

PROMOTING PEOPLE'S CENTERED DEVELOPMENT.....

# ANNUAL REPORT 2014-2015

## **BINOBA AROGYA EVAM LOK SIKSHAN KENDRA**



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**Contact Person: Mr. Binod Sharma, Secretary**

## **FROM THE SECRETARY'S DESK**

It gives me immense pleasure in presenting you our Annual Progress Report in 32 years of our existence in social sector. It gives me immense satisfaction as well as to my colleagues at BALS K that from a humble beginning our work has now spread to 06 blocks, 44 Panchayats and 158 villages in Bihar. Our activities reached to some of the most marginalized people with more than 60,000 beneficiaries of various natures.

In 2014-2015, BALS K has taken up some of the most challenging development tasks on multiple development issues of the region. We concentrated on working on different development issues like health (general & reproductive health, homeopathic treatment, mobile health clinic and emergency services), women empowerment through self-help groups, agriculture development through infrastructure development, education among illiterates and reducing human sufferings at the time of natural disasters. Disaster management committees have been formed in Supaul, Pratapgang, Islampur and Rajgir districts in Bihar to help community fight disasters with right techniques and at right time.

In due course, BALS K has also been associated with Lok Samiti, Swakchik Manch and other like-minded social groups and networks in Bihar to strengthen voluntary action in Bihar. Exposure visits to VOs of other places has helped us in adopting better module and practices for the integrated development of the community in need.

In coming years, BALS K would like to keep strengthening the grass root people in a pro poor way through Lok Samiti which has a very extensive presence in different parts of Bihar. We would like to see that the poor rural people (men, women and children) would lead a life of socio-economic stability and respect.

Lastly, I express my gratitude to all our donors- CASA, Misereor, BFW, Basic Needs, NBJK MAMTA, SSP and individuals who trusted us and always equipped us with required resources and capacity to deliver various development activities for the community at large.

Binod Sharma  
Secretary

## ANNUAL REPORT

2014-2015

### ORIGIN

A group of youth having strong faith in the ideologies of Shri Jayprakash Narayan established B ALSK in 1982. These youths were the part of the youth wing called "Chhatra Yuva Sanghars Vahini". Initially, the group worked as a community volunteers for years with continuing efforts for community empowerment. In the initial stages, formation and strengthening of the village level institutions was the basics of the intervention. B ALSK got registered as a NGO under the Society Registration Act in 1987 and under the FCR Act in 1988.

### VISION

To establish a self-sustainable society based on the values of equal opportunity, balanced growth, dignity and self-respect.

### MISSION

To organize, capacitate and empower the rural poor in order to invigorate their potential towards socio-economic, cultural and political entitlements and materialization of organizational vision.

### LEGAL STATUS

- Registered under Society Registration Act, 1860 by I.G. Registrar, Govt. of Bihar, Patna. Registration No. 195 dated 14.08.1987.
- Registered under FCR Act, 1976 by Ministry of Home Affairs, Govt. of India, New Delhi. Registration No. 031340012 dated 06.07.1988.
- Registered under 12(A) of Income Tax Act, 1961. No. VIII-OSD/51-1992-93.
- Registered under 49(A) of Income Tax Act, 1961. PAN No. AAAAB0762B

### TARGET GROUP

Women, Children, Adolescents, Mentally Challenged People, Leprosy Patients, TB Patients, Disaster Affected Population and Farmers.

### HUMAN RESOURCES

B ALSK has a committed team of professionals, social activists and volunteers who have been entrusted with the tasks to implement different activities of the organization. At present, 135 experienced staff and volunteers are serving for B ALSK. The details of the staff and volunteers are as follows:

Type	Male	Female	Total
Full time staff	3	0	3
Part time staff	11	6	17
Social activists	2	4	6
Volunteer	49	60	109
<b>Total</b>	<b>65</b>	<b>70</b>	<b>135</b>

### **OPERATIONAL AREA**

<b><i>State</i></b>	<b><i>District Coverage</i></b>	<b><i>Block Coverage</i></b>	<b><i>Panchayat Coverage</i></b>	<b><i>Village Coverage</i></b>
Bihar	Nalanda	03	35	118
	Gaya	01	05	15
	Supaul	02	04	25
<b><i>TOTAL</i></b>	<b><i>03</i></b>	<b><i>06</i></b>	<b><i>44</i></b>	<b><i>158</i></b>

