



Centre for Social Change

सामाजिक परिवर्तन केन्द्र

CARBON MANAGEMENT IN NEPAL

*Three Methods, One Goal: Reducing
Carbon*

Nepal needs all three approaches working together, not as alternatives, but as complementary solutions.



SEQUESTRATION

Capture Carbon from the atmosphere and store it.

- **Plant and protect trees**

A mature tree can absorb roughly 20–25 kg of CO₂ per year. Plant at home or join a community/ward plantation drive.



- **Compost kitchen waste instead of bagging it**

Food waste in a landfill rot without air and releases methane, a far stronger greenhouse gas than CO₂, but Composting returns organic carbon and nutrients to the soil

- **Build Healthy Soils**

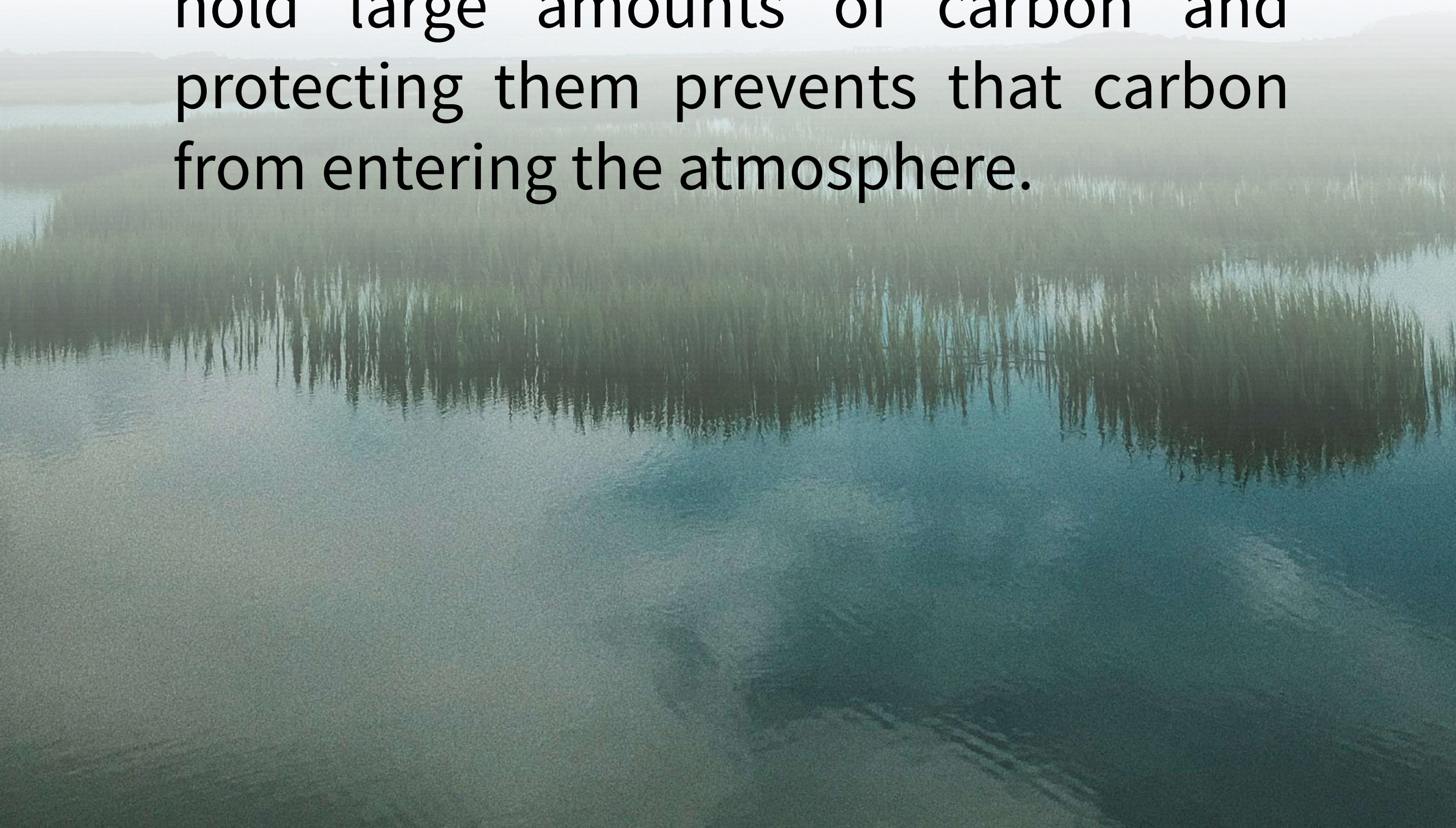
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CONSERVATION

Carbon that is already stored in nature from being released into the atmosphere.

- **Protect forests, wetlands and other ecosystems**

Forests, soil and ecosystems already hold large amounts of carbon and protecting them prevents that carbon from entering the atmosphere.



