Natural disasters are also causes for rendering people in poverty trap. Appropriate strategy for rehabilitation of the important infrastructure in villages help to pull villagers out from poverty trap. The following is a case of mobilizing villagers by using “their social capital” to rehabilitate their irrigation channel damaged by the Big earthquake visited in Nepal on 25 April 2015. This brought tremendous damages in the houses of the people rendering them homeless specially in 14 hill districts of Nepal. Communities and villages were destroyed by earthquake. It brought not only physical damages but also social and psychological uncertainty among the earthquake-affected people.

As a temporary measure, tents, clothes and food were distributed by government, NGOs and foreign countries International non-governmental organization. However, these efforts of short-term support was appreciable but these activities made the community dependent on others in the long term. The important question here is: How can they have long term food security? How can they have rebuilding of village and community infrastructure? Rebuilding of the community confidence was a big challenge and prevent them from poverty trap. April is the time that farmers need to get prepared for monsoon paddy cultivation in the villages of Nepal. Unfortunately, many irrigation systems got damaged by earthquake. Then, the question is: How can the community be revitalized? Let us analyze the community capacity based on 5 capitals for sustainable livelihood approach.

This presentation aims to take the cases of Dhap village of Sindhupalchowk and Kalleritar village in Dhading district. In both cases (Dhap and Kalleritar) due to damage of physical capital, even the natural resource like water supply got disturbed in the farm lands of the villages. Both physical and natural capitals of these villages got damaged. This situation rendered villagers to be uncertain for long term food security. Due to damage of physical and natural capitals, financial capitals got disturbed for any further activities in the village.

However, two resources like that of human (except a few deaths) and social capitals did not get directly destroyed. This presentation aims to look at the role of the human capital and social capital to bring back the jovial village and confidence among the villagers and prevent them for moving further towards poverty trap.

In order to rebuild confidence of the villagers, support for long term food security is considered important. This is the time for preparation for paddy cultivation which gives them long term food security by cultivating paddy. The important input for timely paddy cultivation is the village irrigation systems in both villages. Discussed with the villagers, how can they rebuild the village irrigation systems (FMIS)? Can they do it by themselves? In both villages, farmers expressed that they can do by themselves provided some external financial resources are made available to them. They have been managing these systems by themselves.
for long period of time. On the basis of the discussion, Farmer Managed Irrigation System Promotion Trust (FMIST) made funds available to the farmers Water Users Association (WUA) for rehabilitation. They took responsibility for rehabilitation.

While doing this exercise, local leadership, local technology local materials, local skill were used. These resources are locally available. In short period of time, they made temporary rehabilitation and brought irrigation water in the farmer’s field. Once they made the water flow in the canal, other problem was the paddy seed. Whatever they were saving from last year got buried in the destroyed house debris.

Paddy seeds were made available to them. The villagers decided themselves to have equitable distribution of externally made available seeds among the farmers of the affected area. Finally, they could cultivate the paddy field and harvested paddy which provided food security and confidence among the villagers.

By making use of existing social capital of the villagers and human capital and making them responsible to take decisions by themselves for their village could bring the functioning irrigation system back. Both villages could have food security for a year.

It took the farmers about seven weeks to restore irrigation to about 60 percent of their farmland. One of village leaders commented that “We left the 40 percent of land as such because taking water to this area could trigger more landslides. But it doesn't mean this land is fallow. There we grow crops such as millet, which don't require (irrigation) water,”

**Key words:** Social capital, human capital, local decision making capacity, local skill, local knowledge, local materials and local leadership