

# ANNUAL REPORT

## 2022-2023

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



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

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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 community volunteers for years with continuing efforts for community empowerment. In the initial stages, formation and strengthening of the village level institutions were the basics of the intervention. BALS K is registered as an 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. Certificate valid till 2026.
- Registered under 12(A) of Income Tax Act, 1961.
- PAN AAAAB0762B.
- Niti Aayog Unique Id Number: BR/2017/0168348.
- Registered for undertaking CSR activities. CSR No. CSR00036826.

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

Sl. No.	Name	Gender	Designation
1.	Bhagwan Singh	Male	President
2.	Binod Sharma	Male	Secretary
3.	Pano Devi	Female	Treasurer
4.	Girija Nandan	Male	Member
5.	Satyendra Singh	Male	Member
6.	Santosh Kumar	Male	Member
7.	Nibha Sinha	Female	Member

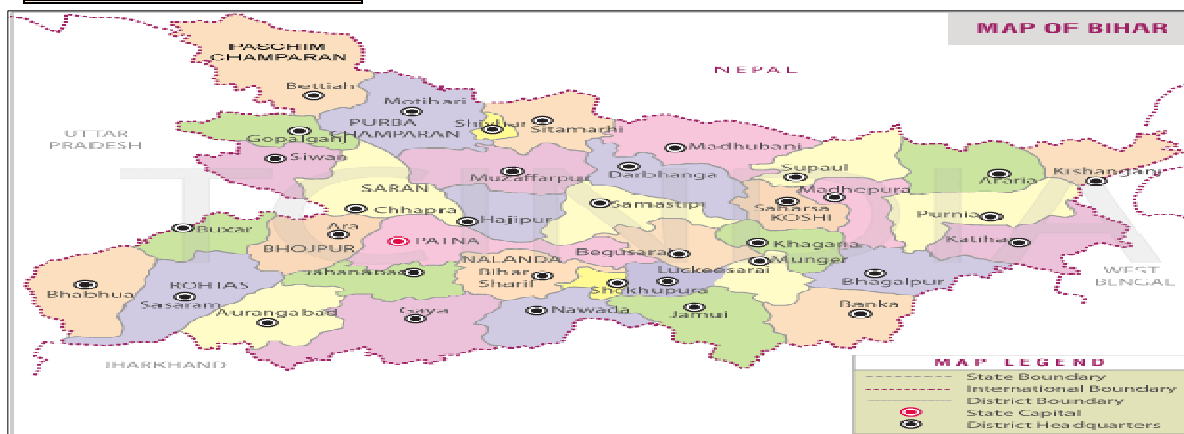
## ● **TARGET GROUPS**

Women, Children, Adolescents, Disabled, Disaster Affected Population and Small & Marginal Farmers. Focus to socio-economically marginalized and vulnerable communities.

## ● **HUMAN RESOURCES**

BALSK has a committed team of professionals, social activists and volunteers who look over the different activities of the organization. At present, 09 full-time staff (male-06 and female- 03), 04 part-time staff (male-03 and female-01) is in payroll and 51 persons are working as voluntary basis.

## ● **OPERATIONAL AREA**



State	Districts	Blocks	Panchayats	Villages
Bihar	Nalanda	2	23	78
	Gaya	2	9	27
	Supaul	2	10	60
<b>Total</b>	<b>3 Districts</b>	<b>6 Blocks</b>	<b>42 Panchayats</b>	<b>165 Villages</b>

## ● **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 block in Nalanda district, Warsaliganj block in Nawada district, Pratapganj block in Supaul district and in Khijirsari block 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
Centre for Catalyzing Change (C3)	Patna
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	USA
DFID	UK
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
Pratवेश	Patna
Bihar Voluntary Health Association (BVHA)	Patna
Trickle Up Program	USA
Give India	Mumbai
Swayam Shikshan Prayog (SSP)	Mumbai
Damien Foundation	Patna
Mamta	Patna
Rural Youth Coordination Centre	Patna

## **PROGRESS DURING THE YEAR**

BALSK with the support of Misereor, Germany is implementing 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” covering 30 villages of Chhattapur block in Supaul district in Bihar. The project goal is to improve knowledge and bringing desirable changes in reproductive health and sexual behavior of the target groups with increased access/control over resources, better equipped for claiming of rights and entitlements with enhanced disaster management capacity and climate change adaption practices. The target groups of the project are:

<b><u>Issue 1: Health</u></b>	<b><u>Issue 2: Disaster Management</u></b>	<b><u>Issue 3: Climate Change</u></b>
<ul style="list-style-type: none"> <li>•Adolescent of age group 14-19 (male &amp; female)</li> <li>•Newly married couples</li> <li>•First Time Pregnant and Postpartum Women</li> <li>•Husband of first time pregnant women and women with one and two child</li> <li>•Fathers and mothers of newly married couples</li> <li>•Children (0-6 years)</li> <li>• PWDs</li> <li>•School Children (14-19 years)</li> <li>•Members of the SMCs, teachers and school staff</li> <li>•Swasthya Doot</li> <li>•Members of VDCs</li> <li>•Youth, children and aged</li> </ul>	<ul style="list-style-type: none"> <li>•DMC Members</li> <li>•DMTF Members</li> <li>•Govt. officials, Teachers, PRI representatives, Intellectual, youth groups, Social Workers, NGO/CBOs</li> <li>•SHG Leaders, Old Age People, Widows and PWDs</li> <li>•Members of the Govt. Disaster Committee at different levels</li> <li>•General Community</li> </ul>	<ul style="list-style-type: none"> <li>•Farmer Groups</li> </ul>



## Implemented Activities

### I. Capacity Building Program to Stakeholders

The capacity-building programs in the form of group meetings with different project stakeholders like adolescents, women and their husbands, first time pregnant women and postpartum women, women and husbands with one and two child, fathers and mothers of newly married couples, health care providers members of VDC, DMC and DMTF, Teachers, PRI Representatives, NGO Representatives, Farmer Groups and PWDs were held. In these group meetings, strategies were discussed by BALSCK to engage the stakeholders with specific activities tailored to their age, gender, and role in influencing behavior change. Most of the sessions of the group meetings were conducted by project staff; however, for some of the specialized topics, expert resource persons of the area were invited as trainers.



> **1684** group meetings were organized with Adolescents boys and girls (14-19 years) in all 30 villages helping to promote a responsible behavior by giving them adequate information on RH issues. During different sessions of group meetings, they were informed about importance of healthy diets, pregnancy risk, contraception (timing and spacing), folic acid supplementation, early pregnancy care, right age of marriage, child birth spacing, sexual tract infection, reproductive tract infection, menstrual cycle and reproductive and sexual health information and services. The adolescents were also encouraged to make their school friends and neighbors adolescents wiser about reproductive health issues through interactions and counseling.

### RESULTS ACHIEVED

Generated a greater self-confidence among adolescents with their increased ability to negotiate their reproductive health issues and promote healthy timing and spacing of pregnancy (HTSP).



> **641** group meetings were organized with the pregnant mothers, postpartum women, and their husbands with objectives to promote safe delivery along with proper care of mothers

and fetuses during the pregnancy period. The target groups were informed about- healthy diets and nutrition, registration with the health center in the 1st trimester, taking at least 3 antenatal checkups, how to gain weight in the last 6 months of pregnancy, taking two T.T. Injections and T.T.1 when pregnancy is confirmed and T.T.2 after 1 month, Supplementation of folic acid, iron, and other nutrients (Iodine, Vitamin-B, and Vitamin-D), Breastfeeding and institutional delivery, Pregnancy spacing and contraception and causes of anemia.

### RESULTS ACHIEVED

Brought positive changes among the target groups and reduced their hesitation and improved their knowledge on safe delivery and proper care of mothers and fetuses during the pregnancy period. Themes brought up in home visits were also reinforced during group meetings.



> **1197** group meetings with women and their husband of 1 child and 2 child encouraged them in choosing the method of family planning that best suits and support them in solving any problems if arise with the selected methods. During late pregnancy and after giving birth and after an abortion, the woman or the couple must receive correct and appropriate information so that they can choose a method that best meets their needs. The target groups were informed about- Balanced and complementary diets, vaccination, birth spacing, permanent and temporary means of contraception, small family norms and coordination in the family about breastfeeding.

### RESULTS ACHIEVED

Target groups have now become sensitized on mother & child health and small family norms. Their understanding on limiting the number of children in a family have increased thus helping parents giving more time to their children's progress.



> **500** group meetings with fathers and mothers of newly married couples were organized that made them informed them about the right time of conception for the first child and



taking proper care during pregnancy, transmission and prevention of reproductive tract infections, delivery plan, care during pregnancy, postpartum period, breastfeeding and benefits of delaying the birth of the first child and how husbands can play a supportive role during pregnancy, delivery, and the postpartum period.

It was also discussed that newlywed couples in the villages always face pressure from family elders to have a child soon. The newly married couples were encouraged to come up with adequate strategies to let their family elders to know that they are not in a hurry for a child and will do so after a few years. The use of contraceptives to delay was also encouraged and giving equal “value” to daughters and sons. Sensitization was also made on dietary supplements, prevention of anemia, vaccination, delusions, blind beliefs, etc.