- **Never burn garden or crop waste**

Open burning, common in city neighborhoods, dumps stored carbon straight into the air you and your neighbors breathe.

- **Cut down on single-use wood and paper**

Use resources efficiently, reuse where possible and recycle paper products.



SUBSTITUTION

3

Swap high-emission options with lower-carbon alternatives.

- **Use improved cookstoves**

Some improved cookstoves can cut firewood use by 40–50% compared with traditional stoves.

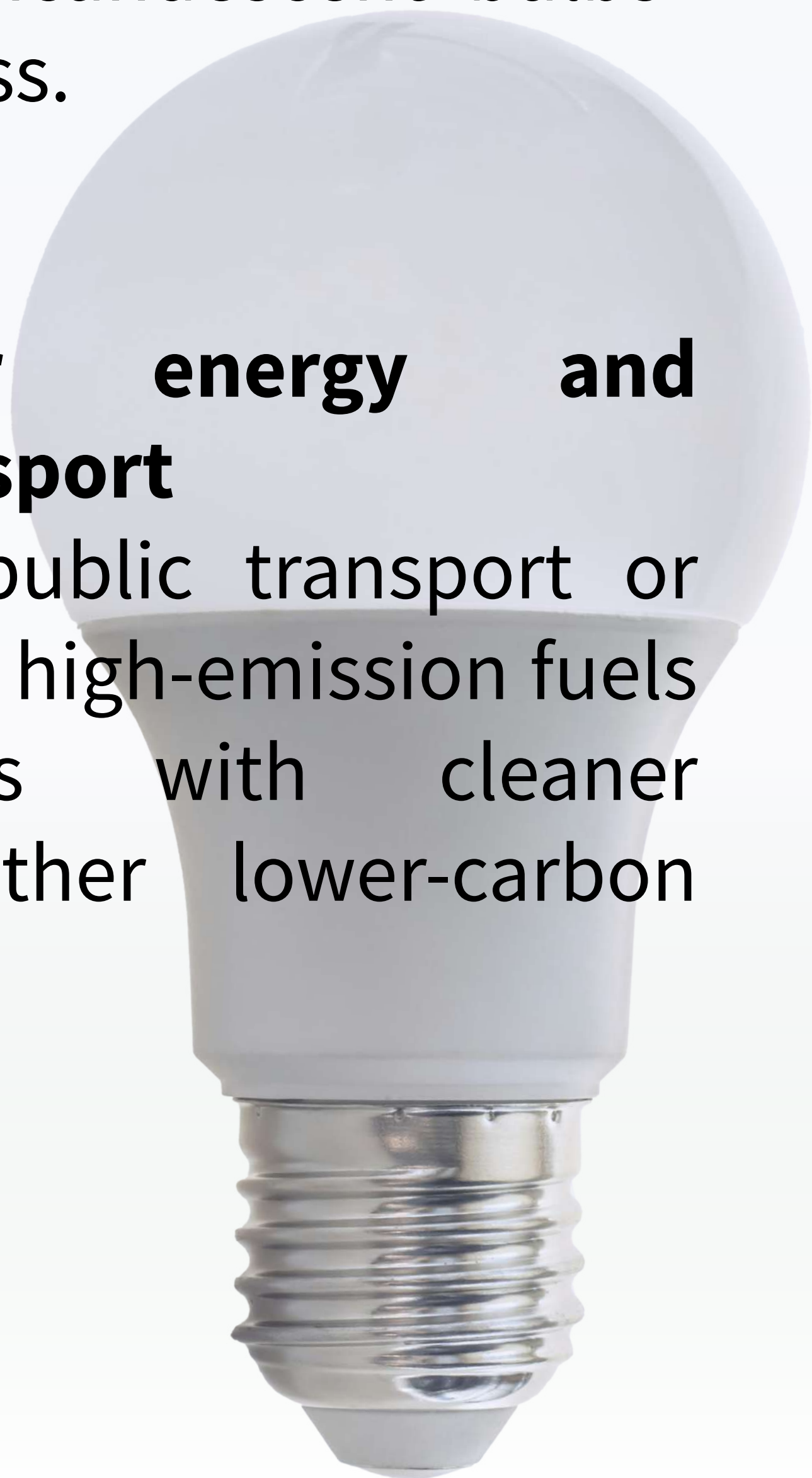


- **Switch to LED bulbs**

LEDs use roughly one-quarter of the electricity of old incandescent bulbs for similar brightness.

- **Choose cleaner energy and lower-carbon transport**

Walk, cycle, use public transport or share rides, replace high-emission fuels and technologies with cleaner electricity and other lower-carbon alternatives.





None of these alone solves the climate problem. Nepal needs all three to help build a lower-carbon

Nepal: capture carbon + protect stored carbon + reduce emissions.