

MAIN HEADING: SUSTAINABLE APPROACH

TITLE :The Journey to Prakriti Resort and Organic Farm: Year 2008 to 2013

The journey leading to the creation of Prakriti Resort and Organic Farm has been marked by determination and collaboration, with a core vision of fostering a better environment for sustainable tourism. The resort's origins trace back to 2012 when it was first conceived under the name Nepal Farming Organic World. Unfortunately, in 2015, the devastating earthquake irreparably damaged this project, leaving the farmers without the means to reinvest.

In response to this setback, a new model emerged, giving birth to the present manifestation of Prakriti Resort and Organic Farm. In this new phase, the Nepal Environment and Tourism Initiative Foundation (NETIF- www.netifnepal.org) along with its some of the board members collaborated to build the organic resort. The major investors in Prakriti Resort and Organic Farm are the board members of the NGO that played a pivotal role in initiating the establishment of the resort. The ownership structure of the resort reflects a balanced mix of stakeholders, including locals, farmers, and the board members of the NGO contributing in various capacity with a shared goal of promoting organic farming and sustainable tourism practices.

The immediate objective of Prakriti Resort and Organic Farm is to contribute to the sustainable tourism of Nepal through a model of eco and organic agro-tourism farming. Our long-term goal is to establish a sustainable tourism destination that meets the needs of tourists, creates livelihood opportunities for the local community, and safeguards the environment.

Prakriti Resort and Organic Farm Pvt.Ltd

Year 2012 - 2023

Prakriti Resort and Organic Farm is a sanctuary of serenity, situated on the picturesque buffer area of Shivapuri National Park, offering breathtaking views of the Himalayas and the surrounding verdant hills. Our resort combines the charm of traditional Nepalese mountain country houses with modern comforts, making it an ideal destination for those seeking a tranquil and rejuvenating experience amidst the healing embrace of nature. Located in the lap of Shivapuri National Park at the altitude of 2000 m, the Prakriti Resort and Organic farm aims to become an exemplary eco-friendly hospitality service provider that provides unique and personalized best-quality services to its customers by taking a human and nature-friendly professional approach. The resort, with its unique and peaceful green environment, aims to impart a long-lasting feeling of belongingness to this planet and to rekindle among its stakeholders and customers love towards nature and all beings.

Our commitment goes beyond the mere sale of accommodation, food, and services. While we take pride in offering the finest in these aspects, our focus extends to more than just our own profit. We diligently craft and sell our tourism product with a mindful approach, ensuring minimal impact on the environment and tangible benefits for the local community.

At our farm, we're on a continuous journey of growth and sustainability, with a primary goal of cultivating a wide range of organic produce, including vegetables, fruits, herbs, and spices. This integrated and sustainable farming approach is our path to self-sufficiency. We aim to foster a deeper connection between our guests and their well-being by emphasizing the importance of organic food values.

Our eco-friendly theme and sustainable agro-tourism approach encompass not only the experience we provide but also our dedication to preserving the environment, revitalizing cultural values, and enhancing the livelihoods of the local community. We are more than just a resort; we are a force for positive change in our surroundings.

TITLE FOR THIS BULLET POINT: SUSTAINABLE FARMING & REGENERATION ACTIVITIES

1. Commitment to Sustainable farming & Regeneration activities:

At Prakriti Resort, we are deeply committed to sustainable agriculture practices and the cultivation of organic produce. One of the main reasons behind the practice of organic farming is to embark on the protection on environmental degradation and pollution in land, water and air. It creates a positive impact on the health of the farmers themselves, people living within the communities, and those who consume it. It benefits the native animals, wildlife in the surroundings and also acts to save the soil. As we understand the success to the organic farming can be successful if it comes in combination with tourism as it provides the market for own consumption. As guided by the self sustained principles, our organic farm is constantly evolving and efforts are being made in producing as many vegetables, fruits, herbs and spices as possible.

At Prakriti Resort, we believe in the synergy of organic farming, community involvement, and environmental responsibility. Our dedication to sustainable practices ensures not only a healthy and authentic culinary experience but also a positive impact on the world around us. Join us on our journey toward self-sufficiency and discover the beauty of sustainable living through our farm-to-table experience.

Environmental Stewardship: We are committed to reducing our environmental footprint by implementing biodegradable initiatives.

- We prioritize the protection of the environment, focusing on reducing pollution in land, water, and air.
- Our waste materials are composted to enrich the soil, ensuring optimal crop growth.
- We employ eco-friendly pest management strategies and use natural repellents to safeguard our crops.

