

**Summer Field School [Online] on
 MOUNTAIN ECOSYSTEMS AND RESOURCE MANAGEMENT
 Ivano-Frankivsk Region, Ukraine :: 19-28 September, 2021**

DELEGATE PARTICIPANT'S PROFILE

	<p>Ms. Pratigya Silwal <i>Programme Officer</i> Adaptation and Resilience Building programme International Center for Integrated Mountain Development</p> <p>Kathmandu, Nepal Tel: +977- 9851144852 Email: pratigya.silwal@icimod.org</p>
<p>Highest Education</p>	<p>Masters in Natural Resources Management and Ecological Engineering</p>
<p>Personal Statement</p>	<p>I gained a joint Master's degree in Natural Resources Management and Ecological Engineering from Lincoln University, New Zealand and University of Natural Resources and Life Sciences, Austria and a Bachelor's of science in Forestry from Nepal.</p> <p>I am currently working at International Center for Integrated Mountain Development based in Kathmandu, Nepal as Programme Officer for an initiative on Resilient Mountain Solutions under Adaptation and Resilience Building Regional Programme. I have previously worked with different International Non-government organizations in the areas of climate change adaptation, biodiversity conservation, disaster risk management and livelihoods development and gender and social inclusion in natural resource management. 2017-2018, I worked as programme coordinator for a project on young women empowerment in Plan International in Nepal; 2016-2017, programme coordinator for disaster risk management and gender and social inclusion in save the children; 2016, consultancies on natural resource management with WWF, Nepal; 2011- 2014, worked as field coordinator for</p>

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	<p><i>Hariyo Ban Program</i> in CARE Nepal and focused on climate change adaptation, community forestry, biodiversity conservation; 2010- 2011, field officer for livelihoods and forestry programme under DFID.</p> <p>I have a particular interest in the work areas of climate change adaptation, resilience building and natural resource management and I have one of my research work on assessment of local adaptation planning processes in forest-based communities in Nepal published in peer reviewed journal.</p>
Paper/Presentation Title (Unpublished Research or Review or Field Work)	<i>Sustainable Agriculture for Building Local Resilience: A Case Study from Nepal</i>
Keywords	Sustainable agriculture; Resilience; Ecosystem; Technologies; Gender
Abstract (100-300 words)	<p>This abstract is based on the current field work I am involved on resilient mountain solutions. Agriculture accounts for one-third of the national Gross Domestic Product (GDP) in Nepal and generates direct employment for two-third of the population. Agriculture is the main source of livelihoods in mountain region of Nepal despite the geographical challenges, fragmented landholdings, inadequate infrastructure, harsh environment and prevailing climate change implications. Mountain areas in Nepal occupy 35% of the total land area and hill areas occupy 42% and according to 2011 census almost 50% of the total population live in this region. Mountain agriculture is characterized by a subsistence-based mixed agro-forestry-livestock farming system. It is physically demanding and time consuming and further compounded by increasing climate variability and related disasters adversely affecting the agriculture productivity. Rural farming system is even more exposed to the risk of climate and other socio-economic changes with women in the forefront and inadequate knowledge and ability to respond to shocks.</p>

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Despite being aware of the health concerns, farmers in Kavre district in Nepal used chemical pesticides and fertilizers for better productivity. However, over a period of time, this resulted in soil health degradation and cause to deplete the environment and ecosystem. Opting for an agriculture practice that is ecologically, economically and socially sustainable was need of the time for a healthy natural environment and ecosystem restoration for the present and future generation. Adopting sustainable or a regenerative agriculture approach can help reduce vulnerability and strengthen resilience of rural people. Sustainable agriculture as defined by the Food and Agriculture Organization is “production which fulfils food security, environmental protection, and economic and social needs in rural areas.” It implies on using local resources that are readily available, technologies that are context specific and cost effective, reducing the dependency on external inputs and chemical fertilizers and producing food that is “safe to eat.” This not only sustains healthy food production but also improves soil health and regenerate them.

ICIMOD partnered with CEAPRED to implement Resilient Mountain Solutions (RMS) initiative in Kavre district to build long term climate, socioeconomic and future resilience. The initiative refers to a working definition of resilience as - “the ability of an individual, community, or a socio-ecological system to not only overcome a stress, shock or set back (recovery, or bounce back) but also developing capabilities to move forward to a condition or a state that can help transcend to a better state.” Some of the key technologies used by women farmers in Kavre district are production and use of homemade bio-fertilizers and bio-pesticides, integrated pest management, rain and waste water harvesting technologies, soil cement tank, mulching, drip irrigation and others. Some of these technologies have been derived from local knowledge and traditional farming practices that was long lost with the introduction of chemical fertilizers and new technologies. These approaches has been modified with research and

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	<p>scientific validation to make agriculture more sustainable, efficient and gender friendly and cater to context specific needs and resources availability. The use of sustainable farming practices along with capacity development of women farmers on networking and marketing and strengthened institutional capacity has helped build resilience at local context.</p>
<p>More Information (weblinks)</p>	<p>https://www.icimod.org/initiative/rms/ https://www.researchgate.net/profile/Pratigya-Silwal</p>