### **MEMBERS OF THE EXECUTIVE COMMITTEE**

<b><i>Sl. No.</i></b>	<b><i>Name</i></b>	<b><i>Address</i></b>	<b><i>Gender</i></b>	<b><i>Designation</i></b>	<b><i>Experience in Rural Development</i></b>
1.	Bhagwan Singh	NBJK, Korrah, Hazaribagh, Jharkhand	M	President	39 years
2.	Binod Sharma	At: Baday, Via: Islampur, Nalanda, Bihar	M	Secretary	34 years
3.	Banke Bihari	At: Shivnagar, Ekangersarai, Dist.Nalanda, Bihar	M	Treasurer	34 years
4.	Girija Nandan	NBJK, Korrah, Hazaribagh, Jharkhand	M	Member	40 years
5.	Prabhu Nath Sharma	NBJK, Korrah, Hazaribagh, Jharkhand	M	Member	40 years
6.	Pano Devi	Vill. Sonawa, P.O. Chandhari Islampur, Nalanda, Bihar	F	Member	32 years
7.	Chourasi Devi	Vill. Guljarbag, P.O. Barday, Islampur, Nalanda, Bihar	F	Member	39 years
8.	Sujita Devi	Vill. Bauridih, P.O. Bauri Sarai, Via: Islampur Nalanda, Bihar	F	Member	16 years
9.	Satyendra Singh	At: Baday, Via: Islampur, Nalanda, Bihar	M	Member	32 years
10.	Hans Raj	Old Rajendra Nagar, New Delhi	M	Member	40 years
11.	Santosh saw	Vill+ P.O. Chandhari, Islampur, Dist. Nalanda, Bihar	M	Member	14 years

## **INFRASTRUCTURE/FACILITIES**

BALSK has a well equipped registered office at Islampur, Nalanda with all necessary basic facilities like phone, fax, computers and internet along with meeting halls, demo halls, vocational training center and library. The field offices of the BALSK are at Rajgir in Nalanda district, Pratapganj in Supaul district and at Khijarsari blocks in Gaya district in Bihar.

## **AUDITOR**

Parsad and Santosh  
Madhuri Bhawan, Jamal Road  
Patna, Bihar

## **OUR DONORS**

<b><i>Name</i></b>	<b><i>Place/Country</i></b>
Ministry of Human Resource Development	New Delhi
Oxfam India Trust	Kolkata
Council for Advancement of People's Action and Rural Technology (CAPART)	New Delhi
Canadian high Commission	New Delhi
Forrad	New Delhi
Caritas India	New Delhi
CASA	Kolkata
Pathfinder International	U.S.A.
Misereor	Germany
DFID	U.K.
Bread for the World (BFW-GERMANY) Through NBJK	Hazaribagh
Cord Aid	Netherlands
Terre Des Homes	New Delhi
Basic Needs Through NBJK	Bangalore
Nav Bharat Jagriti Kendra (NBJK)	Hazaribagh
Pravivesh	Patna
Bihar Voluntary Health Association (BVHA)	Patna
Trickle Up Program	U.S.A.
Give India	Mumbai
Swayam Sikshan Prayog (SSP)	Mumbai
Damien Foundation	Patna
Mamta	Patna

## ACTIVITIES DURING THE YEAR

### HEALTH & DISASTER MANAGEMENT

BALSK with the support of **MISEREOR, GERMANY** is implementing a project for "Community Based Village Development program for underserved population with an Integrated Approach of Health, Disaster Management, climate change and Socio-Economic Improvements, Nalanda, Bihar" covering 43 villages of Islampur and Rajgir blocks in Nalanda district, Bihar. The project goal is to improve the reproductive health enhancing knowledge and bringing desirable changes in the sexual behavior increased access/control over resources better equipped for claiming of rights and entitlements and better disaster management capacity of the target groups. The target groups of the project are:

- Adolescent of age group 14-19 (male & female).
- Young unmarried male & female.
- Newly married couples.
- Eligible couples with first pregnancy/one child.
- 2<sup>nd</sup> time pregnancy and 2<sup>nd</sup> child during post partum period.
- Parents in law of eligible couples, influential Person of the target community, local administration and democratic bodies.
- Poor women, youth groups, NGO groups, PRIs and poor general communities as a whole.

