

ANNUAL REPORT

2016-2017

BINOBA AROGYA EVAM LOK SIKSHAN KENDRA



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• ORIGIN

A group of youth having strong faith in the ideologies of Shri Jayprakash Narayan established BALS K in 1982. These youths were the part of the youth wing called "Chhatra Yuva Sangharsh 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. BALS K 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. Renewed by MHA for 5 years under the FCR Act, 2010.
- Registered under 12(A) of Income Tax Act, 1961. Reg. No. VIII-OSD/51-1992-93.
- Registered under 49(A) of Income Tax Act, 1961. PAN AAAAB0762B.

• TARGET GROUP

Women, Children, Adolescents, TB Patients, Disaster Affected Population and Small & Marginal Farmers.

• HUMAN RESOURCES

BALS K has a committed team of professionals, social activists and volunteers who look over the different activities of the organization. At present, 12 full-time staff (male-08 and female- 04) are in payroll and 256 (male-10 and female-240) are working as voluntary basis.

• OPERATIONAL AREA

State	District Coverage	Block Coverage	Panchayat Coverage	Village Coverage
Bihar	Nalanda	02	23	78
	Gaya	02	09	27
	Supaul	02	10	60
Total	03 Districts	06 Blocks	42 Panchayats	165 Villages

• MEMBERS OF THE EXECUTIVE COMMITTEE

Sl. No.	Name	Address	Gender	Designation	Experience
1.	Bhagwan Singh	NBJK, Korrah, Hazaribagh, Jharkhand	M	President	41 years
2.	Binod Sharma	At: Baday, Via: Islampur, Nalanda, Bihar	M	Secretary	36 years
3.	Banke Bihari	At: Shivnagar, Ekangersarai, Dist.Nalanda, Bihar	M	Treasurer	36 years
4.	Girija Nandan	NBJK, Korrah, Hazaribagh, Jharkhand	M	Member	42 years
5.	Prabhu Nath Sharma	NBJK, Korrah, Hazaribagh, Jharkhand	M	Member	42 years
6.	Pano Devi	Vill. Sonawa, P.O. Chandhari Islampur, Nalanda, Bihar	F	Member	34 years
7.	Chourasi Devi	Vill. Guljarbag, P.O. Barday, Islampur, Nalanda, Bihar	F	Member	41 years
8.	Sujita Devi	Vill. Bauridih, P.O. Bauri Sarai, Via: Islampur Nalanda, Bihar	F	Member	18 years
9.	Satyendra Singh	At: Baday, Via: Islampur, Nalanda, Bihar	M	Member	34 years
10.	Hans Raj	Old Rajendra Nagar, New Delhi	M	Member	42 years
11.	Santosh Saw	Vill & P.O. Chandhari, Islampur, Dist. Nalanda, Bihar	M	Member	16 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 BALSK are at Rajgir in Nalanda district, Pratapganj in Supaul district and at Khijirsari blocks in Gaya district in Bihar.

• AUDITOR

Prasad and Santosh
Madhuri Bhawan, Jamal Road, Patna, Bihar

• OUR DONORS SO FAR

Name	Place/Country
Misereor	Germany
CASA	Kolkata
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
Pathfinder International	U.S.A.
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
Prativedesh	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
Rural Youth Coordination Centre	Patna

PROGRESS DURING THE YEAR

(I) MISEREOR PROJECT

BALSK with the support of Misereor, Germany has implemented a project for "Community Based Village Development Program for Underserved Population with an Integrated Approach to 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 was 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 were:

- Adolescent of age group 14-19 (male & female)
- Young unmarried male & female.
- Newly married couples
- Eligible couples with first pregnancy/one child
- 2nd time pregnancy and 2nd 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.

Implemented Activities

I. Orientation Training to Project staff on Issues of Reproductive Health, Social Analysis, Disaster Management and Cultural Practices: A 2 day orientation training was conducted for 19 project staff from 21-22.07.2016 at Rajgir. The training was held by experienced Resource Persons that helped project staff to realize their roles and responsibilities in the project and also improved their capacity for quality and timely implementation of the project.

Topics Discussed

1. Process of community mobilization
2. Communication techniques
3. Social analysis
4. Govt. welfare schemes and programs and how to get benefits of them
5. Safe pregnancy, family planning, safe abortion and RH and
6. Liaisoning skill with PRIs and govt. line departments
8. Advocacy skill and
9. Capacity building at all level.

