



Himalayan Declaration

Springshed Rejuvenation *of*





© 2019 Naula Foundation

All rights reserved worldwide

This illustrated edition of the Himalayan Declaration of Springshed Rejuvenation (HDSR) is published by Naula Foundation in English and Hindi. This illustrated edition of the HDSR is a living document and content of this document may not be reproduced, downloaded, disseminated, published, or transferred in any form or by any means, except with the prior written permission of the Naula Foundation.

This publication can be used for reference but with proper credits and citation. Any translations after due approval must bear the following disclaimer: “The present work is an unofficial translation for which the publisher accepts full responsibility.” All requests to sell excerpts, photocopies, reprints, translations of this illustrated edition of the HDSR should be addressed to **www.naulafoundation.org**.

The photographs, posters and drawings included in this illustrated edition of the HDSR are protected by copyright and can only be reproduced to illustrate the text of the HDSR.

Citation: Naula Foundation (2019). Himalayan Declaration of Springshed Rejuvenation. Naula Foundation : *Revised civilisation*. Almora, Uttarakhand, INDIA. URL Available at: **www.naulafoundation.org**

Published by:

Naula Foundation

Regd. Office: D-117, Ground Floor, South City-2, Gurugram-122018

Camp. Office : Pawalgarh Conservation Reserve (Community based), Eco Harryman's Homestay, Pawalgarh Block, Kotabagh, District - Nainital, Uttarakhand, India-263140

Site Office: 1. Village Basulisera, Post-Bagwali Pokhar, Block- Dwarahat, District-Almora, Uttarakhand-263621
2. Bohragaon, Naukuchiatal, Block-Bhimtal, District-Nainital, Uttarakhand - 263136

Copyright © 2019

Naula Foundation

All rights reserved. Published 2019


Production Team

Dr. Naveen Chandra Joshi

Swami Veettamsa

Bishan Singh





Naula- An Introduction

There was a time in Himalaya when the villages or towns or the whole society used to manage its own drinking water. They did not depend on the state or government. This centuries-old drinking water system in villages of Himalaya are known as naula (little depression aquifer) and dhara (stream). Even the British did not even try to wage this system.

Naulas are the small pool that gathers water from the hidden sources of the mountains. This beautiful temple-like structure is worth seeing. Primarily, it is a step well structure that is closed by two or three sides like the temple and the roof is put on top. It is made up of the local soil and stones, of which half of the part is above ground and half under the ground. Two or three sides of the pool (kund) of a naula are covered by high walls made of stone and mud and sloping roof is made from stone slates.

The water in the high Himalayan settlements of Uttarakhand come from the melting high altitudinal glaciers. Therefore, there are no developed traditions of water harvesting in these areas hence the traditional dhara are found in more number in this region. The rural water requirements of the lower valleys are fulfilled from rivers, and in the middle-hill where there is a shortage of water therefore, the tradition of water harvesting exist in the middle hills were these naulas are found in more numbers.

Naulas are dependent on the water source which are situated on the slopes of the lower valleys and the water does not fall from the height but ooze out of the ground. The structure of the naula floor is exactly the opposite of the altar of Yagya. The water is collected inside a square staircase. These stairs are attached to the stones in such a way that the water of the source is collected by the rifts between the stones and stored in the staircase. Idol of Lord Vishnu and other deities is often carved on the wall inside the naula to maintain its purity. To prevent water from being contaminated by animals, its entrance is made so small that only one person can enter once. This system is not only based on technology, but it is the cultural identity of this region. For instance, still whenever a newly married bride comes to her in-laws for the first time, she is first brought to the naula and the naula is worshiped by her.

Today, these conventional naulas have been replaced by the modern water pipelines. The new water policies have entirely destroyed this traditional water management system. Although these new arrangements have brought water inside or near to the houses but we have forgotten these ancestral naulas. Most of the naulas are now almost wrecked or are demolishing. Their walls and ceilings are breaking.

Naulas are extremely sensitive. They begin to dry up if their structures are disturbed. In many places the conventional naulas were closed from all sides and converted into modern drinking water. As a result, the water levels of most of the naulas have decreased and some have even come to the brink of drying.

In ancient times, planting a sacred tree like banyan or peepal on the edge of the water source was a common practice and it was considered to be virtuous work. This helped not only to prevent the evaporation of water but also in restoration of water but now almost all of the naulas have been surrounded by wild thorny bushes and grasses. Even after this plight, clean water is visible in some naulas, the quantity has definitely decreased slightly. There is no valuable vegetation, shrubs etc. left in the water filling areas then only the uncontrolled jungle of pine, lantana and eupatorium. The establishment of the Naula Foundation has been done with the objective of how to re-establish these naulas, springs, and return to our traditional water management.

