



**International Centre for Integrated Mountain Development**

Khumaltar, Lalitpur, GPO Box 3226, Kathmandu, Nepal

Email: [distri@icimod.org](mailto:distri@icimod.org), [www.icimod.org](http://www.icimod.org)

Tel: +977 1 5003222, Fax: +977 1 5003277 / 5003299

ISBN 978 92 9115 026 7