Natural Farming Techniques:

- We use natural agents like Trichoderma and Pseudomonas to promote healthy plant growth and enhance soil microorganisms.
- Crop rotation is part of our practices to maintain soil fertility and prevent pest infestations.
- Beekeeping is integral to effective plant pollination, supporting biodiversity.
- Our cows and buffaloes provide fresh milk for our kitchen, and their urine and dung are used as organic fertilizers.

Self-Sufficiency and Community Involvement:

- We save seeds each year that are well adapted to our local environment.
- We actively encourage our members and villagers to adopt organic farming practices.
- We also source daily needs from local member farmers and villagers, promoting community engagement.

Transparency and Tourism:

- While we don't claim that all our food is grown on our farm, we are on a journey toward self-sustainable organic farming.
- Our farm produces a variety of organic fruits, vegetables, spices, mushrooms, crops, green Tea and herbs, which are used in our kitchen and made available to our guests.
- We integrate sustainable farming with tourism, providing a market for our produce and promoting the importance of organic food.
- **Natural Concept Farm & Garden Designs:** Our resort features a natural concept garden design, thoughtfully landscaped with indigenous plants, ferns, vines, and ornamental plantations surrounding the premises. We have incorporated ponds and water recharge trenches to replenish local water sources and create a serene ambiance.
- **Scenic Spots and Features:** Throughout our resort, we have thoughtfully placed view points, view decks, swings, and pavilions, allowing guests to immerse themselves in the beauty of the surrounding landscape.

Vermi composting: Vermicomposting is an essential and eco-friendly waste management practice employed at our resort. This method involves feeding a combination of kitchen waste, cow dung, and farming bio-products to a special type of earthworm known as red wigglers. These remarkable creatures are adept at

breaking down organic matter into a nutrient-rich and highly fertile form of compost known as vermicompost or worm castings.

This sustainable approach offers several benefits to our resort:

1. **Waste Reduction:** Vermi composting efficiently recycles kitchen waste and other organic materials, significantly reducing the amount of waste sent to landfills. It aligns with our commitment to responsible waste management.
2. **High-Quality Organic Manure:** The vermicompost produced by the earthworms is a premium organic fertilizer. It is rich in essential nutrients, microorganisms, and beneficial enzymes that enhance soil health and plant growth.
3. **Sustainability:** Vermi composting exemplifies our dedication to sustainable farming practices. By using the vermicompost on our farm, we reduce the need for synthetic fertilizers and promote organic, chemical-free agriculture.
4. **Easy Management:** Vermi composting is relatively easy to maintain, making it a practical choice for our resort. It keeps waste management streamlined while producing valuable organic resources.

Fishery activity: Our resort's fishery activity is a wonderful and sustainable addition to our self-sustained philosophy, providing a unique and enjoyable experience for our guests. Here's how our fishery operation works:

Carp fish Farming: We maintain a large pond that serves multiple purposes. It primarily functions as a reservoir for accumulating water for our farming activities, ensuring that we have a reliable water source for our crops. Simultaneously, this pond is used for carp fish farming. Carp is a popular and hardy species that is well-suited for fish farming.

- **Seasonal Management:** The pond is stocked with carp fish, which are allowed to grow and thrive. However, they are only available for catch during certain times of the year. Up until the month of May, the fish are left undisturbed. This aligns with our commitment to sustainability, as it allows the fish to mature naturally without overharvesting.

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- **Freshly Caught Fish:** As the hot season begins in May, our guests have the unique opportunity to enjoy freshly caught fish from our own farm. This provides a fresh and authentic culinary experience that sets our resort apart. Guests can savor the taste of locally sourced and sustainably farmed fish as part of their stay, contributing to the farm-to-table concept and the celebration of our self-sustained philosophy.

Cow farming: The practice of cow and buffalo farming in our resort is an integral part of our self-sustained philosophy, contributing to various aspects of sustainability and waste management:

Fresh Milk Production: Cow and buffalo farming provides our resort with a regular supply of fresh milk. This milk can be used in your kitchen, offering guests a delightful taste of locally sourced and organic dairy products. The production of fresh milk on-site reduces the need for external sourcing, aligning with your self-sufficiency goals.

Organic Fertilizer Production: Another significant benefit of cow and buffalo farming is the production of organic fertilizer. Their dung is a valuable source of nutrient-rich compost that can be used to enhance soil fertility in your farming activities. This organic fertilizer not only supports the growth of healthy crops but also minimizes the need for chemical fertilizers, promoting eco-friendly and sustainable agriculture.