### PROJECT PROGRESS

a. ***Orientation Training to Project Staff:*** Orientation training to project staff is an important activity of the project for the knowledge update of all project staff on project goal, objectives and their roles and responsibilities on reproductive health, social analysis, disaster management, SHG, community mobilization, Govt. facilities and programs, so that they can work effectively and provide quality inputs to the project implementation in the area. The process of orientation training was participatory with an emphasis on group sharing. Qualified and experienced resource persons attended the orientation training to provide right information to the trainees with equal participation of one and all. The training was held on 25-26 May, 2014 at BALSK training hall at Islampur, Nalanda. 19 participants participated in the training program and get informed on important topics/issues like health, SHG promotion, Govt. welfare schemes and programs, panchayat raj and project management.

b. ***Orientation training to project staff on Disaster Management:*** Technical training to project staff on disaster management was imparted in order to improve technical skills of the project staff on disaster management, so that they can help poor people come out from the affects of the disaster and rehabilitate themselves to live. As Nalanda district is disaster prone therefore this training is of great importance here. The details of the training are as follows:

Date	Venue	Participant	Topics Covered
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12-13/08/2014	BALSK training 13 centre, Islampur, Nalanda	<ul style="list-style-type: none"> <li>- Identification of vulnerable groups.</li> <li>-Pre and post disaster preparedness.</li> <li>-How to use local resources at the time of disaster.</li> <li>-How to minimize the effects of disaster.</li> </ul>
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c. **Training to SHG Leaders and Active Members:** Training of SHG leaders and active members is an Important activity of the organization. The ultimate goal of the training is to promote empowerment process of the self help groups to make them involved in the family level decision and other public system in the area. During the reporting period 3 batches of training were conducted in Islampur block and 3 batches were conducted in Rajgir block in nalanda district in bihar.

DATE	Venue	Participant
10-11/12/2014	BALSK Meeting hall Islampur	38
12-13/12/2014	BALSK Meeting hall Islampur	34
15-16/12/2014	BALSK Meeting hall Islampur	35
17-18/12/2014	BALSK Meeting hall Rajgir	31
19-20/12/2014	BALSK Meeting hall Rajgir	33
22-23/12/2014	BALSK Meeting hall Rajgir	32

## HEALTH PROGRAMS

Health is a major concern for the poor people in Bihar. BALSK'S intervention in health under the Misereor project is based on its understanding that health concerns are the root of vicious cycle of poverty that restrains communities from realizing their true potential in Bihar. The organization's health intervention is centered towards reproductive health that is primarily ignored till now. The thrust systems, motivating and capacitating them to serve people better. At the same time, BALSK promoted use of low cost but effective homeopathic treatments to meet their different health needs. The details of the activities undertaken are as follows:

(a) **Training to Swasthya Doots for promotion of Homeopathic medicine:** In order to provide economical treatment to the poor patients with larger effects, a training program for the members of self-help groups was conducted. The idea is to popularize low cost homeopathic treatment to active members of SHG as well as other literate women of the villages, so that their understanding on reproductive health may improve. The training was instrumental in building capacity of the target group in a right direction. The "Swasthya Doots" were also encouraged to participate in these mobile health camps of the BALSK to improve their learning and experiences in a right manner.

Date	Venue	Participant
19-20/09/2014	BALSK Meeting Hall Islampur	23
25-26/09/2014	BALSK Meeting Hall Rajgir	20



(b) **Training of Dai/Mamta/Asha:** BALSK believe that training of traditional birth attendants like Dai/Mamta/Asha is essential to minimize health causalities in the villages and minimize health risks at large. The objective of the training is to provide them basic knowledge of health care. The results of the training were good that helped in improving the health services and delivery mechanism which resulted in improving the mother and child health scenario and improving the percentage of institutional deliveries in the target area.

Date	Venue	Participant
14-16/09/2014	BALSK Meeting Hall Islampur	44
21-23/09/2014	BALSK Meeting Hall Rajgir	62
<b>TOTAL</b>		<b>106</b>



(c) **Organization of Cultural Programs:** Cultural programs in the form of street plays were regularly organized by BALKS in the intervention villages on reproductive health issue. The duration of one play was of 1-2 hrs on an average with maximum three plays in a day. These street plays started with community mobilization through folk songs. The plays started when villagers gather at one place. In 2014-15, 45 such plays and 10 wall paintings were done in different villages of Islampur and Rajgir blocks covering important messages on the issue concerned.

(d) **Home Visits:** Regular home visits were also made to motivate, mobilize and counsel the target group like men having 0 child, women having 0 child, 1 child mother, first time post partum women, first time pregnant women and second time pregnant women by the use of IEC materials focusing on spread of knowledge and education to them on the key aspects like delaying first child, use of contraceptives, safe abortion, medical check ups during pregnancy, importance of spacing between two child, reproductive health and family planning, breast feeding etc.

