

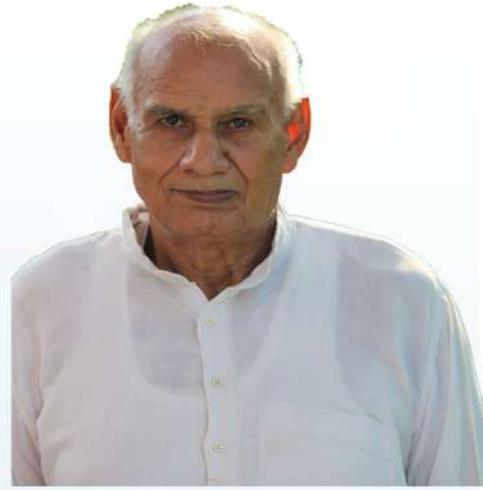


PROMOTING PEOPLE'S CENTERED DEVELOPMENT.....

## **Annual Report | 2020-21**



# MESSAGE FROM THE SECRETARY'S DESK



“

Dear friends,

*Even as the pandemic gripped the world in 2020, restricting mobility and opportunity, BALS K staff and participants demonstrated their resourcefulness and determination. As we do every year in our Annual Report letter, we are proud to share our successes. This year, facing the challenges of the pandemic and several extreme weather events, we are doubly proud to report on our results.*

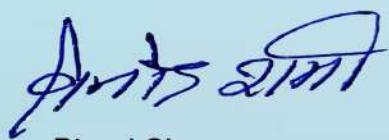
*I am delighted that the Annual Report of BALS K for the financial year 2020-2021 is published. Our hearts are full of Joy and gratitude to God for showing us the way in last 33 years and enabled us to reach out to millions of people who needed help and support for a dignified life. These past years have also given us opportunity to learn from people's struggle. It is important to recognize that we need to remain relevant as an organisation as the socio-economic and political situation has rapidly changed which brings up new challenges to deal with.*

*In 2020-2021, BALS K has worked on some of the 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.*

*My word to the team, our partners, contributors, the youth and the larger masses, don't wait for the right time and opportunity. "This world is the world of volume, we do need solutions in volume and the people who work on those are also needed in volume."*

*We express our appreciation for the help and support we have received from the government officials.*

*Lastly, I express my gratitude to all our donors for their support and solidarity and individuals who trusted us and always equipped us with required resources and capacity to deliver various development activities for the community at large and we look forward to engage with you through various initiatives in the future.*

A handwritten signature in blue ink, appearing to read "Binod Sharma".

Binod Sharma  
Secretary, BALS K

# GENESIS

**A** group of youth having strong faith in the ideologies of Shri Jayprakash Narayan formed B ALSK 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 several years to learn the art of 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

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

# MISSION

**T**o 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.

# RECOGNITIONS

## Awards & Participation

- Father Tong Memorial Award in category of Best Community Health Organization for the year 2011-12 by Bihar Voluntary Health Association, Patna.
- The David & Lucile Packard Foundation acknowledges and appreciates the contribution of B ALSK for advancing family planning and reproductive rights for young people, through the Parchar Project in partnership with Pathfinder International, India for the year 2002-2005.
- Participated in Indo-Pak Exchange Programme Enhancing Adolescent Sexual and Reproductive Health. Supported by The David and Lucile Packard Foundation.
- Participated in Management Development Programme on Strategic Leadership and Management Development for Population and Reproductive Health Programmes from December 26, 2004 - January 1, 2005.

## 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.
- Unique Identification No. on NITI Aayog Portal: BR/2017/0168348

## MEMBERS OF THE EXECUTIVE COMMITTEE

SL. No.	Name	Address	Gender	Designation	Experience
1	<i>Bhagwan Singh</i>	<i>NBJK Korrah, Hazaribagh, Jharkhand</i>	<i>M</i>	<i>President</i>	<i>44 Years</i>
2	<i>Binod Sharma</i>	<i>Baday, Via: Islampur, Nalanda, Bihar</i>	<i>M</i>	<i>Secretary</i>	<i>39 Years</i>
3	<i>Pano Devi</i>	<i>Vill. Sonawa, P.O Chandhari Islampur, Nalanda</i>	<i>F</i>	<i>Treasurer</i>	<i>38 Years</i>
4	<i>Girijia Nandan</i>	<i>NBJK, Korrah, Hazaribagh, Jharkhand</i>	<i>M</i>	<i>Member</i>	<i>45 Years</i>
5	<i>Prabhu Nath Sharma</i>	<i>NBJK, Korrah, Hazaribagh, Jharkhand</i>	<i>M</i>	<i>Member</i>	<i>45 Years</i>
6	<i>Satyendra Singh</i>	<i>Baday, Via: Islampur, Nalanda, Bihar</i>	<i>M</i>	<i>Member</i>	<i>37 Years</i>
7	<i>Santosh Kumar</i>	<i>Vill. &amp; P.O. Chandhari, Islampur, Nalanda</i>	<i>M</i>	<i>Member</i>	<i>19 Years</i>

## TARGET GROUPS

*Women, Children, ERs of Panchayat, Adolescents, Disabled, Disaster affected population and small & Marginal Farmers*

## HUMAN RESOURCES

*BALSK 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-09 and female- 03) are in payroll and 256 persons are working as voluntary basis.*