### **RESULTS ACHIEVED**

It helped in becoming responsible parents of newly married couples and also maintaining a good relationship between husband and wife. The newly married couples have now able to come up with adequate strategies for child bearing and use of contraception.



> **208** group meetings with newly married couples were organized that made them informed about contraceptive usage, increasing interval between marriage and first pregnancy, nutrition, contraception, reproduction, reproductive choices, and safe motherhood practices before parenthood, taking nutritious diets, medicines, and checkups, right age of childbearing, discrepancies of childbirth at a younger age, safe abortion and planning for a happy family.

### **RESULTS ACHIEVED**

Promoted equality in relationship between married couples and maintained reproductive health choices and other requirements that are important for a happy family life.



## **SUCCESS STORY**

Bharti Kumari and Surya Kumar are a happy couple, married in March 2022. Bharti Kumari is a native of Lalpur Panchayat in Chhatapur block and is a very sensitive woman. Bharti was 18 years old at the time of her marriage. Immediately after the marriage, a discussion about the first child started between her father and mother-in-law and other family members. But, Bharti did not want a child immediately and wanted to spend some more time with her husband. But she was confused as she did not have the right and clear information for not getting a child just after marriage.

At this moment, she got an opportunity to participate in the meeting organized by BALKS for newly married couples. She received accurate information about family planning. BALKS also organized meetings with her father and mother-in-law in which they were told about the harms of motherhood before 21 years of age.

These meetings helped a lot in bringing change in the thinking of her family and now there is no pressure on them for a baby. Now, Bharti Kumari and her husband are making use of the means of family planning and living a good life.

> Organized meetings in December, 2022 with SMC, School Teachers and Officials in High School, Chattapur, Kabir Kripanath +2 High School, Hariharpur and High School, Lalganj, made them informed on the harm of early marriages, SRH, wrong sexual behavior, COVID-19 prevention, and STI/ HIV.



Also, the importance of maintaining sanitation and hygiene, safe drinking water facilities, and separate toilets for girls in schools was also discussed, particularly during the days when girls are menstruating and need to take care of themselves in privacy.

## **RESULTS ACHIEVED**

Enhanced the overall knowledge of the target groups on the topics discussed thus making them implement fully in schools and making children adopt these learning for their better SRH and overall behavior.

> **300** meetings with DMC members were organized with the main focus to identify the vulnerability, risk, and resources at the village level and other techniques for mobilizing the community for the development of village disaster management plans. The meetings helped to develop the capacity of the DMC members on: reduction of risk in floods, earthquakes and fire, identification and utilization of local resources and linkage of DMC with govt. disaster bodies so that they may implement pre and post-disaster plans at the local level on time. Women were encouraged to perform their duties better during the disaster. The effort was made to ensure at least one-third membership for women at the DMC to improve the local level disaster management planning in a better manner.



## RESULTS ACHIEVED

Capacity of the DMC enhanced that helped in identifying the vulnerability, risk and resources at the village level and other techniques for mobilizing the community for the development of village disaster management plans. Ensured one-third membership for women at the DMC. Linkage of DMC with govt. disaster bodies to implement pre and post-disaster plans at the local level in a timely manner.



> **300** meetings with VDC members were organized in which discussions were put on challenges and solutions made along with the different government schemes and programs like social security schemes, old-age pension scheme, widow pension scheme, disabled pension scheme, kanya samridhi scheme, scholarship scheme, nutrition in schools, prime minister housing scheme and agriculture schemes. They also come to know about the rights and entitlements of women.

## RESULTS ACHIEVED

The VDC members are very enthusiastic about the work they are doing at the moment and the issues that they are planning to tackle in the future. They are throwing them wholeheartedly in an attempt to make the people holistically realize their needs.



>**180** meetings with DMTF members were organized which they were told about their roles and responsibility and different activities to carry out during a Disaster and also capacitated on use of first aid box, early warning system, rescue and evacuation, damage assessment, shelter management and operation of early warning equipments. Efforts were also made to link DMTF with local PHCs to manage the health casualties during the disaster.

## RESULTS ACHIEVED

DMTF has made aware of the identification and use of local resources to reduce the effects of disasters. They are now able to use first aid box, early warning system, rescue and evacuation, damage assessment, shelter management and operation of early warning equipments to manage future disasters effectively.