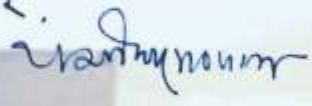




Dr. Yashodhar Mathpal (born 1939) legendary Indian archaeologist, painter, curator, Gandhian and Rock art conservationist. He is most known for his study of cave art, especially in Bhimbetka rock shelters, Shymala Hills, Barechhina (Uttarakhand) and Kerala. He was awarded the PadmaShri, fourth-highest civilian honour by Government of India in 2006.

शुभाकांक्षा

जल के प्रति सतत आदरमान व उसकी संरक्षण के प्रति जन जागरण हेतु नौला-फाउण्डेशन भारतीय प्रयास कर रहा है। उसी लिए मैं निम्नप्रकार प्रार्थना अपनी शुभाकांक्षा प्रेषित कर रहा हूँ।

सादर,


गीत/धारा प्रीतल



Introduction

In perhaps the most important resource which we need immediately for life is water. The commitments made by Naula Foundation in the Himalayan Declaration of Springshed Rejuvenation are in themselves a mighty achievement to work as a strategy to cope with the adverse effects of climate change and variability causing water stress all over the Himalaya.

The Himalayan Declaration promises to all the economic, social, political, traditional, cultural and civic rights that underpin a life free from water stress and hunger. This declaration would bring social change and help to bring all the stakeholders on a single stage.

There is an urgent need to conserve the nature for future. The sustainability cannot be achieved before achieving water sustainability, environmental sustainability, livelihood sustainability, women empowerment and capacity building of local people in Himalaya. Conservation of natural resources depend on their proper management to prevent their exploitation, destruction or degradation. Restoration and rejuvenation of springsheds in Himalaya would not only help in ensuring clean and pure water to Himalayan communities but also help to maintain the water level of major rivers of North India.

We the people of Himalaya are facing the consequences of an unsustainable development model, focusing on economic growth alone at the expense of future generations, ignoring ecological and social constraints which has fueled poverty, hunger, environmental destruction/degradation and conflict in Himalaya. We had the eternal principles of nature, hidden in our culture and rich traditional knowledge for conservation and management of our natural resources including forest, water, wildlife and crops.

This declaration will prove to be a milestone for sustainability in Himalaya and document that provided impetus to other groups, organizations and stakeholder working for conservation of natural resources in Himalaya.





Preamble

Whereas, recognition of the rich traditional culture of worshipping natural water sources and of the equal and inalienable rights of all natives of Himalaya, Naula Foundation is the foundation of water conservators, nature lovers and tradition lovers of the Himalaya,

Whereas, disregard and contempt for natural rules have resulted in severe water scarcity which has dilapidated the ethics of mankind, and the advent of an era in which human beings struggle for water availability and food security and pure climate and want has been proclaimed as the highest aspiration of the Himalayan people,

Whereas, it is essential, if a man is not to be compelled to migrate, as a last resort, to rebellion against equality and hunger, that mutual efforts and local policies should protect water purity,

Whereas, it is essential to promote the development of mutual understanding and traditional values for water conservation,

Whereas, the peoples of the Himalaya have in the Charter reaffirmed their faith in fundamental rights related to benefit sharing, in the culture and tradition of the human person and in the equal rights of human and wildlife and have determined to promote social progress through sustainable development and better standards of water quality and quantity,

Whereas, member societies and people have pledged themselves to achieve, in cooperation with the local governments, the promotion of their rich water management heritage by conserving Hill, Water and tradition for and observance of traditional water sources and fundamental rules,

Whereas, a common understanding of natural laws and ethics is of the greatest importance for the full realization of this pledge,





Now, therefore,
The Naula Foundation
proclaims

this Himalayan Declaration of Springshed Rejuvenation as a common standard of achievement for all peoples and all Himalayan states of India, to the end that every individual and every organ of foundation and society, keeping this declaration constantly in mind, shall strive by efforts and measures to promote rejuvenation and conservation of natural water sources including springsheds to secure their sustainability and maintain their purity and sanitation. We stand together to find solutions to Himalaya's water quality and quantity problems and send a clear message to the world that the people of Himalaya demand sustainability of water, environment and livelihood. We will work together to create a force for change-a change in the water policies of the Himalaya.







Water

Sustainability



When you
dive into
the depths
of your
soul
you will
find me



Article-1.1 Springshed rejuvenation

“The importance of water for people's livelihoods is now widely recognised. Today we come together to rejuvenate our springsheds through identifying spring catchment areas, mapping springs, developing village-level water plans, digging trenches for water restoration and capacity building of villagers so that every individual has access to clean and pure water and conflicts and stress related to water availability could be reduced. Moreover, we stand together to make strategies for adaptations and support their implementation at all levels all across the Himalaya.”