(e) **Group Meetings:** Group meeting is an important approach for making community agree and development of discussion habits and reach up to a conclusion unanimously. It is quite helpful in minimizing community myths and misconception in terms of reproductive health and ARH issues. In 2014-15, group meetings were conducted with following groups:

- . Newly married couples.
- . Adolescent boys and girls.
- . First time pregnant women and post partum women.
- . Men with 1 child and in the way to became father first time.
- . Father and mother- in- law of newly married couples.

During group meetings discussion were made on following RH topics:

<b>For newly married couple</b>	<b>Adolescent boys and girls</b>	<b>First time pregnant and post partum women</b>	<b>Men with 1 child and in the way to became father 1<sup>st</sup> time</b>	<b>Father and mother of newly married couple</b>
Delay in first child until the wife does not attain 21 years, Regular use of contraceptives before the pregnancy	Right age of marriage, Reproductive health and family planning, Menstruation period, Nutrition, Misconception, Delay in first child, Use of contraceptives.	Importance of spacing between first and second child., Regular use of contraceptives after the pregnancy, regular checkup during pregnancy period, administration of TT injections.	Regular checkup during pregnancy period. Administration of TT injection, Importance of spacing between first and second child, Regular use of contraceptives after the pregnancy.	Do not put pressure for first child on couples, benefits of the birth of first child as the age of 21 years, Provide motivation for the same.

(f) **Mobile Health Camps:** In 2014-15, 213 mobile health camps were organized in 43 intervention villages periodically. The mobile health camps were headed by a homeopathic doctor supported by ANMs, and Compounder. The objective of organizing the mobile health camps was to provide proper and timely homeopathic treatments to the poor people for their improved health status. 3855 patients were successfully benefited by these mobile health camps.



(g) **Interface Meeting with SHG members, Govt. Officials:** Organize yearly interface meeting with different stakeholders like ngo groups, govt.functionaries and community influencers on disaster management and health issues and prepare strategy and planning for improving the status of Dalits in the society. The details are as follows:

Date	Venue	Participant
19/03/2015	BALSK meeting Hall	46

(h) **Formation and training of Disaster Management Committees and Disaster Management Task Force:** BALSK reconstructed 43 DMCs at village level which has been formed by BALSK in Islampur and rajgir block of Nalanda district. The DMC will act as a catalyst to disseminate regular and timely information to the villagers on disaster management. They were also capacitated for doing hazard mapping. It has also been decided during the training that DMC will form a Disaster Management Task Force (DMTF) comprising 6 persons in each 43 villages that will be responsible for a. Timely and correct information at the time of disasters b. Rescue precautions c. Relief measures d. Livestock management e. Administration of first aid f. Shelter preparation. The DMTF members were amicably trained by BALSK, so that they can readily use their expertise/skills during disaster.

During the reporting period 6 batches training were conducted to DMC and 6 batches training were conducted to DMTF.

#### **F. MENTAL HEALTH PROJECT THROUGH NBJK**

For this programme, BALSK, first, traces and locates mentally challenged people who have been ignored by their near and dear. Second, such people who are financially disadvantaged and can not afford to undergo suitable treatments are identified by BALSK. After identification, the organization arranges health camps for such needy people. Further,

community awareness programmes and lobbying for such people for better health care to government organizations are also taken up.

## COMMUNITY RESILIENCE BUILDING

BALSK is supported by **SWAM SIKSHAN PRAYOG (SSP), MUMBAI** to build community resilience to overcome natural disaster and hazards on its own. Under the intervention, 10 villages of Supaul district in Bihar were selected where local community of the area underwent different activities like training, resilience demonstration and learning exchange visits. Local NGOs and grass root communities of the area ably participated in these activities to make it a success. The details of the activities are as follows:

<b>Sl.No.</b>	<b>Name of Activity</b>	<b>Outcome</b>
1.	Village identification and SHG formation	SHG were formed in Chhitha, Mansinghchakala, Imampatti, Suriari, Tapara Tola, Aadiwasi Tola, Bhawanipur (North), Surjapur, Bhawanipur (South) and Dhumania villages of Pratapganj block in Supaul district.
2.	Training on mapping by Master Trainers with selected partners and community	15 Master Trainers were selected to provide training to the community members.
3.	Facilitation of vulnerability and hazard mapping	Hazard mappings were completed in 10 villages through community participation.
4.	Sensitization workshop with grassroots community and NGOs on the role of community in DRR	2 Workshops were organized in Partapganj block which were participated by NGO representatives, PRI members, SHG members and community members.
5.	Resilience demonstrations in 3 villages by grassroots community	1 Demo units were completed. 2 Vermin compost unit and 2 acre of maize crops cultivation in Imampati. 3 Potato crops in $\frac{1}{2}$ acre in Chhitha. 2 Potato crops in $\frac{1}{2}$ acre in Mansinghchakla.
6.	Learning exchanges visits	1 learning exchanges visits were organized to Raghapur krishi bigyan kendra.