Waste Management: Feeding farm secondary bio-products to cows and buffaloes aids in your waste management efforts. It allows you to recycle and repurpose organic waste materials effectively. By providing these bio-products as feed, we are reducing the volume of waste that needs to be managed through other means, contributing to a more sustainable and efficient waste management process.

Sustainability and Self-Sufficiency: Cow and buffalo farming epitomize our commitment to sustainability, self-sufficiency, and community involvement. We are not only producing essential food items like milk but also using these animals as part of a closed-loop system to support your agricultural activities and waste management. This aligns with the overarching goal of harmonizing our resort with the environment and local communities.

TITLE: ECO-FRIENDLY CONSTRUCTION, DESIGN AND DECORS

2. Designed and decorated to promote and preserve traditional and cultural heritages. (Eco-Friendly Construction, Design and decors):

The Visionary: Arun Shrestha

At the heart of our green project is envisioned by Arun Shrestha , the chairman . of Prakriti Resort and Organic farm. With a passion for sustainability and a deep respect for nature, Arun has shaped the inspiring vision of our organic resort. His extensive knowledge and goodwill were nurtured during his time working alongside his father, the renowned Vishnu Shrestha, who pioneered the concept of resorts in Nepal with the Dhulikhel Mountain Resort

Here in Prakriti Resort, Our commitment to sustainability is deeply ingrained in every aspect of our resort's construction, operation, design, crafts and decors. We have embraced an eco-friendly design that not only immerses you in the beauty of the natural world but also ensures we leave the lightest possible footprint on the environment. Our resort is meticulously designed to coexist harmoniously with nature. From our eco-friendly architecture to the use of sustainable building materials, we've taken great care to minimize our environmental footprint.

Eco-conscious construction: We prioritize sustainable building materials and construction techniques, including the use of eco-friendly and natural materials like Stone, Earth, Wood and Bamboo. Most construction materials are locally available and all construction workers are from our village only. We are proud to state that almost all the elements from construction materials to furnishings, fabricating decorative items are locally resourced and Nepal made. We are embarking towards the use of our own Nepali product into 100 percent of the total need.

Thoughtful Construction: Blending Tradition and Sustainability

Our commitment to both tradition and sustainability is evident in every aspect of our resort:

- **Main Building:** Our main building prioritizes earthquake resistance, ensuring your safety and comfort. The main building has been constructed with sand stone, iron structured frame and cement. The plastering on the walls using mud creates a natural and inviting ambiance.

Wooden Houses: We've introduced a unique approach to wooden house construction. Our bungalows feature wooden planks reinforced with steel frame structures, and their interiors are adorned with painted boards. The wooden planks are made from fast-growing wood, typically used for firewood in local villages, making it a sustainable choice. This approach has proven its effectiveness for more than six years, and we anticipate it lasting at least 30 years.

Natural Color Application: Honoring Local Aesthetics

Our unique method of preserving and seasoning wooden planks with a mix of red oxide color and used auto mobile oil painting is not only innovative but also environmentally friendly and cost effective. The advantages of this method are threefold:

1. **Durability:** By applying this special mixture, we've significantly extended the lifespan of the wooden planks, ensuring they remain in excellent condition for an extended period. This durability reduces the need for frequent replacements, which, in turn, conserves resources.
2. **Aesthetic Appeal:** The mix of red oxide color and auto mobile painting not only preserves the wood but also enhances its visual appeal. It retains the original transparency of the wood, maintaining a natural and rustic appearance. This approach aligns with the natural environment, providing an authentic and visually pleasing atmosphere.
3. **Cost-Effective and Eco-Friendly:** This method not only saves costs by reducing the frequency of replacements and maintenance but is also eco-friendly. It aligns with sustainable and environmentally responsible practices, which is crucial in today's world where sustainability is a top priority.

Roof painting in Black color: By embracing this innovative method, Prakriti Resort and Organic Farm not only showcases its commitment to sustainable practices but also contributes to the preservation of the natural surroundings, creating a harmonious and eco-conscious environment for its guests.

This approach offers several benefits:

1. **Energy Efficiency:** Black color paint absorbs the sunlight during the day, effectively harnessing solar energy to keep the rooms warm at night. This natural heating mechanism reduces the reliance on external heating sources, contributing to energy conservation and lower operational costs.
2. **Authenticity:** By adopting this approach, the resort preserves the authentic aesthetics found in traditional Nepali villages, where roofs were often made of black stone slates. This authenticity enhances the overall guest experience, immersing them in the cultural and architectural heritage of the region.
3. **Environmental Sustainability:** Painting the roofs with blackboard paint aligns with environmental sustainability. It minimizes the use of colorful roofing materials that may have a higher environmental impact. This choice reflects a commitment to preserving the natural and traditional character of the landscape.