II. Orientation Training to Project Staff on Disaster Management: A 2 day orientation training dated 26-27.07.2016 was conducted on Disaster Management for 15 project staff at Rajgir. The objective was to improve skills of project staff on the management of disasters in an efficient manner.

Topics Discussed

1. Type of disasters
2. Use of local resources during disaster
3. Linkage with govt. and other institutions during disaster
4. Preparation of village wise micro plans
5. Role of community on disaster management
6. Community preparedness for disaster management
7. Resources required for disaster management
8. Technical knowledge of disaster management and
9. Community role and readiness after disaster.

Demonstration, group discussion/presentation, role play, case study discussion and group methods used during training helped in making training impactful. As a result, the project staff gained adequate knowledge, information and skills on disaster management.

III. Group Meetings with Adolescent Boys and Girls on ARH Issues: Regular group meetings were conducted with adolescent boys and girls (age 14-19 years) on RH. These meetings were organized at village level in the batch size of 25-30 adolescent each. The duration of a group meeting was 3 hours in which different topics of adolescent reproductive health were discussed. Practiced resource materials/ flip charts were frequently used during the group meetings.

Topics Discussed

1. Physical and psychological change during adolescent age
2. Myths and misconception on reproductive health
3. Problems of early marriage & right age of marriage
4. Nutrition & anemia and
5. Menstruation and menstrual hygiene practices.

A total of **2286** adolescents (Boys and Girls) were successfully covered through these group meetings in Islampur and Rajgir blocks.



IV. Group Meetings with Different Community Groups: Regular group meetings were conducted with different community groups for reaching up to a conclusion unanimously. These group meetings were very helpful in minimizing community myths and misconception of different community groups on RH and ARH issues. Following different community groups were covered:

- Husband of newly married men.
- 1 child mother, post partum women and their husband.
- 2 child mother and father.
- Mother and father in law of newly married couples.

Average size of participants in the group meetings were 5-10 with duration of 2-3 hours. Practiced resource materials and flip charts were used during group meetings for improving right knowledge of the participants on RH/ARH.

Topics Discussed

- Male and female reproductive organs
- FP and contraceptives uses
- Sign and symptoms of pregnancy
- Registration at the health centers
- Emergency check up, TT injection and Iron Tablets
- High risk pregnancy sign and symptoms
- Safe delivery and abortion
- Colostrums feeding.
- High risk sign and symptoms in mothers and infants
- Breast feeding
- Child immunization
- Personal menstrual hygiene &
- Knowledge of RTI, STI and HIV/AIDS.



The group meetings were successful in putting a good impact among the target groups particularly among the fathers and mothers of newly married couples, who have high influence for early child bearing.

Group Meeting Coverage			
<i>Husband of newly married men</i>	<i>1 child mother, post partum women and their husband</i>	<i>2 child mother and father</i>	<i>Mother and father in law of newly married couples</i>
658	1876	2129	1320

V. Training to DMC Leaders on Disaster Management: Under the project, BALS K reframed 43 DMCs at village level that were formed in the previous Misereor projects. Each committee has an average of 12-15 members both male and female, entrusted to undertake pre disaster, during disaster and post disaster management tasks. These DMCs act as a catalyst to disseminate regular and timely information to the villagers on disaster management. In 2016-17, regular trainings were conducted for DMCs at Rajgir and Islampur blocks in Nalanda district to make them sensitized on nature of disasters and methods of prevention.

Topics Discussed	
■ PRE DISASTER	<ul style="list-style-type: none"> a. How to get right information on disasters from district headquarters, blocks, Mukhia, Gram Sevak, disasters institution, radio/TV, newspapers etc. b. Place identification for shelter and collection and use of rescue materials. c. Stocking of grains and fodders. d. Rescue operations for old age people, pregnant women, widow, single women, disable and children. e. Rescue operation for livestock.
■ DURING DISASTER	<ul style="list-style-type: none"> a. How to transfer affected population to safe places and process of relief. b. Contact building with different govt./private institutions for relief and rehabilitation materials. c. Availability of medicines, napkins, clothing, drinking water, food, milk and sanitation.
■ POST DISASTER	<ul style="list-style-type: none"> a. How to access to different rehabilitation programs of govt. and private institutions. b. Management from diseases due to waste materials, waste water collection and other communicable diseases.