## 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 Warisaliganj in Nawada District in Bihar.*

## OPERATIONAL AREA

State	District Coverage	Block Coverage	Panchayat Coverage	Village Coverage
BIHAR	Suapul	2	10	60
	Nawada	2	30	157
	Nalanda	2	23	78
<b>TOTAL</b>	<b>03</b>	<b>6</b>	<b>63</b>	<b>295</b>

## AUDITOR

*Prasad and Santosh*  
1B, Shambhu Nath Plaza, New Dak Bungalow Road, Bihar

## OUR DONORS SO FAR

<i>Name</i>	<i>Place/Country</i>
MISEREOR	Germany
CASA	Kolkata
Centre for Catalyzing Change (C3)	New Delhi
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

## (1) WITH THE SUPPORT OF CASA

BALSK has been supported by CASA for improving the socio-economic status of Dalits and Mahadalits population through leadership developments, developed DRR and Kivelihood opportunities in 10 Village/tolas of the Tekuna and Suryapur Panchayats of the Pratapganj block in supaul diatrcit of Bihar.

The project Intervention Area and targetted group are economically backward class. several people belong landless, share cropers, Agriculture labour, daily wages and others type of low wages. Unemployment, poverty, literacy is the major problem in this area. National Disaster flood 2008 are also root cause of this problem.



Training on Disaster Management

BALSK started several poverty Eradication activity among targetted people. They awared about social welfare scheme NRLM and Poverty Eradication program like National old age pension,Mukhyamantri vridha pension, widow pension,Disable pension, PMSY,PMKP,Mudra yojna, PMKVK, Awas yojna, lohiya swasthya yojna, ICDS, MDM, ujwalla yojnaand others agriculture subsidy schemes. Community leaders were trained about these schemes. They have got current knowledge about Entile, condition and process. community leaders gave knowledge about several schemes to aware benificiaries/ targetted people. They also started preparation and use of vermin compost in cultivation so their production cost reduce. These schemes gradually increases their income. Peoples are now aware about collective farming. They have trained by KVK and Pusha agriculture university for Modern cultivation. Targeted people plantation of papaya and others fruit plants and green vegetables/kitchen garden so their daily income increase.



**Building & strengthening Community Based Organisations (CBO)** It has led to emergence of a large number of grass-root organisations of men & women facilitating development & change. These CBOs have gradually acquired the capacity to understand & analysis their issues & addressing it collectively.

Formed different type of village level CBOs as VDC, DMC, DMTF, Youth club, farmers club, peace committee,Block and district level fedration etc. BALSK conduct many type of seminar, training camp, workshop, Exposure visit, different type of meetings for capacity building of people. After conducting these activity build and developed social leadership and they active roll for socially development of society. Through intervention, targeted group are now being able to take decision without the descrimination of cast and religion and trained to improve their skills in leadership to play a lead role in village development. Womans are well aware due to attaining many meeting and Capacity Building training. They regularl ar attained the Gram sabha, ward sabha meetings and share their problems and demand for their rights. CBOs leaders also active for many type of social security and others development schemes. They regullarly contact with Grampanchayat, block and district level officials and Elected representatives. There has been an increased participation of youth, women and Gram Sabhas. Leadership Building Training of youth and women, meeting with community and PRI members, planning of village development with community members, creation of livelihood model on tailoring, training of community-based groups on leadership and socialaudit were implemented.



Coordination meeting with Govt. officials on the issue of land reform

The CBOs engage with institutions such as panchayat, multiple government departments at village, block and district levels, the CBOs interface with the panchayat and other government functionaries on common issues, share information, discuss strategies and share ways of resolving. They never thought they will even enter to the office of government officials and now they feel confident to talk with government officials on their rights.



District Level Federation Meeting

Strengthening their capacity and knowledge on disaster risk reduction will help them to survive and cope up with the situations and prepare them for future disasters. Awareness Generation Programmes, exposure visits, Capacity Building Programme on Disaster risk reduction and Skill Training Programmes have been initiated by B ALSK to train the community leaders to strengthen the local capacity of the community.



Targeted Community participated in Gram Sabha

Many leaders shared their feelings and happiness being a part of collective process. They realized the power of common people in togetherness. Many examples they cited during the sessions.



**BALSK has been promoting Banana cultivation in the project villages by creating awareness on nutritional value of Banana and encouraging people**



#### **Block level federation meeting**

**Dispensing information on government schemes and a lot many beneficiaries could avail and were benefitted by the government's social security, economic empowerment, housing, health, education and scholarship schemes. With awareness of many schemes, people's organisations are able to avail the benefits for a better living.**

#### **Exposure Visit of Farmers to Himalaya Herbal Aromatic Organic Farming**



**They were showcased live demonstration of various traditional systems of organic farming through their experiences and tried to motivate participants for adopting organic farming. Participants visited farm sites and the saw the convergence, which motivated them to adopt organic farming and consumption. Queries from the workshop were clarified in practical.**

## Study and research on gender based violence among targeted community

Our study & research shows that gender-based violence is that it knows no social or economic boundaries and affects women and girls of all socio-economic backgrounds: this issue needs to be addressed in Project area. Decreasing violence against women and girls requires a community-based, multi-pronged approach, and sustained engagement with multiple stakeholders. The most effective initiatives address underlying risk factors for violence, including social norms regarding gender roles and the acceptability of violence.