Incorporating these nature-friendly zinc roofs adds value to the resort by enhancing its energy efficiency, cultural authenticity, and environmental responsibility. It creates a unique and harmonious ambiance that resonates with the principles of sustainability and eco-consciousness.

Our Sustainable Practices: Harmony with Nature

Land Use: Manual and Mindful

We take pride in our commitment to responsible land development. At Prakriti Resort, we refrain from using heavy machinery like dozers and JCBs. Instead, we rely on manual labor, respecting the natural contours of the land and employing non-commercial methods to protect our environment.

Land Carrying Capacity: Prioritizing Sustainability

Our dedication to sustainability extends to our limited room capacity. By deliberately minimizing our footprint, we maintain high standards and services while also preserving the organic food supply for our guests. We pay close attention to the carrying capacity to ensure a harmonious balance.

Garden and Landscaping: Embracing Local Ecosystems

- At Prakriti Resort, we believe in coexisting with nature. Our sustainable practices not only create a unique experience for our guests but also contribute to the preservation of our natural world.
- We exclusively plant native flora while avoiding invasive and foreign species, nurturing biodiversity.
- We employ natural methods for garden design and landscaping, seamlessly blending with the environment.
- Ponds and water collection points are thoughtfully integrated, reflecting our commitment to responsible water management.

Tree Plantation: we plant trees every year, guests are also encouraged to plant trees during tree planting season and on their special events like birthday and anniversary days.

TITLE; REDUCE OF WASTE/GARBAGE POLLUTION

3.Meeting the standard of waste/ garbage pollution

Prakriti Resort has a comprehensive waste treatment program whether it is solid waste treatment plant or sewage waste treatment plant. Prakriti Resort is located in the buffer area of Shivapuri National Park, the three sides of the Resort's land are surrounded by the national park and one side of it is connected with the village, a local community and trout fish farm.

Organic Waste Management at Prakriti Resort:

We take our commitment to responsible waste management seriously, with a focus on organic waste from our kitchens and gardens. Instead of sending it to landfills, we practice composting, which not only diverts organic waste but also enriches our soils. This sustainable approach allows us to recycle nutrients and reduce the environmental impact.

Furthermore, we ensure that even kitchen waste products like vegetable scraps and eggshells find a valuable purpose. We feed these waste products to our cows and buffalos, turning what might have been discarded into a valuable resource for our farm.

In addition, we maximize the utility of resources by using burned ashes from our fireplaces and incinerator in our farming activities. These ashes are rich in nitrogen, which enhances soil fertility and contributes to healthy crop growth.

To encourage responsible waste disposal, we provide designated waste collection separate points for plastics, bottles, and tins. We also provide space for their waste disposals in our resort. Our collaboration with lodges and home stay accommodation owners further reinforces the importance of sustainable waste management in our community.

We also take the initiative to educate and train the local community and lodge owners on sustainable waste management practices. By sharing knowledge and promoting responsible waste handling, we aim to create a more environmentally conscious and eco-friendly environment.

Recycling programs: Prakriti Resort establishes comprehensive recycling stations to actively participate in separating bio degradable waste, non bio degradable waste, and recyclables.

Plastic reduction: Prakriti Resort takes measures to minimize the use of plastic and reduce single-use of plastics by offering guests reusable alternatives, such as refillable water bottles and refill stations. We also use bio degradable eco-bags made of corn starch.

We use refillable container for liquid soap and Shampoo in our guest bathrooms. We discourage the use of plastic by providing Bamboo Tooth brush and plastic garbage bags. Our water has been sourced from the pristine forest and we supply drinking water to our guest after filtering and boiling it. We reduce one time use

of plastic bottles by providing water in Jars in rooms and Dining. We have also a plastic collection unit where we collect all plastics and send it to recycling plants in Kathmandu once in a year. Empty Tins and bottles are collected and sold it to recycling centers in Kathmandu recycle centers.

Use of Bio degradable bags: We minimize the use of one time plastic use by altering bio degradable bags like Cornstarch bags, paper bags etc.

Re-use of waste water: There are two separate sewage pipes lines connected in our toilets.

Black water pipe line: The pipe line for black water is connected to direct the waste to the septic tank.

Grey water pipe line: Another pipe line for Grey water is collected into one separate collection point and used for farming purpose. We do not need to worry about the chemical mixed detergent that creates adverse effect on soil and plants if it is used maximum quantity. Since our toiletries soap shampoo are made of non animal fats and free of chemicals. Whereas washing of Laundry is done in Kathmandu which minimizes the use of water and detergents in our pristine area and farm.