(a) **Promotion of Sustainable Agricultural Practices:** 10 small and marginal farmers were involved in the demonstration of SRI Vidhi in 2 Panchayat in Pratapganj block. The purpose behind it is to mobilize farmers to adopt SRI Vidhi of Paddy cultivation as it

(b) gives additional yields in lesser time in comparison to the conventional method.

The progress is good and farmers have started farming through this process and able to generate more crop yields.

### **TB AWARENESS PROGRAM**

NGOs are contributing a great deal in informing people about the nature and extent of disease Tuberculosis. They also highlight the shortcomings in current treatments and future possibilities for improved treatment and its containment. B ALSK with the support of MAMTA New Delhi, promoted a project on "Tuberculosis Awareness" in covering 45 villages of Islampur Block of Nalanda district in Bihar to bring desired people's awareness on TB. Under the program, We have organized community meeting, Akshya sambad, Sputum collection and transporation, wall writing, to bring right awareness and capability among the people to reduce the menaces of TB in the district.

Under this project following steps were successfully taken up:

1. Trainings to Rural Health Care Providers on the issue.
2. T.B. forums were constituted at District level.
3. Village level community meetings were organised to furnish information on tuberculosis and also answer theier related querries.
4. World TB day was observed on 24 March 2015 where school children took out TB awareness rally.
5. Akshya sambad to door to door.
6. Door to door collection of sputum was taken up once a slight symptoms of the disease surfaced or likely to surface.

### **INFORMATION DISSIMINATION INITIATIVES**

B ALSK believes that information dissemination is important for the progress of the society. In 2014-2015, workshops were organized in Islampur block in Nalanda district in Bihar covering different topics of relevance. These programs were held with the support B ALSK and community contribution and donation. Experienced resource persons and eminent personalities of the area participated in these workshops to share their views with the participants. The details are as follows-

(a) **Workshop on Water and Sanitation:** According to the latest estimates of the WHO/UNICEF released in early 2015, 36% per cent of the world's population – 2.5 billion people lack improved sanitation facilities, and 768 million people still use unsafe drinking water sources. Inadequate access to safe water and sanitation services, coupled with poor hygiene practices, kills and sickens thousands of children every day, and leads to impoverishment and diminished opportunities for thousands more. Lack of awareness on these vital aspects of life making the situation worse. In order to sensitize people on this aspect, a workshop was organized by B ALSK in Islampur. 28 people participated in the workshop and got benefitted.

(b) **Workshop on HIV/AIDS:** HIV/AIDS epidemic is emerging as a major challenge to the developing countries as the infection is targeting the productive age group of the population thereby directly affecting the development of the nation. Till date no cure is available for HIV/AIDS and therefore promoting preventive measures is the only way

out to protect ourselves against the virus. The knowledge about HIV/AIDS not only protects against the infection, but it also helps us in understanding various myths and misconceptions related to it. Awareness leads to informed choices and sensitizes us to create a stigma and discrimination free environment. In order to do that a workshop was organized by B ALSK in Islampur . 29 people participated in the workshop and got benefitted.

Workshop on hiv/aids

(c) **Climate Change and DRR:** Climate change and disaster risk reduction are closely linked. More extreme weather events in future are likely to increase the number and scale of disasters, while at the same time, the existing methods and tools of disaster risk reduction provide powerful capacities for adaptation to climate change. As these issues are new, people lack awareness on it. In order to sensitize people on this important issue, a workshop was organized by B ALSK in Islampur. 43 people participated in the workshop and got benefitted.

(d) **Workshop on Child Labor Act:** The Child Labor (Prohibition and Regulation) Act, 1986 is one the most debated acts regarding children in India. It outlines where and how children can work and where they can not. In order to disseminate information on the Act a workshop was organized by B ALSK in Islampur . 35 people participated in the workshop to get in-depth information of the Act.