**SUSTAINABLE  
LIVELIHOOD**

BALSK has been involving in Banana promotion among communities through awareness building on nutritious aspects of Banana consumption. BALSK emphasizes communities to use part of their land in Banana Cultivation and was able to promote it among 423 Households. Promotion of traditional seed bank, Nutrition Garden, Organic Farming (organic manure - Jiva Amrit, Vermi Compost, etc.) in the project areas.



### Review Meeting on Program and Finance

Enhancement of the capacity and skills of BALSK staff through review meeting on program and finance. It has prepared the staff to face future challenges and play new roles efficiently and effectively. It has also helped us in visualizing an appropriate programme management structure at various level which will make BALSK more effective and meaningful in meeting the new challenges and playing the desired roles more effectively.



### Capacity building - 'Do No Harm'

Objective of strengthen and consolidate the mainstreaming of DNH processes, with an emphasis on gender, to ensure that they are integrated in the programmes. Youths were trained to analyse and face challenges of sensitive issues with utmost care, they were trained to adapt and ensure Do No Harm framework and also to build a peace building practice. They were also capacitated on gender based issues. Besides that, the youth groups spread awareness on various issues of social concern through different activities such as street plays, wall writing, organising local level cultural events.



## ***Initiatives on Creating awareness***

(Awareness on WASH for COVID-19 , Print media/WallWriting/Posters/Banners)

The rapid spread of the novel corona virus globally has sparked a wave of tension worldwide. As the outbreak continues, BALS K is concerned about its impact on the most vulnerable communities of Project area. We are prepared and raising awareness in the far-flung regions of Project area to protect the health and security of the inhabitants, as well as of the staff members of BALS K.

## कोरोना से बचने के उपायों की दी गई जानकारी

संवाद सुन, प्रतापमंज (सुपील): कोरोना महामारी के बढ़ने से संक्रमण और बढ़ा आपदा से बचने के उपायों को लेकर आयोजित दो दिवसीय जागरूकता प्रशिक्षण दिवार का कार्यक्रम गुरुवार को संपन्न हो गया। सामाजिक दिवार विनाय आरोग्य लोक शिक्षण केंद्र और कासा के संरख्यत तत्त्वावधान में प्रखंड मुख्यालय द्वितीय पारखंड जैन धर्मशाला में संपन्न कार्यक्रम में लेकरन 25 लोगों को कोरोना और आपदा प्रशिक्षण पर विस्तृत जानकारी दी गई प्रशिक्षक के रूप में बबीता कुमारी ने कोरोना को वैदिक व महामारी बताते हुए कहा कि आज भारत सहित कई इस महामारी के संकट से जैनमार्ग

आगनवाडी केंद्रों पर चलाया गया टीकाकरण अभियान संघर्ष सुन्न, बुत्ता वाचारा (सुपील) : इत्तमपर प्रथमें क्षेत्र के विभिन्न आगनवाडी केंद्रों पर शुक्रवार को टीकाकरण अभियान चलाया गया। इस दौरान बुत्ता आ रियत केंद्र संख्या 217 व लक्ष्मीनारायण वायात रियत राय टोला के केंद्र संख्या 13 पर 0 से 5 वर्ष, किंवारी व गवनीवती महिलाओं के बीच टीकाकरण किया गया। इस वायात स्थित विभाग को पाएनम वंचला पुम्भारी ने गर्भदाती महिलाओं, किंवारी व बच्चों का टीकाकरण किया। इस दौरान सेविका खुराक झुमारा व केंद्र संख्या 13 की सेविका सेविका रेणू देवी समेत आशा पुराणी भी मौजूद रही। टीकाकरण के दौरान आगनवाडी सेविका रेणू देवी ने सुरक्षा विभागीक दूरी का पालन करते हुए महिलाओं को दूर-दूर बढ़ने की छिद्रायत दी। इस भौके पर सेविका रेणू देवी ने महिलाओं से कहा कि वह अन्यवासक लोग से अपने घरों पर बाहर निकलें, तो उस समय मारक या रस्ताल से अपने चहरे, नाक, मुँह को अच्छी तरह सी ढाक ले।

- *BALSK created awareness among the community through wall writing, posters, banners, leaflets, etc.*
- *BALSK have demonstrated hand wash methods as well as other methods to reduce the risk of the infection.*
- *We, altogether have also supported the Bihar government to spread awareness programme and information within the community on COVID-19.*
- *BALSK had a meeting with PRI members on COVID-19 to contain the spread of coronavirus.*
- *Awareness yatra was conducted with the community on COVID-19.*

## **Outcomes Achieved**

- **Facilitation of alternative and sustainable livelihood opportunities for the farming communities is an important and integral part of the programme. Communities were taught on ways to develop village micro-planning considering the priority needs of the village by including all sections in the planning process. Initiatives like kitchen gardening, landreclamation and formation of village development committees were taken up.**
- **Mainstreaming of School dropout children parents got sensitive for girls education. Poor Children supported under the fellowship and notorious food schemes.**
- **Promotion of local resources to meet out disasters and capacity building for better planning for disaster management in future. Encouraged to link with govt. disaster road map. Promotion of better coordination with Bihar Disaster Rehabilitation and Reconstruction Society.**
- **There has been an increased participation of of youth, women in Gram Sabhas. Leadership Building Training of youth and women, meeting with communityand PRI members, planning of village development with community members, creation of livelihood model on tailoring, training of community-based groups on leadership and social audit were implemented.**

## **(ii) WITH THE SUPPORT OF MISEREOR**

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, Supaul, Bihar” covering 30 villages of Chhatapur blocks in Supaul 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 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 communityy, local administration & democratic bodies
- Poor women, Youth groups, NGO groups, PRIs and poor general communities as a whole .