Utilize Eco-friendly Washroom & Cleaning Supplies: Uses of chemical and animal fat free soap, shampoo, detergents and cleaning supplies. Uses of natural refreshing agents like lemon grass oil, citronella oil etc.

TITLE; REDUCE OF LIGHT POLLUTION

4.Meeting the standards for reducing light pollution:

We have taken the necessary steps to combat environmental pollution, even addressing the seemingly innocuous issue of light pollution. The rapid increase in light pollution is primarily due to the improper placement and design of intense artificial lighting, both indoors and outdoors. Such excessive or poorly designed lighting can have adverse effects on human health, wildlife behavior, and our ability to observe celestial objects like stars.

Here at Prakriti Resort, we've implemented various measures to minimize light pollution:

- We avoid unnecessary or excessive use of lights.
- Lights in pathways are positioned at a low level to prevent direct glare in the eyes.
- We use warm LED lamps with decorative light covers inspired by nature.
- Lights are turned off when not in use, and we have installed light sensors in garden lights.
- We provide candle lighting in rooms and dining areas.

5.Maintaining noise pollution standards:

We are committed to upholding strict noise pollution standards to respect the diverse biodiversity coexisting in our area. Noise travels far due to the thin air in our region, so we prohibit shouting and loudspeaker activities in open fields. We encourage small gatherings involving activities like barbecuing, singing, and dancing around the fire in designated areas:

- Late-night stays or parties in gardens are not allowed.
- Outdoor speakers are prohibited.
- We restrict the use of loud noise machines within the resort premises.
- Our generator room is located at a considerable distance.
- Similar noise restriction standards apply in the nearby community and surroundings.

TITLE; ENERGY EFFICIENCY AND RENEWABLE ENERGY

6. Energy Efficiency and Renewable Energy:

Prakriti Resort's approach to energy efficiency and renewable energy not only reduces its environmental impact but also aligns with its commitment to sustainable and eco-conscious practices.

Renewable Energy Sources:

- **Solar Energy Efficiency:** The resort harnesses solar energy for hot water. Solar panels are used to provide efficient, eco-friendly energy solutions.
- **Cow Farming with Biogas:** The resort operates a cow farm with a biogas plant, which not only aids in organic fertilizer production but also contributes to renewable energy generation.
- **Solar light room heating:** Black color paint in our roofs absorbs the sunlight during the day, effectively harnessing solar energy to keep the rooms warm at night. This natural heating mechanism reduces the reliance on external heating sources, contributing to energy conservation and lower operational costs.
- **Fast-Growing Tree Plantation:** To meet the need for firewood, the resort has established a fast-growing tree plantation, promoting sustainability in energy sources.

Smart Energy Management:

- Prakriti Resort employs intelligent energy management systems that optimize resource usage based on occupancy and time of day. This ensures that energy is used efficiently and reduces wastage.

- The resort uses low-energy efficiency LED lamps and offers candle lighting options in rooms and dining areas for those who prefer a cozier ambiance.
- Lights are turned off when not in use, and light sensors are installed in garden lights to conserve energy.
- Guests are encouraged to turn off heaters and lights when not in use, contributing to energy savings.
- Battery backups are used during electricity outages and are recharged using a combination of electricity and solar power.
- The resort optimizes the use of generators based on room occupancy during electricity outages, minimizing energy consumption during lower occupancy periods.

No Air Conditioning Provisioning:

- Prakriti Resort does not use air conditioning, opting for more energy-efficient alternatives during colder seasons, such as room heaters, electric mattresses, and hot water bottles.

Green Transportation:

- The resort promotes eco-friendly transportation options, including Electrical vehicles services and rental bicycles, reducing the carbon footprint associated with travel.
- Hiking and biking options are encouraged to reach in our resort, further minimizing carbon emissions from traditional modes of transportation.

7. Water Conservation at Prakriti Resort: Prakriti Resort places a strong emphasis on water conservation, recognizing the importance of water in delicate ecosystems. Here are the key water conservation practices:

Limited Water Supply: The resort receives a limited supply of water from the national park authority, sourced from a nearby forest. This limited water source is managed with care.

Guest Awareness: Prakriti Resort conveys water-saving messages in guest rooms to encourage responsible water use, highlighting the value of this precious resource.

Staff Training: Staff members are trained to minimize water usage and improve water efficiency in their daily operations.

Water-Saving Urinals: Water-saving urinal devices are installed to reduce higher water consumption.

