himalayan Garden Treks & Expedition
29. Himalayan Glacier Trekking
30. Hiking Himalayas Treks & Expedition
31. Hotel Heritage Home
32. Himalayan Journey Treks & Expd. P. Ltd
33. Himalaya Kailash Travels & Tour Pvt. Ltd
34. Himalayan Scenery Treks & Expd
35. Himalayan Spirit Adventure Treks
36. Life Adventure Nepal Treks
37. Marvel Treks Expedition P. Ltd

38. Marron Treks P. Ltd
39. Monterosa Treks & Expd.
40. Mosaic Adventure Treks
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Making Nutritious Nepal: An Initiative of Moringa Nepal

Introduction

The Moringa plant has been known for about 5000 years, and is legendarily known in various different languages. Famous as 'Shigru' in Sanskrit, 'Sahijan' in Hindi, and 'Shitalchini' in Nepali, its botanical name stands as Moringa Oleifera. Due to its nutritional value as well as potential in developing immunity for many diseases, India's National Institute of Health and Family Care honored Moringa as 'Plant of the Year' in 2008. Though Moringa is freely available in Nepal for consumption, we are proud to be the first company in the nation.

Importance: Various countries have accepted it as a significant herb especially in medicine, as it offers prospective immunity against several diseases. It especially plays a crucial role in relieving those who suffer from

health conditions such as heart disease, joint pains, respiration issues, and liver and digestion problems. The Moringa is particularly beneficial for patients with diabetes and high blood pressure. Moreover, not only is this plant known for its anti-fungal, anti-viral and anti-abortion properties, but it is also accredited as an abundant source of protein, vitamin B 6, vitamin C, and Calcium.

Facts: The blood pressure of women who regularly consume 7 gram of Moringa for 30 months decreases by 13.5%.
% I Source: www.healthline.com
V Dr. Rishi Kumar Kafle of National Kidney Center recommends Moringa as a highly beneficial plant. Dr. Aruna Upreti further affirmed the Moringa to be 'Sanjiwani', a life-saving herb. (Source: NagarikNews.com, 2017/4/12/17).



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A close-up photograph of three young children laughing joyfully. The child on the right is in the foreground, wearing a pink patterned sweater. The child in the middle is slightly behind, and the child on the left is in the foreground, also laughing. Their faces are filled with happiness, and their mouths are wide open.

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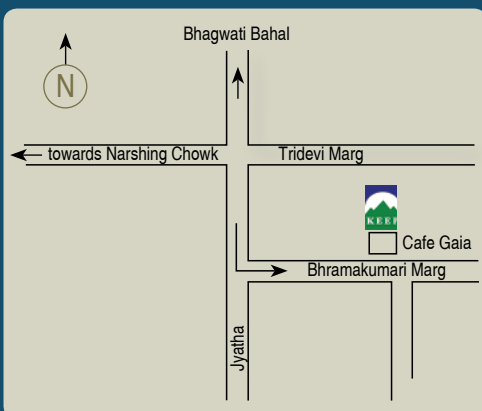
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