VI. Training of the SHG Leaders and Active Members: Training of the SHG leaders and active members was organized to promote empowerment process of the SHGs to make them fully involved in the family level decisions and other public system in the project area. In order to improve their capacity, 3 batches of training were conducted in Rajgir block and 3 batches were conducted in Islampur block. A total of 196 women received training during the period. Mr. Manoj Kumar and Ms. Nibha Kumari were the resource persons. During the training sessions, information provided to the participants on food security scheme, girl's education scheme, women's participation in family level decisions, Gram Sabha and submission of micro plans to Gram Sabha.



Training Details		
Date	Venue	Participant
19-20.12.2016	Rajgir	33
21-22.12.2016	-do-	30
23-24.12.2016	-do-	31
26-27.12.2016	Islampur	29
28-29.12.2016	-do-	35
30-31.12.2016	-do-	38
Total		196

VII. Exposure Visit of the SHG Leaders and Active Members: In order to improve capacity of the SHG leaders and active members on latest agricultural practices, 2 days exposure visit (**10-11.12.2016**) was successfully organized. 54 SHG leaders/members that also included project staff visited KVK, Harnaut, Nalanda and gained information on herbal plantation, mushroom cultivation and uses of bio-pesticides and bio fertilizers.

VIII. Training of the Members of the Disaster Management Task Force (DMTF):

Training of the members of the Disaster Management Task Force (DMTF) is an important activity of the Misereor project. The objective of the DMTF is to prepare a team of people, who can manage future disasters more effectively by 2017.

In 2016-17, trainings were organized in batches- 3 batches of training were conducted in Islampur block and 3 batches were conducted in Rajgir block. A total of **249 (123 male and 126 female)** DMTF members received training during the period. During training, emphasis were put on DRR management techniques along with early warning and rescue system, efforts of the govt. to minimize disasters and the role to be played by NGOs/CBOs during disasters. DMTF members gained good knowledge of the topics discussed.



IX. Group Meetings with DMC and DMTF Members: The objectives of these meetings were to prepare a team of people who can manage future disaster more effectively by 2017. In 2016-17, capacity building program for DMC and DMTF members were conducted on disaster management at Islampur and Rajgir blocks in Nalanda district. These group meetings helped in improving the capacity of the **516** DMC and **258** DMTF members about disasters, prevention measures and tapping of resources.

V. Income Generation Program in Tailoring to SHG Members: In 2016-17, **40** SHG women members were successfully covered under the skill training program in tailoring trade. 40 SHG women were successfully conducted in the trade. The training was conducted by the experienced trainers of the area- Madhuri Kumari and Asha Devi, who provided quality theoretical and practical training to the trainees. As a result, SHG women members gained quality skill in the trade. BALS K is working for their self-employment/employment at the local level.



VI. Interface Meetings: Conducting yearly interface meeting with different stakeholders like NGOs, CBOs, PRI representatives, youth groups, govt. functionaries and community influencers on disaster management and health issues is an important activity of the project. In 2016-17, **01** interface meeting was organized at Islampur that appraised participants about the disaster management and health issues of the project. A total of **33** people attended this meeting.

VII. Home Visits: In 2016-17, **612** newly married women and **498** first time post partum women were covered through **6** home visits. The average duration of one home visit is of $\frac{1}{2}$ to 1 hours depending on the counseling needs of the clients. During home visit following topics were discussed which benefitted the beneficiary immensely:

1. Introduction to male and female reproductive organs	2. Menstruation and menstrual hygiene	3. Conception and contraception	4. Means of family planning	5. Benefit, short comes and precaution of different contraceptives.
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VIII. Training to DAI (TBA)/MAMTA/AWS/ASHA: In Bihar, DAI (TBA)/MAMTA/AWS/ASHA are important grass root health service providers. They have high responsibilities for rural women's health and therefore they required regular training for improving the health problems of the rural women as well as also improving the village health system. In 2016-17, **3** days training program (17-19.08.2016 & 14-16-08.2016) each were organized at Islampur and Rajgir blocks successfully. A total of **102** DAI (TBA)/MAMTA/AWS/ASHA were benefitted by the training.