### **Implemented Activities**

#### **(I) Training to Adolescent on Reproductive Health**



#### **Topics Covered**

Changes from childhood to adulthood, Right age of marriage, HIV/AIDS, Reproductive Health and FP, use of contraceptives and physical differences between male and female.

1 block	151 Girls
30 villages	29 boys

Training to adolescents on RH was conducted in a total of 6 batches through which 180 adolescents were benefitted. Due to illiteracy and lack of information, adolescent always generates negative thinking and many misconceptions regarding reproductive health and family planning tools. The training mainly provided information on physical changes in adolescent, reproductive system infections, right age of marriage, child spacing, reproductive health, means of family planning, etc. The judge the level of knowledge before training and after training, pre-test, and post-test of all 180 adolescents was conducted and it was observed that their level of knowledge has increased significantly after training and a good understanding has been developed among them on the above-mentioned topics

## (II) Group meeting with Adolescents



### Topics Covered

Delusions, fallacies, biological information, right age of marriage, menstrual cycle, RTI, STI, HIV/AIDS, malnutrition, nutrition supplements, IFA, calcium pills, etc.



### Plan

**2600**

### Achievements

**1501**



Separate group meetings of adolescent boys and girls were conducted by B ALSK in different villages of the project area. In these group meetings, their understanding of their reproductive health and behavior change was judged, and accordingly, the information provided and regular follow up were made by the project staff. Because of illiteracy, the adolescents of the villages are illusioned and misinformed about their reproductive health issues. B ALSK organized Role Plays to promote better information on the issues of family planning, reproductive health, marriage at the right age, potential danger from child marriage, responsible husband and father in married life and methods of availability and use of family planning tools. Questions arising in the minds of teenagers were also adequately resolved in the group meetings. This brought positive behavior among adolescents about their sexual and reproductive health issues. The adolescents have now started talking freely in group meetings and their hesitation has gone away. Group meetings of adolescent girls were organized separately whereas the half-yearly meetings of the trained adolescent girls were held by the project staff. In each group meeting, the adolescents were asked about their previous information and behavior which revealed that adolescent girls have now started using sanitary napkins and also taking care of hygiene. Based on their information and methods of practice adolescent girls were updated. Facilities provided under ICDS like dietary supplements, dry ration, and the importance of the use of IFA were highlighted. Also, RTI, STI, HIV - AIDS, malnutrition, anemia, availability of standard means of family planning, right age of marriage, delay in the first child, availability of standard means of family planning and methods of use, and negative effects of early marriage were also covered in details. These meetings led to a belief and brought a positive behavior change on RH and sexual health among the adolescents.

## (III) Group Meetings with Different Target Groups

Six months group meeting with different target groups like women and husband of 1st time pregnant women and postpartum women, women and the husbands of women with 1st child and 2nd child, fathers and mothers of newly married couples, newly married men were successfully organized during the reporting period. The project staff organized meetings in small groups that covered different topics of huge importance. The details of the group meetings are as follows:

### (a) Women and Husbands of 1st Time Pregnant Women and Postpartum Women



### Topics Covered

Regular checkup during pregnancy, Immunization, the importance of taking iron tablets and nutritious diets, the importance of breast feeding, Importance of institutionalized delivery and use of contraceptives



**(b) Women and the Husbands of Women with 1st Child and 2nd Child**



**Topics Covered**

*Nutritious foods, three year spacing between 2 children, family planning methods and uses, adoption of small family norms, etc. Regular checkup during pregnancy, Immunization, the importance of taking iron tablets and nutritious diets, the importance of breast feeding,*



**(c) Fathers and Mothers of Newly Married Couples**



**Topics Covered**

*The right age of giving birth to a child, harm of having a child at a young age, nutritious diets for pregnant women, health precautions and temporary means of family planning, etc.*

**(d) Husbands of Newly Married Woman**



**Topics Covered**

*RTI, STI, HIV / AIDS, the right age to have a baby, harm from childbirth at a young age, opportunity to understand each other, planning for a happy family, use of temporary contraception, etc.*

**(f) Group Meetings with SMC, Teachers and Officials**



**Topics Covered**

- Monitoring of the attendance of children.
- Positive changes in sexual behavior.
- Small family happy family (introduced to the losses and troubles caused by a growing family, benefits of the small family-like better education, better nutrition, less sick financially strong.
- Appropriate educational system.
- Chief Minister's Disaster Protection Plan

**(e) Home Visits of Newly Married Women**



**Topics Covered**

*The right age of giving birth to a child, Harm from having a child at an early age, unwanted pregnancy and precaution of safe abortion, understanding each other, etc.*

#### (IV) Disaster Management and Climate Change Interventions

##### (a) Group meetings with DMC Members

In order to improve the capacity and sensitization of the DMC members about disasters, prevention and tapping of resources, regular group meetings of DMC members were organized during the reporting period.



