



## Progress Report on Thokarpa Health Post, Thokarpa

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## Background

Thokarpa Health Post is located in Sindhupalchowk district around 100 kilometers from Kathmandu. As a partner to Sweden Nepal Society, we, Build Up Nepal, are rebuilding the Thokarpa Health Post through CSEB technology. Using Earth Bricks, it is possible to produce sustainable, affordable and earthquake resistant building with local materials. The project was initiated in October, 2017.

## Progress summary

- Retaining wall works has been completed.
- Around 10000 pieces bricks required for the building have been produced and are ready to use.
- Layout of the building has been completed.
- Excavation work has been completed for foundation.
- Rebar and RCC work for foundation is completed.
- Soling work and re-bar work of lower tie beam has been completed.
- RCC works for lower tie beam has been completed.

## Challenges faced

As the reconstruction grant deadline has been approaching; the materials supply, hikes in their prices and scarcity of the materials have been major challenge for the construction. These issues caused a bit of a delay in the construction. However, with the cooperation of locals; the problems are now under control. The construction has finally gained the required momentum!!



## Further Plan

- Complete stone masonry work within February 10th
- Complete the plinth beam level within February 23rd
- Complete the Column Works within March 10th
- Complete the slab works by March 25th
- Complete the wall works by April 15th
- Complete the finishing works by April 30th
- Handover of health post building to the community within end of May

## Concluding Thoughts

Due to a few challenges initially, the construction work is slightly behind the initial time plan. However, we have now organized the labor, material is already on site and the construction has quickly gained momentum. Thus, we are positive that we shall be able to complete the health post construction, including finishing work by the end of May.

Additionally, the construction of Thokarpa health post has created a spur of energy in the village. Thokarpa has been a model locality for CSEB technology with not just the construction of health post but more than 150 families building houses through CSEB. Benefits of using earth bricks has made the community and the locals very excited about this technology. It is very encouraging to see the villagers come by every day to look at the progress and ask questions about the construction through earth bricks. Furthermore, the workforce are from the village itself and are now learning about earth bricks and earthquake resistant construction during this process.

The locals are looking forwards to their new health post. We are grateful for your immense and valuable support to this project. This progress would not have been possible without your contribution!!

Best wishes,  
Build up Nepal

## Pictures from the construction site:

Retaining Wall work completed and layout of the building started



Remembering Almighty while starting reconstruction work!!





Layout done!!



Excavation of land started





Re-bar for footing Works and RCC column completed





RCC works for lower tie beam being completed