Topics Discussed

1. Immunization of pregnant women	2. Regular intake of notorious foods	3. Pre and post natal care	4. Precaution to be taken during the pregnancy period and	5. Regular supervision of doctor during the pregnancy period.
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IX. Training of Swasthya Doot on Homeopathic Medicine: In order to provide economical treatment to the poor patients, a **2** days training program for Swasthya Doot was conducted on 22-23.09.2016 at Islampur. The basic idea was to popularize low cost homeopathic treatments in the area as well as improve knowledge of the Swasthya Doot on FP, RF, Immunization and First Aid.

X. Exposure Visit of DMC Leaders: In order to improve capacity of the DMC leaders about disasters and its prevention an exposure visit was organized on 08-09.12.2016. **51** DMC leaders including project staff visited CASA project of Abhigyan Disha, a NGO operational in Bennipatti block in Madhubani district in Bihar to observe/gain knowledge of the improved multi cropping method adopted by the farmers and about the pre, during and post disasters management techniques adopted by

Abhigyan Disha. The DMC leaders also came to know about the strategies adopted by the people in the district for prevention of disasters more effectively.

XI. Group meetings to DAI (TBA)/MAMTA/ASHA/AWS/ASHA: In order to retain knowledge of the target groups on topics like immunization of pregnant women, regular intake of notorious foods, pre and post natal care, precaution to be taken during the pregnancy period and importance of regular supervision of doctor during the pregnancy period In 2016-17, a total of 2 group meetings (1 at Islampur and 1 at Rajgir) were organized. A total of **98** DAI (TBA)/MAMTA/ASHA/AWS/ASHA were benefitted by these group meetings.

XII. Wall Writings and Street Plays: Practiced cultural events like street plays and wall writings are important means of community sensitization in the rural areas of Bihar. These means are primitive but still a strong means in remote villages of Bihar where there is minimum reach of other communication medium. The cultural team of BALS K conducted street plays in 43 villages. The duration of an event was of 1-2 hours on an average and conducted two events in a day. The cultural events started with community mobilization through folk songs and plays performed when villagers gather at one place. In 2016-17, **60** street plays and **80** wall writings were organized on health and disaster related issues.

XIII. Developing Village Wise Action Plan: Community meetings were organized in all 43 project villages that helped in village development and disaster issues strongly. Different aspects were identified and micro plans prepared. The villagers also made aware on different govt. departments that provide support/help on these issues. Applications were also prepared and submitted to the concerned govt. officials/departments for taking appropriate steps for possible solutions.

XIV. Mobile Health Camps: In 2016-17, **115** mobile health camps of one day duration each were organized in 43 project villages. The mobile health camps were headed by the homeopathic doctors and supported by ANM to provide proper and timely homeopathic treatments to the poor people for improved health.

(II) CASA PROJECT

BALS K has been supported by CASA for improving the socio-economic status through leadership development and develop DRR and livelihood opportunity with focus on Dalit, Mahadalit and ST population in **10** villages/tolas of the Tekuna and Suryapur Panchayats of the Pratapganj block in Supaul district in Bihar.

Indian Government at all levels, announces several social security schemes and programs like "Indra Awas Yojna", "Pradhan Mantri Awas Yojna", "Pradhan Mantri Ujwala Yojana", Old Age Pension, Widow Pension, Lakshmibai Pension, Disability Pension and Food Security etc. for a cross section of the society from time to time. In 2016-17, BALS K attempted to provide information to the project beneficiaries about these social security schemes and how they can get benefits of these schemes for their social development. We successfully formed many types of committee/groups in the project villages such as VDC, DMC, DMTF, Peace committee, Youth Group etc. and by enrolling members from different castes and religion in these committee/groups. Periodic meetings of these committee/groups were held up in good spirit. The Dalits/Mahadalits are now enjoying equal participation in the decisions making process that has not been achieved before.

The main livelihood source of people in the project area is agriculture/share cropping and daily wage earning. But poor people do only 3-4 month of work in agriculture because of lack of agriculture facilities and resources. In the project area, 90-95% of population belongs to BPL category and many of these people are yet to

be listed in the BPL list. So, people of the BPL category are deprived of the govt. anti poverty programs and facilities. Migration is high and there is also difference in the daily wages of men and women. Women are getting fewer wages than men.