Everyone who consumes water
must **SAVE** Water



Article-1.2 Springshed conservation

“The catchment areas of our springsheds have been negatively affected by growing population, topsoil erosion, erratic rainfall, deforestation, forest fires and infrastructure development activities and most of the Himalayan region is in the grip of a water crisis of significant proportions. Furthermore, there has been a decline in the ethics and values associated with these springsheds. We pledge to minimise the effects of these natural and anthropogenic activities through continuous efforts and awareness so that these springsheds continue to fulfil the water necessities of the people in hills and down in plains. It is an added responsibility of each to conserve these springsheds which are on the verge of extinction.”



A person's hands are shown holding a large, glowing green, heart-shaped object with several tentacles extending from it. The object is illuminated from within, giving it a vibrant, almost ethereal glow. The background is a dark, textured cave wall with some roots or stalactites visible. The overall atmosphere is mysterious and otherworldly.

SAVE
SPRINGS FOR
LIFE

Article-1.3 Springshed restoration

The springsheds were recharged traditionally by digging pit and holes known as Chal and Khal on the top hills traditionally. This practice has vanished in the last few decades. The rainwater percolates down and that is not enough to recharge springs. Therefore, we pledge to revive the culture of rainwater harvesting in the Himalaya and put our best efforts to help the traditional watersheds to recharge themselves through digging trenches on hilltops which would stop the run-off and increase percolation. We recommend to implement adaptation and mitigation actions, and facilitate technology development, dissemination and deployment, access to climate finance, relevant aspects of education, training and public awareness, and the transparent, timely and accurate communication of weather and climate-related information to the local farmers to strengthen their adaptation capacities and decrease their vulnerability to climate change.”



SAVE SPRINGS

THE SOUL SOURCE OF WATER



Article-1.4 Springshed sanitation

“The benefits of having access to an improved drinking water source can only be fully realised when there is also access to improved sanitation and adherence to good hygiene practices (UN). Natural springs form the most important source of water for communities in the Himalayas. Therefore, we are committed to maintaining the hygiene and sanitation-related traditional practices and also aware the people about the importance of hygiene and sanitation of water bodies in the hilly region all across the Himalaya. This would not only provide safe water to the inhabitants but will also reduce health care cost.”





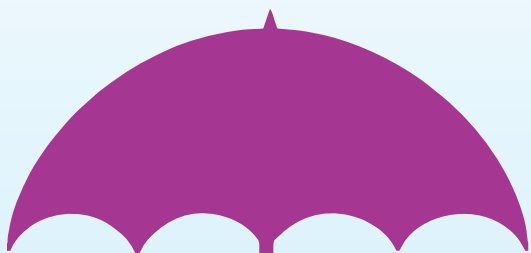
**CLEAN
SOCIETY
HEALTHY
CITIZEN**



Article-1.5 Rainwater harvesting and management

“As per IPCC 5th assessment report (AR5), climate change over the 21st century is projected to reduce renewable surface water and groundwater resources in most of the dry subtropical regions, intensifying competition for water among sectors. The restoration and sustenance of groundwater is entirely dependent on the percolation of rainwater on hills. Integrated water resources management is needed to restore our natural springsheds. The integrated methods of rainwater harvesting should be adopted to make our water reservoirs sustainable as a responsibility of us to our future generations.”

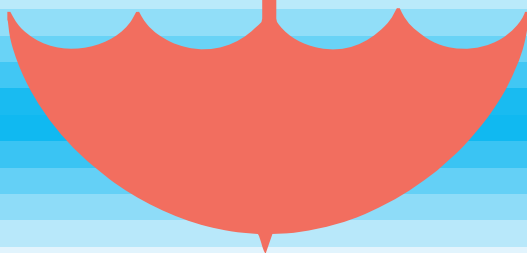




**SOME
PEOPLE
FEEL
THE RAIN**



**SOME
PEOPLE
SAVE
THE RAIN**



**Save
Water**  **Rain
Water**





Environmental

Sustainability



Article-2.1 Soil conservation

“Prevention of soil loss from erosion causing reduced fertility due to over usage, acidification, salinisation or other chemical soil contamination is must for the sustainability of the Himalayan communities as their livelihood is dependent on their subsistence agriculture. The awareness programmes should regularly be conducted at village and block level and the organic farming should be promoted and conserved in all the hilly states of Himalaya. Use of manure and decompose should be encouraged and facilitated to conserve our soil and maintain its fertility forever, as it was a general traditional practice throughout the mountains of Himalaya.”