Urine Collection: Urine is collected and repurposed for farm fertilization, promoting sustainable and eco-friendly practices.

Recycling Used Water: Wastewater from kitchen and bathroom facilities is channeled to farming purposes, making efficient use of this resource.

Rainwater Harvesting: The resort implements rainwater harvesting techniques to collect and utilize rainwater for irrigation and other non-potable needs, preserving precious freshwater resources.

Efficient Irrigation: Prakriti Resort employs water-efficient irrigation methods, such as drip systems and plastic mulching, to minimize water usage in its garden and farm, promoting sustainable water management.

These water conservation practices not only help in the responsible use of water resources but also contribute to the overall sustainability and eco-conscious approach of Prakriti Resort.

8. Local Sourcing Practices at Prakriti Resort:

Community support: We actively support the local economy and community by sourcing our food and products from nearby suppliers, thereby reducing carbon emissions related to transportation and fostering economic growth.

Here are the key initiatives and practices in this regard:

- 1. Local Ownership:** Locals and farmers are actively involved as shareholders in Prakriti Resort. This involvement allows them to have a stake in the success of the resort and share in its benefits.
- 2. Enhanced Share Values:** Prakriti Resort employs various strategies to increase the share values of farmers and locals. This includes converting benefits such

as leased land's yearly rent, wages, and the purchase of essential materials like mud, timber, and stones into share values.

3. **Local Employment:** The resort provides valuable employment opportunities for the local population. This not only boosts the livelihoods of community members but also fosters a strong sense of ownership and participation.

4. **Local Purchases:** Prakriti Resort follows a local purchases policy, prioritizing the procurement of goods and services from nearby communities. This approach ensures that the economic benefits of the resort are channeled back into the local economy. We purchase all the meat items such as Trout fish, local Goat, Pheasant, and Chicken from the villagers around our resort.

5. **Livelihood Training:** The resort actively encourages and facilitates livelihood training programs for villagers. These training initiatives empower locals with the skills and knowledge needed to improve their economic prospects and quality of life.

6. **Home Stay and Organic Farming Management Training:** Prakriti Resort provides training to locals in home stay management and organic farming. This equips them with the tools to participate in and benefit from tourism-related activities.

7. **Farmers Market:** Every Saturday morning, Prakriti Resort hosts a farmers' market where farm products and local goods are showcased and sold. This not only supports local farmers but also fosters community engagement.

8. **Home Stay Promotion:** The resort actively promotes and supports home stay activities within the village. This offers an additional income source for villagers and enriches the cultural experience for visitors.

By embracing these practices, Prakriti Resort is dedicated to enhancing the local economy, providing sustainable livelihoods, and ensuring that the benefits of tourism extend to the community. This approach reflects a commitment to holistic and responsible tourism development.

TITLE; CULTURAL SUPPORT AND RESTORATION PRACTICES

9.Cultural Support and Restoration Practices at Prakriti Resort:

Prakriti Resort is committed to cultural support and restoration, incorporating the following practices:

Ethnic Gurung Cultural Village Theme: The resort's construction design and decor are inspired by the ethnic Gurung culture, with careful consideration of aesthetic values. The resort features its creative designs for construction and decor, providing a unique and culturally immersive experience.

Cultural Flag Display: Cultural flags are prominently displayed within the resort, adding to the cultural ambiance and celebrating local traditions.

Cohesive Environment with Locals: Prakriti Resort fosters a cohesive environment by promoting interactions and cooperation between guests and local villagers. This coexistence enhances the cultural experience.

Valuing Local Community: The resort places a high value on its relationship with the local community, recognizing the importance of supporting and respecting local traditions and lifestyles.

Cultural and Environmental Awareness Packages: Prakriti Resort offers packages that focus on cultural and environmental awareness. These packages aim to educate guests about the region's rich culture and the importance of environmental conservation.

Community Engagement at Prakriti Resort:

Local partnerships: We foster collaborative partnerships with local communities, facilitating cultural exchanges and mutually beneficial projects that enhance our relationship with the region and promote sustainable development. Prakriti Resort's commitment to cultural support and restoration not only enriches the guest experience but also helps preserve and promote the cultural heritage of the Gurung community while fostering harmony with the local population.

Cultural Experiencing at Prakriti Resort:

At Prakriti Resort, cultural experiences are an integral part of the guest's stay, offering a deeper connection to the local heritage and community:

Excursions and Hikes: Guests have the opportunity to embark on excursions and hikes to explore cultural villages, settlements, and cultural heritage temples and shrines. These experiences are conducted in accordance with local regulations and respect for the environment.