##### Topics Covered

- Disaster Management.
- Identification of local resources and disaster prevention.
- Pre-disaster preparedness of DMTF.
- Hazard reduction practices.
- Village Planning and Govt. Disaster Mgt.

##### (b) Group Meetings with VDC Members

The group meetings of village development committees that were constituted and trained in the past were organized. However, difficulties were faced because of the COVID-19 in the early stages of the group meetings. The role and responsibility of VDC were very important in COVID-19. VDC played an important role in the management of the migrant population who returned to their villages during the lockdown period. The VDC played an active role in their socialization, bringing their accessibility to government facilities and care in quarantine wards. Information of Govt. facilities was also delivered to people like relief materials, corona assistance and facilities available from panchayat in Jan Dhan Yojana.



##### (c) Group Meetings with DMTF Members

##### Topics Covered

COVID-19, First Aid Box, linkage with PHCs, familiarities with local resources for disasters, etc.



COVID-19 has been marked as a disaster that has affected the lives of people of all ages and all sections of the entire region. In this disaster, members of DMTF were made aware by giving correct information through group meetings by BALS K. The members of DMTF were also informed about other disasters like earthquakes, floods, fire, etc. as well as preparations to deal with a disaster like COVID-19. DMTF has always been made aware by BALS K for the identification and use of local resources to reduce the effects of disasters. The first aid box available with each DMTF was inspected and necessary suggestions were made to them. DMTF members were also linked with local PHCs.



The project activities have been affected by the COVID-19 lockdown. It was assessed by BALSK that pregnant and lactating women are the most affected groups of COVID-19. They need nutritious and supplementary diets without any delay so that the mother and child should remain healthy. BALS K supplemented nutritious diets at their homes through which pregnant and lactating mothers were truly benefitted. Along with nutritious supplements masks, soaps and sanitizers were also distributed by BALS K that helped them to remain safe from the ill effects of COVID-19. How to make a child born safely in COVID-19 was equally emphasized. Pregnant women regularly remain in touch with BALS K through mobile that helped them for safe delivery. The distribution of supplementary nutrition gave them considerable relief. Mother and child mortality has been controlled in the area. It has been observed that the health of the mother and child is very good in the intervention area of BALS K as compared to the non-intervention area



#### (VI) Meetings with PWDs



##### Topics Covered

Causes and types of disability, certificate, pension, reservation, government facility, government schemes for disabilities, etc.

#### (d) Meetings with Farmer's Groups



##### Topics Covered

Climate change, benefits and methods of making Vermi Compost, promotion of short time farming, benefits of multicrop farming, farmer's registration, crop insurance, PM Kisan Samman Fund and the right way to apply, etc

#### (VII) Establishment of Grain Banks



##### Topics Covered

Grain bank is the most important contribution to reduce the risk of a disaster at the village level. Poor, children, the elderly, the disabled and women are the most affected populations during the time of disaster. At that time, food is mostly needed. Grain bank importance was also regularly discussed by BALS K in the meetings of VDC, DMC, DMTF and Farmer Groups in 04 panchayats of the project area. As a result, grainbanks have been established by BALS K in all 04 Panchayats. These grain banks are jointly managed by the VDC and DMC.

#### (VIII) Training to Project Staff on Disaster Management



A two-day training (27-28.08.2020) for the project staff was organized at Pratapganj. The objective of the training program was to improve the skills/knowledge of the project staff on different relevant issues like Corona Virus Disease (COVID-19), Earthquake, Flood and Fire, etc. Emphasis was made on the adoption of preparations for disaster reduction and follow up measures. Methods of Role Play were organized to develop the capacities of the project staff effectively. COVID-19-origin and prevention, wearing of mask, maintaining social distancing; why and how?, disaster reduction techniques, livelihood promotion in lockdown, strengthening of DMC and DMTF, identification and use of local resources during a disaster, preparation of grain bank and its importance.

### CASE STUDY 1

#### “Mother’s Milk is Like Honey Dew”



**Rajni Devi** W/O Ganesh Mandal is the native of Aman village of Ward No.05 of Madhubani Panchayat in Chhattapur block in Supaul district in Bihar. Rajni Devi is 25 years old and she has 2 children. Her husband is an agriculture laborer through which their family runs. Rajni belongs to kewat caste that comes under an extremely backward community in Bihar. In this caste, it is customary to feed the baby with goat milk after delivery. B ALSK organized regular reproductive health and disaster management programs in this village and aware women that the child should be fed mother's milk immediately after birth. It helps the newborn to remain disease-free and healthy. Rajni Devi took full care of this information of B ALSK. When her second child was born after two months, she breastfed her baby within half an hour. Today, she is feeling proud of this. Rajni Devi has become an inspiration to other pregnant women of her village

### CASE STUDY-3

#### “Grasping at Straws”



**Buchni Devi** W/O Mukesh Sharma is the native of Bharatpur village of Ward No. 07 of Lalganj Panchayat of Chhattapur block in the Supaul district in Bihar. The family is dependent on daily wage-earning for their livelihood. Bucchi Devi is first time pregnant and because of pregnancy, she was unable to work. Due to the spread of COVID-19, her husband not able to find any labour work in the village. In this situation, the family faced economic hardship and a shortage of meals. In such a situation, the food items provided by B ALSK became a huge relief for the family and become a grasping at straws for them.