In 2016-17, regular training and meetings were organized by BALS K that had strengthened their economic options. Now apart from daily wage earning, these people have been using their barren lands for cultivation of vegetables, pulses and maizes. This has not only makes them economically stronger but also helped them to get notorious foods that improves their family health overall and limit their medical expenses to a great extent. Livelihood opportunity also maintained at the time of disaster and climate change. People have now got aware of the collective farming benefits under livelihood model and also started taking agriculture loans for long term benefits. Under MNREGA, people are getting employment opportunity now which has reduced the percentage of migration as well.

Our activities had made Dalits and Mahadalits politically aware. They are now aware of their voting rights, PDS, land rights etc. In 2016-17, BALS K also tried to promote these people as "pressure groups" and arranged their regular meetings with BDO, CO and PRI representatives that helped them to understand their different rights and privileges. Now, they are encouraged to meet and interact with govt. officials and panchayat representatives to discuss their problems at length. Due to the collective action of BALS K, block officials beginning to realize their error and started listing out the families not enrolled and attached in PDS. Women leadership development initiative has also provided excellent results in a very short span of time. They have been instrumental for a ban of alcoholism in the area.

In present context, climate change is a serious concern. The project area is facing the challenges of flood and drought both. So, seasonal farming practices were emphasized in 2016-17. Through trainings and exposures, people learnt about seasonal farming, vegetable farming and preparation and use of vermin compost in farming practices through collective efforts. DMC and DMTF were made more capable for reducing the effects of disasters more effectively.

Implemented Activities

Sl. No.	Name of Activity	Period	Participant
1.	Quarterly group meeting of CBOs in each village arranged	Quarterly basis	80% CBOs Member in 10 CBOS
2.	Community meeting organized in each village for sensitization and mobilization and for increased participation in Gram Sabha organized	Quarterly basis	General Community
3.	Meetings to be organized for villagers for generating awareness regarding the importance of Siksha Samiti. notorious foods for improving the overall health of the family and capacity building of CBOs for better functioning of AWCs, Mid Day meal, PDS etc.	Quarterly basis	General Community

4.	Capacity building training to Project staff and Community leaders	24-26/08/16	10
5.	Block level CBOs network meetings	16/10/16	22
6.	Meetings with CBOs & PIOs for formation of Issue based Alliance	26/10/16	15
7.	Preparation of Vermin Compost pits	2016-17	4
8.	Training for creation of livelihood models through Bamboo based Products	26/10/16 to 4/11/16	1
9.	Preparation of Micro plan on disasters in each village	2016-17	10 village
10.	Exposure visit to DMTF/DMC members	29/12/16	14
11.	Review meeting to DMC/ DMTF members	Quarterly basis	General Community
12.	Training of CBOs leaders and volunteers on RTI Act	25/10/16	32
13.	Training to CBOs and volunteer on Lok Sikayat Nivaran Act	30/12/16	35
14.	To organize Panchayat level workshop on women Empowerment Issue	25/06/16 & 28/06/16	86
15.	Training to selected volunteers and stake holder on Gender issues	29/06/16	38
16.	Adolescent training on Gender	22-23/10/16	165



(III) SSP PROJECT

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:

Sl.No.	Name of Activity	Numbers Organized/Benefitted
1.	Orientation Training to DMTF Members on Disaster Issues	2 trainings
2.	Workshop for Community Volunteers	4 Workshops
3.	Exposure Visit	2 Exposure Visit
4.	Distribution of Community Resilience Fund	10 Groups



(IV) OTHER PROGRAMS

BALSK believes that information dissemination is important for the development of the society. In 2016-17, number of awareness programs in the forms of workshops and camps were organized in Nalanda, Gaya and Supaul districts in Bihar covering different issues of socio-economic relevance. Experienced resource persons and eminent personalities were invited to share their views and knowledge with the participants on these issues. The details are as follows-

Date	Subject	Participant
20.04.2016	Child Labor Eradication	32
31.12.2016	HIV/AIDS	35
20.08.2016	Water & Sanitation	28
18.07.2016	Climate Change and DRR	52
5.06.2016	Environment Awareness	45
Total		192

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