Evening Cultural Program: The resort hosts evening cultural programs featuring local musical performances, ethnic and cultural songs, and traditional dances performed by members of the local community. This immersive showcase of culture enhances the guest experience.

Cultural Heritage Excursions: Prakriti Resort offers cultural heritage excursions to historically significant sites like Changu Narayan, Baghdwar, Sankhu, and Manichud. These excursions provide insights into the region's rich history and heritage.

Cultural Village Visits: Guests can explore cultural villages, including Gurung villages, Tamang villages, and Newar villages, to gain a firsthand understanding of the diverse local cultures and traditions.

Community Support Initiatives: The resort is actively involved in community support initiatives aimed at improving local infrastructure and fostering social community development. This commitment to the local community strengthens the cultural bonds and overall well-being of the region.

Prakriti Resort's cultural experiencing initiatives not only provide guests with memorable encounters but also contribute to the preservation and promotion of the area's cultural heritage and community development.

Exploring Local Cuisine:

At Prakriti Resort, we are passionate about celebrating Nepal's vibrant culinary heritage. Our primary focus is on delivering delectable, organic, and authentic Nepali dishes crafted from the freshest locally-sourced ingredients. For those seeking international flavors, our diverse menu includes continental, oriental, and Indian cuisine.

Our commitment to sustainability extends to our menu designs, which are beautifully presented on eco-friendly Nepali Lokta paper, renowned for its pollution-free production. We invite our guests not only to savor our local delicacies but also to immerse themselves in the culinary experience through our cooking classes.

For tea enthusiasts, we offer a herbal tea menu featuring fresh herbs plucked directly from our garden. We take pride in producing our own house-made curd, enriched with antioxidant-rich Chia seeds cultivated on our organic farm.

Moreover, our guests have the unique opportunity to pick their own fresh vegetables, fruits, and herbs, including succulent strawberries from our farm. Strawberry-based delights such as jam, pie, juice, and wine have become beloved favorites at Prakriti Resort.

In line with our commitment to sustainability, we use traditional brass/bronze, bamboo spoons, and leaf plates for our cookware and cutlery, embracing eco-friendly practices at every level of our culinary experience.

TITLE; SOCIO-ECONOMIC CRITERIA

10. Socio-Economic Criteria at Prakriti Resort: Prakriti Resort prioritizes socio-economic factors to contribute positively to the local community and promote equal opportunities. Here are the key initiatives:

Local Job Creation: The resort actively promotes local development by creating job opportunities for the community. It utilizes locally available resources for the development of its services and products.

Equal Opportunity: Prakriti Resort is committed to providing equal opportunities to all, regardless of race, caste, or gender. It ensures a fair and inclusive work environment.

Community Services: Prakriti Resort extends its support to the local community by providing essential services such as food, water, energy, healthcare, and sanitation.

Proactive Role in Training: The resort takes a proactive role in providing training, such as organic farming and home stay trainings, to empower the local community and enhance their skills.

Seed Distribution: Prakriti Resort distributes vegetable, herbs, fruits, and strawberry saplings and seeds to villagers, accompanied by a buy-back purchase policy, to support local agriculture.

Farmers Market Stall: The resort operates a farmer's market stall every Saturday and during peak hours, providing a platform for local farmers to sell their produce.

Local Sourcing: Prakriti Resort sources meat products, including boiler chicken, local chicken, ducks, trout fish, farm boar, farm pheasant, and local goat, from local villages.

Strawberry Production: The resort has set a target for strawberry production village, focusing on becoming a significant strawberry pocket area after Kakani village.

Outsourcing in Niche Markets: The production of farm produce, including organic vegetables, fruits, strawberries, strawberry jam, and wine, is outsourced to niche markets in Kathmandu.

These socio-economic criteria reflect the resort's commitment to community development, sustainability, and supporting local businesses, ultimately creating a positive impact on the region's socio-economic landscape.

TITLE; PROMOTIONAL ACTIVITIES

11.Promotional Activities at Prakriti Resort and Organic Farm:

Prakriti Resort and Organic Farm is dedicated to providing visitors with an enriching experience of mountain culture and nature. It has become the preferred destination for Nepalese, diplomats, and tourists due to its proximity to Kathmandu and exceptional offerings. These promotional activities reflect our commitment to providing a diverse range of experiences that showcase the natural and cultural richness of the area. We look forward to creating memorable moments for our guests.

To cater to your plans and preferences, our team is prepared to arrange customized experiences tailored to your needs. While we recommend a minimum two-night stay to fully immerse in our property and the surrounding Shivapuri Nagarjun National Park, we also offer various itineraries that encompass accommodation, meals, transportation, and local guides.