### CASE STUDY 2

#### “Small Family Norms- We two, Our two”



**Manisha Devi** W/O Mithun Sardar is the native of Sardar village of Ward No.14 of Lalganj Panchayat in Chhattapur block in Supaul district in Bihar. She comes from the Mahadalit community. The women of this community do not want to adopt family planning. Four or five children or more is a matter of pride for them. At an early age, children are sent for labour work so that the family can be maintained. Manisha family also lives on the earnings from labour work. B ALSK conducted a reproductive health program in the village and raised awareness of family planning in the Mahadalit community. The importance of family planning was understood by the people of the Mahadalit community. Manisha went ahead and adopted family planning measures for her two children in November 2020. Today, she is very happy and has become a source of inspiration for other women in her community.

### CASE STUDY 4



**Priyanka Kumari** D/O Inderdeo Paswan is the native of Vill. Chhatapur, Block: Chhatapur in Supaul district in Bihar. Priyanka is 16 years old and she is class- X pass. Priyanka belongs to Scheduled Caste and in these castes daughters generally married in 16-17 years. Daughter is still considered a burden in this caste. Due to being married at a young age, a girl becomes a mother before it matures. The result of this is that the health of the girl remains always poor and she has to spend her remaining life with the support of medicines. When B ALSK started Misereor’s project in the village the priority was given to adolescent girl’s health. The training was organized through which the adolescent girls and young women were told about the harm of marriage at an early age on the mother and child health. Priyanka also underwent this training and at that time her parents were also looking for her marriage. The training was an eye-opener for Priyanka and she told her parents that she would marry only after 18 years of age. Now, Priyanka wants to read further and told their parents that the daughter should not be considered a burden but a boon. Today, Priyanka is an example in the village.

As a project partner of C3, BALS K is implementing Project since July 2017 in 2 blocks namely Roh and War saliganj blocks in Nawada district in Bihar covering a total of 30 panchayats and 157 revenue villages. we mobilized elected women representatives on the ground to build awareness and action on the 'POSHAN Abhiyaan' - the government of India's flagship program to improve nutritional outcomes for children, adolescents, pregnant women and lactating mothers. BALS K with the Support of C3 organized **Hum Hain Champion** - a dedicated intervention to mentor elected women representatives (EWRs) in Nawada to identify gaps in healthcare service delivery, as well as bridge those gaps by placing before various law-making authorities and pushing for greater ownership and implementation. Through capacity-building, participatory strategizing and action, BALS K equipped the EWRs to raise their voices on issues that closely impact the health and wellbeing of women in their communities and push for better infrastructure in health institutions and greater awareness on key issues like the prevalence of anaemia.

## **Hum Hain Champion**

**The Power of Grassroots Leadership**

### **Key Achievements**

- Mobilize community members through collective events like Annaprashan Diwas and Village Health Sanitation and Nutrition Days (VHSND).
- Encourage greater male participation in supporting the cause of women's health and nutrition, by motivating husbands of pregnant and lactating women to participate in 'Godh Bharai Diwas' and learn about maternal care, nutrition and birth preparedness.
- Monitor and ensure that the local health institutions and Anganwadi centres are delivering services regularly, distributing essential supplementary nutrition like IFA tablets, and are screening for anaemia regularly.
- Submit their health demands directly to their respective MPs and MLAs, who in turn actively worked towards improving services.

**“**But most of all, Hum Hain Champion has fostered increased interaction between the elected women representatives and frontline and Anganwadi workers, which has resulted in visible improvements in maternal and reproductive health and nutrition-related service delivery. **”**

### **WHY**

The EWRs' fierce dedication to promoting health and nutrition segues into them initiating action on other development issues too - be it education, general local infrastructure, and raising awareness on entitlements under various government programs.



**“**A returning family of migrant workers did not inform authorities, they were scared and without complete information. I convinced them to follow government's guidelines. Upon their return from the quarantine centre, I mobilized the villagers to host a celebratory welcome. We made the family feel supported during these difficult times, and appreciated for following guidelines” says **Reena Devi, PRI member, Roh block of Nawada district, #Bihar.**

## THANK YOU CORONA WARRIOR

“

The women working on the frontlines are here to ensure our safety and well-being.

”



“Being a leader of my ward, it is my responsibility to encourage their work and help my community understand their importance. I stand with them” says **Sarbila Devi, Ward Member, Warsaliganj in Bihar**. Healthcare workers are tirelessly working to provide care and medical support during these times of crisis. 1000+ women PRI members from Bihar, who are a part of B ALSK’s ChampionInitiative, started a campaign called ‘**Thank You Corona Warriors**’ with the objective to demonstrate support, revere, respect and gratitude to their respective panchayat’s health care heroes engaged in fighting the Coronavirus pandemic. And we are paying a tribute to some of those womenleaders who stand as exemplary figures during these times of crisis.