~~*Wish for it*~~

Work for it



Article-2.2 Tree plantation

“The livelihood, social customs, tradition, religion, faith and beliefs of the people all across the Himalaya are associated with the surrounding forest and trees. Forest cover is also vital for water sustainability. Broadleaf tree plantation campaigns and traditional festivals such as Harela festival of Uttarakhand related to tree plantation should be encouraged in dry and water scare areas all across the Himalaya.

Community awareness programmes should be conducted to aware people about the importance of trees and forest for the sustainability of natural resources, including water.”





Should

Would

Could

DID

Article-2.3 Forest restoration and conservation

“Expansion of forest plantations will have effects on water resources on the same ground conservation of existing forest is also important for maintaining the water access to all. The existing forests are to be conserved and restored, which can range from economic incentives to social or cultural values, to ecosystem services, to biodiversity conservation. Consistent monitoring and restoration campaigns through sustainable management programmes, especially for the threatened plant species should be conducted throughout Himalaya for a better, clean and sustainable future and to conserve wildlife habitats.”





LISTEN
LEARN
GROW

Article-2.4 Renewable resource harvest

“Renewable resources should be harvested in a way which is socially beneficial and environmentally sustainable. Sustainable harvest through maintaining a positive renewal rate is vital for a sustainable environment and an optimal solution to environmental problems. The sensitivity and exposure to changing climatic conditions and stress is to be converted into adaptation. We need to promote effective adaptation practices and aware our communities about the impact and effects of unsustainable resource harvesting. New policies are to be built to use renewable resources in sustainable limits.”