Our promotional activities include:

- **Nature and Ecological Awareness and Education Packages:** The resort provides educational programs that promote nature and ecological awareness. These initiatives contribute to a deeper understanding of the environment and its preservation.
- **Nature and Wildlife Promotion:** We actively promote the beauty of nature and wildlife through our social media channels, sharing captivating glimpses of the region.
- **Mountain Biking and Hiking Packages:** For adventure enthusiasts, we offer packages that combine mountain biking and hiking, allowing you to explore the natural wonders of the area.
- **Bird Watching Packages:** Explore the rich avian diversity in the region with our specialized bird-watching packages.
- **Meditation, Yoga, and Retreat Camps:** Experience tranquility and rejuvenation through our meditation, yoga, and retreat camp packages.
- **Environmental Education Excursions:** We organize educational excursions for students to learn about environmental conservation and sustainable practices. Our resort provides students educational Eco-field trips while expanding their knowledge beyond the walls of their classrooms - Immersing the students in nature focusing on environmental awareness, adventure and personal developments.
- **Traditional Farming Experience:** Immerse yourself in traditional farming practices, from ploughing and sowing to harvesting, during a long-stay arrangement on our farm.
- **Scenic Views:** Enjoy breathtaking moments like viewing sunrise and sunset, snow-capped mountains, sunbathing, and stargazing.
- **Meetings and Workshops:** Prakriti Resort provides a serene setting for meetings and workshops, combining business with the natural beauty of the area.

Cultural Heritage Excursions: Explore the cultural heritage of the region with excursions to places like Changu Narayan, Baghdwar, and Manichud.

Guest engagement: Prakriti Resort actively engages guests by sharing information about our sustainability initiatives and promoting responsible behaviors throughout their stay. We are passionate about spreading awareness of sustainable tourism. Our knowledgeable staff is equipped to share insights about our eco-friendly

practices, and we offer informative nature walks and workshops to deepen guest understanding.

Environmental Educational experiences: Prakriti Resort offers informative and enlightening programs and guided tours about the indigenous flora and fauna, raising awareness and promoting conservation. We have promoted different packages based on environment and wildlife.

TITLE; TRANSITION TO SUSTAINABLE TOURISM

12. Prakriti Resort and Organic Farm's Transition to Sustainable Tourism Destination:

After years of dedication to sustainable tourism growth and development, Prakriti Resort and Organic Farm are now taking steps toward becoming a sustainable tourism destination. We firmly believe that sustainability cannot be achieved in isolation; it requires collective efforts and commitment to sustainable practices from the entire destination.

Our approach involves fostering collaborative partnerships with local communities, promoting cultural exchanges, and initiating mutually beneficial projects. These initiatives enhance our relationship with the region and contribute to sustainable development.

Destination engagement: We have partnership with the local communities and established a Community Based Organization (CBO) "**Haibung Environment and Tourism development Committee**". We are now working to harmonize our efforts with existing governmental structures, local bodies, and civil society organizations that are already active in the project area.

Our strategy for achieving these objectives includes the following key steps:

1. Developing a vision and raising awareness of Haibung as a sustainable tourism destination.
2. Addressing the basic needs of tourists, local communities, and tourism entrepreneurs.
3. Promoting awareness and education on responsible tourism, waste management, and environmental protection.
4. Ensuring broad participation and involvement of stakeholders in planning and implementing sustainable tourism development.
5. Harmonizing agriculture, climate change adaptation, and biodiversity conservation with tourism development.
6. Strengthening the enabling environment for tourism planning and biodiversity conservation.
7. Engaging in partnerships with local communities, NGOs, the national park authority, and government bodies.
8. Advocating for proper policies for institutional and structural development in the area.
9. Planning based on the identification of opportunities and strengths of the area.
10. Implementing adaptation measures to minimize development-induced risks and threats in the area.
11. Promoting involvement and coordination among the stakeholders.
12. Increasing public, private, and community participation in tourism development.
13. Encouraging similarity in construction, featuring traditional and eco-friendly construction, management, and operations.
14. Harmonizing agriculture, climate change adaptation, and biodiversity conservation with tourism development.
15. Strengthening the enabling environment for tourism planning and biodiversity conservation through coaching and supporting existing structures and personnel in the elaboration of tourism management plans for model sites.

Through these strategic steps and concerted efforts, Prakriti Resort and Organic Farm aspires to become a beacon of sustainable tourism and a model for others to follow in the pursuit of environmental conservation and community well-being.