### Rashtriya Poshan Maah celebrated during 1st – 30th September, 2020

“Rashtriya Poshan Maah was celebrated during 1st – 30th September, 2020 with the purpose to take the message of nutrition to every nook and corner of the state and to focus on complimentary food, treatment and prevention from infections in children. Rashtriya Poshan Maah is one of the major component of POSHAN Abhiyaan (National Nutrition Mission) which is India’s flagship programme, launched in March 2018 to improve nutritional status of children up to 6 years, adolescent girls, pregnant women and lactating mothers to achieve specific targets for reduction in low birth weight babies, stunting growth, under nutrition and prevalence of anemia over next three years. Poshan Abhiyaan also intends to increase nutrition awareness among mothers of young children, adolescent girls, pregnant and lactating women, family members (husbands, father, mothers-in-law) and community members, health care providers (ANM, ASHA, Anganwari worker) about key nutrition behaviours.

The activities in Rashtriya Poshan Maah has focussed on Social Behavioural Change and Communication. The broad areas of Rashtriya Poshan Maah, 2020 are :

- Antenatal care (ANC)
- Optimal breastfeeding (early and exclusive)
- Complementary feeding
- Anaemia prevention
- Growth monitoring
- Girls’ - education, diet, right age of marriage
- Hygiene and sanitation
- Eating healthy - food fortification



During the month of September, 2020 itself; we have also celebrated another important event i.e. World Contraception Day on 26th September, 2020 which aims to improve awareness of all contraceptive methods available and enable young people to make informed choices on their sexual and reproductive health.

## Hum Hain Champion Program photographs at a glance



*Rashtriya Poshan Maah celebrated during 1st – 30th September, 2020*



*Champion Sabha were held in overall 4 round*



*Champion Sabha*



*Women leaders are takings a stand against Domestic Voilence*

*Mask Awareness Campaign*



*Honouring the Health Workers*

*EWRs Monitoring and ensuring that the local health institutions and Anganwadi centres are delivering services regularly.*

#### (4) Swayam Shikshan Prayog (SSP), Pune

BALSK is supported Under SwayamShikshanPrayog& Misereor supported Project on “Strengthening and Scaling up Grassroots Capacities and Initiatives in Climate Change Adaptation and Disaster Risk Reduction in Bihar through Promotion of Women Leadership and Grassroots Network in Bihar. Under the intervention, 10 villages of Supaul district in Bihar were selected.

##### (I) Skill training on livelihood Bee Keeping.

We have demonstrated how bee keeping can become an important business for small scale farmers in their agricultural endeavours and this can support their livelihood. This has attracted the majority of the population who are landless, low or marginal farmers and unemployed youths in the Project area. Low input and quick and high returns are the added advantage of beekeeping. Training has boosted the adoption of beekeeping and it is a boon to small and marginal farmer. 20 landless. Marginal farmers are participated in the training program.



##### (II) Capacity building of Women Led Disaster task Force

We have ensured access to information and skills strengthens women's individual capacities and the capacity of the community to meet challenges that emerge from disaster. Women in the project area are seriously taking disaster risk management into their own hands. Given the opportunity women leaders emerge in the community and take up problems and challenges of local development and resilience initiatives. Formation of Women led disaster task force which are now creating differences in their society

##### (III) Promoting traditional agriculture to achieve food and livelihood security (Exposure Visit)

Exposure Visit at Himalaya Herbal Aromatic Organic farming, Birpur, Supaul around 25 Participants participated in the Exposure. Promoted Traditional agriculture: A climate smart approach for sustainable food production. Inputs can include; Increased concentration of fertilisers and pesticides in food product, mono-cropping, and loss of wild crop and seed varieties. All these have led to loss of nutritional security and to increase vulnerability to climate change. It has great influence on the livelihood and the nutritional security of the farmer in the project area, organic farming are now being given priorities.



##### (IV) CRF

The Community Resilience Fund (CRF) has given to women-farmers to practice smart-agriculture . Enabling them to undertake sustainable, low-input agriculture in disaster prone area.



##### (V) Awareness and capacity building SC/ST women leaders

Enhanced their leadership skill to improve resilience of rural communities. Women have moved from margin to mainstream when it comes to decision making. Now with the COVID-19 crisis, women's presence in decision making is having Positive impact on the community. They got knowledge about different type of Govt. scheme.



## प्रभात खबर | 02

गया, बुधवार

17.06.2020

### हिला जनप्रतिनिधियों को दिया गया प्रशिक्षण

ह. मंगलवार को प्रखंड मुख्यालय स्थित बीरु कुआं में बिनोबा आरोग्य लोक शिक्षण केंद्र द्वारा सेंटर फॉर कैटलाईजिंग चेंज सी थी के सहयोग से पियन परियोजना के तहत प्रशिक्षण दिया गया। इस कार्यक्रम में प्रखंड क्षेत्र के हिला प्रतिनिधियों को मातृत्व, प्रजनन स्वास्थ्य व परिवार नियोजन प्रशिक्षण दिया गया। इसमें प्रखंड क्षेत्र के तीन पंचायत के महिला जनप्रतिनिधि शामिल हुए। इसमें रोह, मढ़ा, नजरडीह पंचायत की 15 महिलाएं शामिल हुईं। कार्यक्रम समन्वयक श्रीकांत शर्मा प्रशिक्षक के रूप में मौजूद थे। उन्होंने बताया की ह प्रखंड क्षेत्र के सभी महिला पंचायत प्रतिनिधियों को स्वास्थ्य संबंधित कई बैंदुओं पर जागरूक किया गया। वर्तमान समय में कोविड-19 के दौर से पूरा श गुजर रहा है। इसके लिए भी जागरूक करने का प्रयास करने की बात कही गी। संक्रमण के दौर में आम जनों को किस प्रकार से कार्य करना है। मास्क और निटाइजर के उपयोग के बारे में भी बताया गया। प्रशिक्षण कार्य में रोह पंचायत ने मुखिया रिकू देवी, वार्ड सदस्य गुडिया देवी, संजू देवी आदि मौजूद थे।