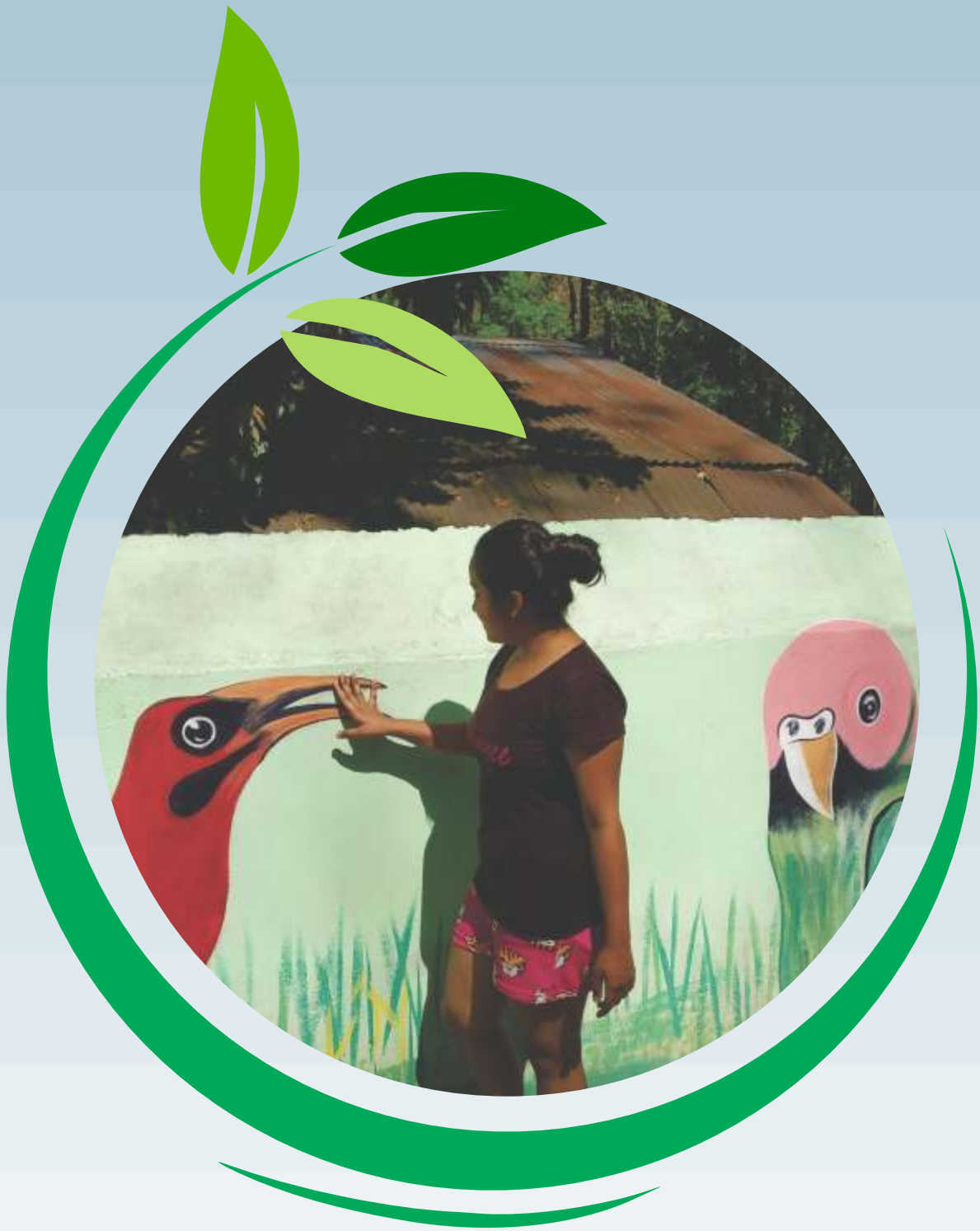


IT'S ON
TIME TO MAKE THE MAGIC HAPPEN

Article-2.5 Wildlife conservation

“Himalaya is rich in fauna and flora. Many endemic plants and animals are found all across the Himalaya. Protecting wild plant and animal species would help in maintaining the beauty and diversity of this region. Diverting water for human use harms vital ecosystems supporting these wild plants and animals. We should come up with strategies for keeping our watersheds healthy while providing adequate water supplies and sources for wildlife in the forest. Water pits and trenches should be dug in the forest to supply continues water source to wild animals.”





**LOOK DEEP INTO NATURE
AND THEN YOU WILL UNDERSTAND
EVERYTHING BETTER**







Livelihood

Sustainability

Article-3.1 Strengthening self-water governance

“For self-water governance, we need to change our behaviour in terms of values, ethics, norms, and, where possible, through laws. We need to have an open social structure which enables broader participation by civil society, private enterprises and the media, all networking to support and influence government. Policies and action need to be coherent and integrative. We need to provide equal opportunity to men and women to improve or maintain their well-being. We need to fix accountability of policymakers in government, civil society organisations and stakeholders to the public and develop and strengthen the concept of self-water governance through efficient, effective and sustainable policies by using integrated water resources management tools.”





~~PLAN~~
~~PLAN~~
~~PLAN~~
ACTION

Article-3.2 Water supply, sanitation and hygiene

“Safe and readily available water is important for public health. Poor sanitation practices and contaminated water may cause transmission of several diseases such as cholera, dysentery, diarrhoea, trachoma, typhoid, hepatitis A, and polio. In order to maintain the standards of living, sustainable access to safe drinking water, sanitation, and hygiene(WaSH) are fundamental needs. We stand together to adopt and promote the good sanitation and hygiene practices to make the water supply system of the entire Himalaya clean, safe and pure in terms of quality and sustainability. This would not only reduce the water stress of the region but also help to accelerate progress toward the global sustainable goals.”





**DECIDE
COMMIT
SUCCEED**



Article-3.3 Water for livelihood

“Himalaya, well known as the water tower of Asia, is the major source of some of the big rivers of India. The livelihood of the Himalayan communities heavily depends on water resources for irrigation, food, hydro-power, sanitation, and small scale industry, as well as for the functioning of many important ecosystem services contributing directly to national GDP and livelihood and income generation at the local level. These water sources are now deteriorating due to climate change and several other local factors such as geology, soil, tree cover and topography. These readily available ecosystem services need to be restored and maintained. We need to recognise the potential of water for sustainable development and livelihood generation.”



Believe
Achieve **It**



Article-3.4

Creating a social environment for the rejuvenation of traditional water systems

“Water is at the core of sustainable development. In order to achieve the goal of livelihood sustainability and sustainable access to clean water, the involvement of people in management and rejuvenation activities becomes a must. We need to create a social environment for restoration and rejuvenation of our water harvesting tradition and culture through promotion, awareness and participation. We will continue to spread awareness among people and create a social environment for the conservation and restoration of our traditional water sources and springsheds as a whole.”



TRUST
THE PROCESS



Article-3.5

Protecting traditional culture and indigenous knowledge

“The *Sanskar* (precepts and rites), *Sanskriti* (culture and customary practices) and *Niti* (state policy and administration) are the three pillars of traditional water harvesting and management system throughout the entire Indian Himalayan Region. We place high importance on the water for livelihood, traditional practices of considering water source as a common sacred site to ensure water sources are respected by all. We continue to honour our traditional beliefs and ethics, which helped our ancestors to sustain in harmony with nature through traditional ways. We have the right to maintain and strengthen our rich traditional culture and indigenous knowledge systems and maintain our strong bond with our land, natural water systems and heritage. We continue to exercise these rights to fulfil our responsibilities and obligations given to us by our ancestors and do our best to pass these water-related customs to our future generations.”