> On **11.12.2022**, An interface meeting was held with PRI representatives, NGO Groups, Youth Groups, Govt. Functionaries, Community Influencers, etc. on Disaster Management & Health Issues at Middle School, Chhatapur in Supaul. The meeting helped participants identify specific risks and improve their capacities to cope with risk in the context of multi-hazards. Accordingly, the needs of the vulnerable groups were prioritized and strategies were developed. Participants were encouraged to develop capabilities to handle disaster situations in terms of preparedness, warning, rescue, relief, medical assistance, damage assessment, counseling, water and sanitation, and rehabilitation operations.

Also ensured desired community involvement and mobilization which is effective in creating a supportive environment for disaster management and coping with health problems and changing attitudes among key decision-makers who influence youth behaviors.

### RESULTS ACHIEVED

The meeting has resulted in making communities becoming resilient and self-reliant so that development initiatives may become safe, secure, and sustainable over time.



> **210** meetings with farmer groups on climate change helped guide the farmers toward sustainable farming practices. The meetings improved farmer's know-how to retain soil fertility, adopt chemical-free agriculture, methods of soil testing and the use of vermin compost instead of chemical fertilizers, benefits of multi-crop farming, low production cost, govt. schemes like the Chief Minister Seed Scheme, Fishery Scheme, MNREGA, Crop Insurance Scheme, PM Kisan Samman Fund and Crop Assistance Scheme.

Farmers were also told to keep in regular contact with Government Farmer's Advisors and Agricultural Coordinators of their area for timely advice and regular agriculture benefits.



## RESULTS ACHIEVED

The meeting has resulted in making farmers knowledgeable about climate resilient farming practices and taking benefits of different agriculture govt. schemes and programs.



> A meeting was held on **29.08.2022** at Middle School, Chhatapur in Supaul aims at making them linked with govt. schemes and programs for their empowerment and progress. **92 PWDs** participated in the program helping them to get equal opportunities, protection of their rights, and full participation in society. PWDs were informed about disabled pension, disabled certificate, Equal Opportunity, and Rights Act, 1995, and the govt. facilities for the disabled like artificial limbs, equipment, tri-cycle, etc.

## RESULTS ACHIEVED

The meeting helped in promoting confidence among the PWDs so that, they can realize their aspirations.



## II. Strengthening Service Deliveries

> A 2-day training (**27-28.08.2022**) was organized at Middle School in Chhatapur, Supaul in which 84 Dai (TBA), MAMTA, AWS, and ASHA participated and received accurate health information from the resource person on topics like family planning, birth spacing and contraception and improving their understanding of government schemes and health-seeking behavior, timely vaccination of children and Pradhan Mantri Surakshit Matritava Abhiyan (PMSMA).





## RESULTS ACHIEVED

The training helped in improving the capacity of healthcare service providers to meet the special needs of married young women. It plays an important role in promoting the capacity of these health service providers.

> A one-day training (10-12-2022) was organized at Middle School, Chhatapur for 60 Swasthya Doots. Topics like intake of calcium rich foods, health services to pregnant and lactating women, IFA and calcium consumption, right age of marriage and counseling and institutional delivery services to pregnant women.

## RESULTS ACHIEVED

The training helped in effectively dealing of the Swasthya Doots with RH and general health issues of the project area.



### III. Mass Awareness-Health Services and Disaster Management

> Practiced cultural events like street plays and wall writings through our well-trained cultural team in 30 project villages. The duration of an event was 1-2 hours on average and 02 events in a day. The cultural events started with community mobilization through folk songs and plays performed when villagers gathered in one place. 60 street plays and 60 wall writings shared vital information on reproductive health, family planning services, and disaster management issues.



> 04 Village Grain Banks are established in Chattapur block in Supaul district. The village grain banks are now safeguarding the marginalized food insecure households who did not have sufficient resources to purchase rations. Such families in need of food grains are now able to borrow food grains from the Village Grain Banks. In 2022-23, 23 BPL families were assisted by the Grain Banks.



#### IV. Mobile Health Camps

> **191** mobile health camps were organized in 30 project villages headed by a homeopathic doctor and supported by ANM to provide proper and timely homeopathic treatments to poor people for improved health. The doctors treated the patients with holistic healing remedies of Homeopathy. Homeopathic medicines were distributed to the patients as prescribed by the concerned homeopathy physician. PWDs, widows, and the aged availed of the facilities most.



#### V. Other Programs

BALSK always believes that information dissemination is important for the development of the society. In 2022-23, a number of awareness camps and workshops were organized in Nalanda, Gaya, and Supaul districts in Bihar covering different issues of importance. Experienced resource persons and eminent personalities participated on these occasions and shared information with the participants.



	Details	
Date	Subject	Participant
14.11.2022	Social Forestry	35
19.08.2022	Domestic Violence	52
12.02.2023	Honour Killing	45
22.03.2023	Beti Padhao Beti Bachao	65
Total		197