### कोरोना से बचने के उपायों की दी गई जानकारी

संवाद सूत्र, प्रतापगंज (सूपील): कोरोना महामारी के बढ़ते संक्रमण और बाढ़ आपदा से बचने के उपायों को लेकर आयोजित दो दिवसीय जागरूकता प्रशिक्षण शिविर का कार्यक्रम गुरुवार को संपन्न हो गया। सामाजिक संगठन बिनोबा आरोग्य, लोक शिक्षण केन्द्र और कासा के संयुक्त तत्वावधान में प्रखंड मुख्यालय स्थित पारख जैन धर्मशाला में संपन्न कार्यक्रम में तेकूना और सुर्योपुर पंचायत के तकरीबन 25 लोगों को कोरोना और आपदा विषयों पर विस्तृत जानकारी दी गई। प्रशिक्षक के रूप में बचीता कुमारी ने कोरोना को वैश्वक महामारी बताते हुए कहा कि आज भारत सहित कई देश इस महामारी के संकट से त्राहिमाम

#### आगनवाड़ी केंद्रों पर चलाया गया टीकाकरण अभियान

संवाद सूत्र, बतुआ बाजार (सूपील): छातापुर प्रखंड क्षेत्र के विभिन्न आगनवाड़ी केंद्रों पर शुक्रवार को टीकाकरण अभियान दलाया गया। इस दौरान बतुआ स्थित केंद्र संख्या 217 व लक्ष्मीनिया पंचायत स्थित राय टोला के केंद्र संख्या 13 पर 0 से 5 तर्ह, किशोरी व गर्भदती महिला के बीच टीकाकरण किया गया। जहां स्वास्थ्य विभाग की एनएम वक्ता कुमारी ने गर्भदती महिलाओं, किशोरी व बच्चों का टीकाकरण किया। इस दौरान सेविका खुशबू कुमारी व केंद्र संख्या 13 की सेविका सेविका रेण देवी समेत आपा फूल कुमारी भी मौजूद रही। टीकाकरण के दौरान आगनवाड़ी सेविका रेण देवी ने सुरक्षित शारीरिक दूरी का पालन करते हुए महिलाओं को दूर-दूर बैठने की हिदायत दी। इस मौके पर सेविका रेण देवी ने महिलाओं से कहा कि वह अनावश्यक रूप से अपने घरों से बाहर निकले, तो उस तथा अपने ही घर में सुरक्षित रहे तब जब भी किसी कार्य से याद वह बाहर निकले, तो उस समय मास्क या स्टाल से अपने चहरे, नाक, मुँह को अक्षी तरह से ढक ले।

कर रहे हैं। हमारे जिले में भी कोरोना तेजी से पांच पासाने लगा है। उन्होंने इस संक्रमण से बचने के लिए मास्क लगाने के साथ

एक-दूसरे से दूरी बनाकर रहना जरूरी है। साथ ही अपने को सैनेटाईजिंग के साथ हाथों को बीस मिनट तक साबुन से बराबर धोना है। नाक और मुँह को ढकना सबसे जरूरी है। दो दिवसीय प्रशिक्षण शिविर के समापन पर उन्होंने कहा कि आप सभी गांव, टोले-मुहल्ले में जाकर लोगों को कोरोना संक्रमण से बचने के लिए जागरूक करें। प्रशिक्षण शिविर में बच्चों ने लगातार हो रही बारिश को देखते हुए सुरक्षा को लेकर आपदा से जुड़ी अहम बातों पर भी भी विस्तृत जानकारी दी। इस मौके पर हरी तैयारी, महानन्द पासवान और राहुल भारदाज आदि ने भी कोरोना संक्रमण और आपदा से जुड़ी बातों पर अपने-अपने विचार को रखा।

कोरोना से बचाव को लोगों को जागरूक करें वार्ड सदस्य समू. रोह : दुर्गा मंडप कुंज परिसर में गुरुवार को मातृत्व स्वास्थ्य, प्रजनन स्वास्थ्य एवं परिवार नियोजन विषयों पर महिला वार्ड सदस्यों की बिनोबा आरोग्य एवं लोक शिक्षण केंद्र नवादा व सेंटर फॉर कैटलाईजिंग चेंज के सौन्य से प्रतियोगिता हुई। इसमें कुंज व ओहारी पंचायत की वार्ड सदस्यों ने हिस्सा लिया। इस मौके पर प्रोजेक्ट को-ऑफिनेटर श्रीकांत शर्मा ने लोगों को संबोधित करते हुए कहा कि आप लोग स्वास्थ्य के प्रति लोगों को जागरूक करने का काम करें। साथ ही कोरोना के प्रति लोगों जागरूक करें। लोगों को इससे बचाव के लिए मास्क का उपयोग करें। इस मौके पर निभा सिन्हा, राकेश कुमार, वार्ड सदस्य जया देवी, रेखा देवी, प्रतिमा कुमारी, मंजू देवी आदि वार्ड सदस्य,