**TRADITION
CONNECT US
FROM FUTURE**





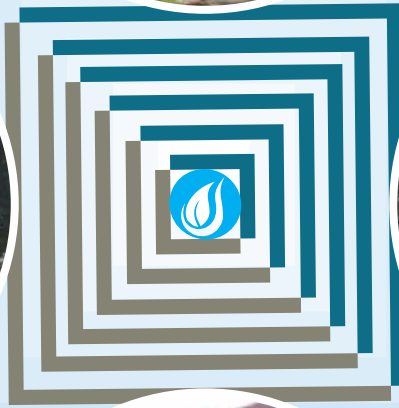


Capacity
Building

Article-4.1 Promote enhanced capabilities

“We are committed to ensure public and private sector participation in the implementation of water management schemes and programs based on the traditional management systems of the hill communities, enable opportunities for coordination across different groups working for water management and conservation. To enhance the capacity and ability of the least developed villages and communities and those that are particularly vulnerable to the adverse effects of climate change.”





A love of
tradition has
never weakened
the Nation

Article-4.2 Promote traditional crop varieties

“Traditional cropping system of Himalaya did ensure not only the food sustainability but also the nutritional sustainability among Himalayan communities for long. We have a diverse range of crops grown all over the Himalaya depending on the availability of water, soil type, geology and climate. We need to promote the cultivation of our traditional crop varieties to ensure food security even in water scare areas and also to restore and conserve our traditional ecological knowledge and seeds.”



When you are
entrusted in a
tradition
you have got
to protect it



Article-4.3 Preservation of local seed varieties

“Globalization and market economy is deteriorating the traditional system of seed preservation and even complete loss of seeds some of the traditional crops, including millet varieties in the Himalayan region. Earlier we had seeds for dry conditions and water scare fields which helped the communities to sustain in unfavourable conditions. We need to protect our traditional seeds by encouraging the local-level forums for farmers, including indigenous farmers using traditional knowledge, researchers, extension workers and other stakeholders. We stand together to work for the preservation of our seed diversity and agricultural system.”



A large bowl filled with a variety of colorful beans, including white, yellow, red, and black beans. In the foreground, three small, woven baskets are arranged in a row, each containing a small amount of dark, textured material. The background is a soft, yellowish glow.

Preservation
is the first Law of
Nature

Article-4.4 Promote social awareness

“Society awareness is to be adopted as a strategy for conservation of natural resources in Himalaya. There is an urgent need to conserve the nature and its services, including Naula and Dhara system for the future. Society participation in the conservation of our natural water resources is of vital importance, so we must get them involved in this global task. The public need to be made aware of good practices and bad practices for water harvesting and management. We need to make every individual of Himalaya conscious about the importance and value of water for life and restore local autonomy to sustain the built resources.”





REVIVE THEN REALIZE

Article-4.5 Promote networks of farmers

“We need to promote networks of farmers and similar local organisations at the regional level for the exchange of information and experiences related to rainwater harvesting and water management. Farmer's networking would help farmers to exchange information, socialise, learn, and connect with peers on a regular, ongoing basis. We are committed to promote and encourage such farmer networks all across the Himalaya through joint efforts for ensuring the access of pure water and better livelihood opportunities to all.”



**"TRADITION
CONNECTS US
TO THE FUTURE"**





Women Empowerment



Article-5.1

Encourage and facilitate women for conservation practices

“We adhere to the fact that capacity building in hills should be an effective, iterative process that is participatory, cross-cutting and gender responsive. We are committed to provide, encourage and facilitate the active participation of women for conservation practices all across the Himalaya. As women are the backbone of hill agriculture and mostly responsible for carrying water from the source to home in hilly regions we consider them to be the most effective conservator of our important natural renewable resources in Himalaya. We should ensure gender equality in capacity building plans, policies, actions. identifying capacity-building needs.”





We heel
when Women rise

Article-5.2

Economic empowerment through self-help groups and training on job skills

“Investing in women's economic empowerment sets a direct path towards gender equality, poverty eradication and inclusive economic growth (UN). Women empowerment is the key to social transformation. Identifying the capacity-building needs of women in the hills would help them to be economically more strong and regain their self-esteem in hills. Females should be involved more actively in policy and decision making processes. We should encourage their involvement, ensuring their equality and rights by providing them with job skill training and constituting self-help groups in different villages.”





When women
support each other
incredible things happen

Article-5.3

Encourage and promote women education through scholarships

“To encourage better education and career opportunities to girls, to establish an enabling environment to reduce the dropouts, promoting social change and fostering positive outcomes for women, we should establish or organise some scholarships/ financial assistance to girls in the hilly villages of Himalaya. Educated women would be more aware of conservation and would participate actively in management practices. A 'Breaking through Barriers' award every year to the girls/women who have considerably done a remarkable job towards women education and empowerment is highly recommended.”





Educating a girl in
present can be a
miracle in future

Article-5.4 Exposure visits for women

“Environmental education can positively influence the management of the increasingly stressed natural resources, including water resource in Himalaya. Exposure visits is an essential training methodology to make people aware of their environment and ecosystem services. Special exposure visits for women to educational institutions and other empowerment centres can strengthen their capacity and help them to understand better and ensure their active participation in management and restoration of water resources through the incorporation of successful techniques of environmental education.”





**SAVE AND EDUCATE A GIRL
TO MAKE
THIS COUNTRY GREAT AGAIN**

Article-5.5

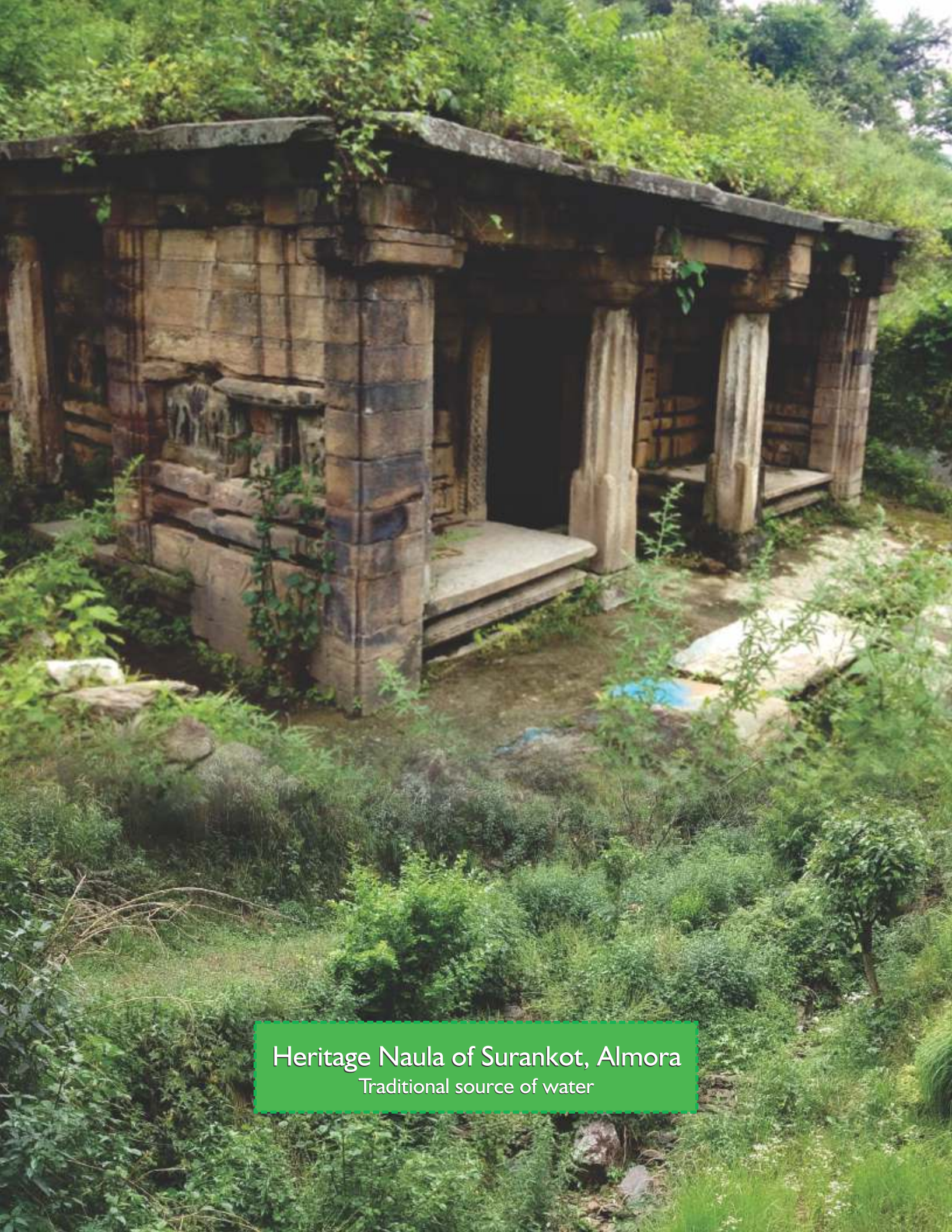
Women participation in decision making related to policies and measures for conservation

“Hill agriculture is women dependent. They need to be empowered and their full participation in policy making and implementation is to be ensured. Women empowerment through ensuring women's equal access to and full participation in power structures and decision-making would help in the improvement of their political, social, economic and health status. We, as the people of Himalaya, have a rich culture of respecting and participation of women in the day to day decisions and activities. We are committed to continuing the good practices and we need to enhance their participation in social policy and decision making to conserve our important ecosystem services and work towards women empowerment.”





**WOMEN
WILL ALWAYS
TURN PAIN
INTO
POWER**



Heritage Naula of Surankot, Almora
Traditional source of water

Sustainable Goals of Naula Foundation

Naula Foundation Sustainable Development Goals (NFSDG) 2030

| <i>1. Water Sustainability</i> | <i>2. Environmental Sustainability</i> | <i>3. Livelihood Sustainability</i> | <i>4. Capacity Building</i> | <i>5. Women Empowerment</i> |
|--|---|---|---|---|
| i. Springshed rejuvenations | i. Soil conservation | i. Strengthening self water governance | i. Promote enhanced capabilities | i. Encourage and facilitate women for conservation practices |
| ii. Springshed conservation | ii. Tree plantation | ii. Water supply, sanitation, and hygiene | ii. Promote traditional crop varieties | ii. Economic empowerment through self-help groups and training on job skills |
| iii. Springshed restoration | iii. Forest restoration and conservation | iii. Water for livelihood | iii. Preservation of local seed varieties | iii. Encourage and promote women education through scholarships |
| iv. Springshed sanitation | iv. Renewable resource harvest | iv. Creating a social environment for the rejuvenation of traditional water systems | iv. Promote social awareness | iv. Exposure visits of women |
| v. Rainwater harvesting and management | v. Wildlife conservation | v. Protecting traditional culture and indigenous knowledge | v. Promote networks of farmers | v. Women participation in decision making related to policies and measures for conservation |

Work Plan and duration of activities for sustainability of water and livelihood in Uttarakhand

| NFSDG <small>Naula Foundation Sustainable Development Goals (NFSDG) 2030</small> | Article | 2019 | 2020 | 2021 | 2022 | 2023 | 2024 | 2025 | 2026 | 2027 | 2028 | 2029 | 2030 |
|--|---|------|------|------|------|------|------|------|------|------|------|------|------|
| 1. Water Sustainability | i. Springshed rejuvenations | | | | | | | | | | | | |
| | ii. Springshed conservation | | | | | | | | | | | | |
| | iii. Springshed restoration | | | | | | | | | | | | |
| | iv. Springshed sanitation | | | | | | | | | | | | |
| | v. Rain water harvesting and management | | | | | | | | | | | | |
| 2. Environmental Sustainability | i. Soil conservation | | | | | | | | | | | | |
| | ii. Tree plantation | | | | | | | | | | | | |
| | iii. Forest restoration and conservation | | | | | | | | | | | | |
| | iv. Renewable resource harvest | | | | | | | | | | | | |
| | v. Wildlife conservation | | | | | | | | | | | | |
| 3. Livelihood Sustainability | i. Strengthening self-water governance | | | | | | | | | | | | |
| | ii. Water supply, sanitation, and hygiene | | | | | | | | | | | | |
| | iii. Water for livelihood | | | | | | | | | | | | |
| | iv. Creating a social environment for the rejuvenation of traditional water systems | | | | | | | | | | | | |
| | v. Protecting traditional culture and indigenous knowledge | | | | | | | | | | | | |

| NFSDG <small>Naula Foundation Sustainable Development Goals (NFSDG) 2030</small> | Article | 2019 | 2020 | 2021 | 2022 | 2023 | 2024 | 2025 | 2026 | 2027 | 2028 | 2029 | 2030 |
|--|---|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|
| 4.Capacity Building | I. Promote enhanced capabilities | | | | | | | | | | | | |
| | ii. Promote traditional crop varieties | | | | | | | | | | | | |
| | iii. Preservation of local seed varieties | | | | | | | | | | | | |
| | iv. Promote social awareness | | | | | | | | | | | | |
| | v. Promote networks of farmers | | | | | | | | | | | | |
| 5.Women Empowerment | I. Encourage and facilitate women for conservation practices | | | | | | | | | | | | |
| | ii. Economic empowerment through self-help groups and training on job skills | | | | | | | | | | | | |
| | iii. Encourage and promote women education through scholarships | | | | | | | | | | | | |
| | iv. Exposure visits for women | | | | | | | | | | | | |
| | v. Women participation in decision making related to policies and measures for conservation | | | | | | | | | | | | |







नौला

पहाड़-पानी-परम्परा का
गौरवशाली इतिहास



#पानीकीआवाजसुनो2030 #आओपानीपरबातकरें #जलमेवजीवनम #जागोउत्तराखण्ड #जलकीबातमनकीबात

Website: www.naulafoundation.org **Email:** naulafoundation@gmail.com

Connect: 8851520744, 9810455335, 9410731533, 7906689203

Twitter: [savewaternaula1](https://twitter.com/savewaternaula1) Facebook: [naulaindia](https://www.facebook.com/naulaindia) Youtube: [Savewater Naula](https://www.youtube.com/SavewaterNaula)