



Annual Report 2023-24

Binoba Arogya Evam Lok Sikshan Kendra

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Message From the Secretary's Desk



BALS K is pleased to announce the release of its Annual Report for 2023-2024, celebrating 36 years of impactful service. We are profoundly grateful for the guidance that has allowed us to assist millions in their pursuit of a dignified life.

This past year, we addressed critical challenges by implementing vital health initiatives, including reproductive health services, mobile clinics, and emergency care. We focused on empowering women through self-help groups, enhancing agricultural infrastructure, and providing education for the illiterate. Additionally, we established disaster management committees in Supaul district, Bihar, to better prepare communities for natural disasters.

Our heartfelt thanks go to our donors and government partners for their invaluable support. As we move forward, we remain dedicated to our mission of serving humanity and building a resilient future together.

A handwritten signature in black ink, appearing to read 'Binod Sharma'.

Binod Sharma
Secretary, BALS K

Annual Report

2023-24

- **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.
- Exempted under Section 80G of Income Tax, Unique Registration Number AAAAB0762BF20221 valid till 2024-25

- **DETAILS OF BOARD MEMBERS AS ON 31 MARCH 2024:**

Name	Position	Remuneration and reimbursement in RS. (Overall in reporting period)
Bhagwan Singh	President	Nil
Binod Sharma	Secretary	60,000
Pano Devi	Treasurer	Nil

Girija Nandan	Member	Nil
Satyendra Singh	Member	Nil
Santosh Kumar	Member	Nil
Nibha Sinha	Member	Nil
Mandvi Sharma	Member	Nil
Shyam Sundri Devi	Member	Nil

- **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.

- **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)	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	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 implemented the project with the support of Misereor Germany to improve the sexual and reproductive health (SRH) status of adolescents and young couples, Disaster Management, Climate Change and Socio-Economic Improvements in the 30 villages of Chattapur block of Supaul District, Bihar. The target groups of the project are:

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

Implemented Activities

I. Capacity Building Program to Stakeholders:

Adolescents & Youth

BALSK recognizes that reaching people when they are young can help them to adopt healthy attitudes, values, and behaviors, practiced throughout their lifetimes



Trained unmarried adolescents using developmentally appropriate SRH and gender-related curricula, with each sub-group trained separately (young girls aged 12–14, adolescent girls aged 15–19, and adolescent boys aged 15–19). Content and exercises focused on providing basic AYSRH education, as well as building agency and the communication and negotiation skills needed to make healthy decisions. For adolescents around the common age of marriage in project area (15 years old), training included discussion of the health, social, and economic benefits of delaying marriage and childbearing, birth spacing, and small family size. Training also equipped young people with strategies to resist societal pressures to marry and conceive at a young age.

Pregnant mothers, postpartum women, and their husbands



Group meetings were conducted for pregnant mothers, postpartum women, and their husbands to encourage safe delivery and maternal care. Participants received crucial information on healthy diets, the importance of registering with health centers during the first trimester, and the necessity of at least three antenatal checkups. Key topics included strategies for healthy weight gain in the last six months of pregnancy, the schedule for T.T. vaccinations, and the importance of supplementing with folic acid, iron, iodine, and vitamins B and D. Additionally, the meetings covered breastfeeding, institutional delivery, pregnancy spacing, contraception, and the prevention of anemia, empowering families with knowledge to ensure better maternal and fetal health.

Women and their husband of 1 child and 2 child



The group meeting aimed to support women and couples with one or two children in choosing suitable family planning methods and addressing any related challenges. It emphasized providing accurate information during key life stages, including late pregnancy, post-birth, and post-abortion.

- Increased awareness among participants about various family planning methods and their suitability.
- Enhanced understanding of nutritional needs during pregnancy and early childhood.

- Greater community engagement in discussions about family health and planning.
- Improved confidence among women and couples in making informed choices regarding family planning and health.

Overall, the meetings fostered a supportive environment for women and couples, empowering them with knowledge and resources to manage their family planning effectively.

Fathers and Mothers of Newly married couples



Young people have very little autonomy and decision-making power. BALS therefore engaged parents and parents-in-law, as well as other community leaders, who greatly influence adolescents' future marriage and childbearing. Parents were also encouraged to keep adolescents girls in school and delay the age at marriage, and also to understand the equal "value" of both their daughters and sons.

- Increased awareness of how to effectively support their children in family planning decisions.
- Improved communication strategies, fostering healthier relationships within families.
- Strengthened relationships between parents and newlywed couples, promoting a supportive family environment.

The meetings equipped parents with the knowledge and tools to be positive influences in their children's marriages, encouraging strong, healthy family relationships.

Newly married couples



To improve SRH knowledge, build life skills, and promote couples' communication and joint decision making. Female animators conducted home visits to young married women at various stages of pregnancy and parity to provide SRH education and counseling.

Home visits created a space for one-on- one dialogue about contraception and related issues, and provided the social support necessary to nurture behavior change as a woman transitioned from one life stage to the next. Themes brought up in home visits were also reinforced during group meetings.

Men were reached via male animators who held group meetings focusing on SRH education and gender issues, encouraging male involvement and couples' joint decision making.

SMC, School Teachers and Officials



We aimed to engage school stakeholders to improve the reproductive health and overall well-being of adolescents. Addressed the detrimental effects of early marriages on health and educational opportunities. The meetings successfully raised awareness among SMC members, teachers, staff, and students about critical reproductive health issues, fostering a supportive environment for adolescents. By utilizing the school platform, BALSCK created a collaborative approach to promote healthier behaviours and improve the overall well-being of students.

Disaster Management Committee (DMC)



The meetings were held with Disaster Management Committee (DMC) members to identify village vulnerabilities and resources, enhancing their capacity to manage risks from floods, earthquakes, and fires. The initiative established links with government disaster bodies for timely plan implementation and promoted women's involvement, ensuring at least one-third of DMC members were women. This led to improved local disaster management planning and community preparedness.

Village Development Committee (VDC)



Meetings were organized with Village Development Committee (VDC) members to discuss community challenges and explore solutions. The sessions covered various government schemes, including social security, old-age pensions, widow and disabled pensions, the Kanya Samriddhi Yojana, scholarship programs, school nutrition initiatives, the Prime Minister Housing Scheme, and agricultural support. Participants gained valuable insights into women's rights and entitlements.

Disaster Management Task Force (DMTF)



The meeting was productive in equipping DMTF members with the knowledge and skills needed for effective disaster management. Ongoing training and collaboration will enhance community resilience. Stronger connections with local health facilities were established for effective casualty management. Enhanced preparedness and confidence among members, improving community resilience during emergencies.

Interface meeting with PRI Representatives, NGO Groups, Youth Groups, Govt. Functionaries, Community Influencers, etc on Disaster Management & Health Issues



The interface meeting successfully established a framework for a comprehensive approach to disaster management and health issues within the community. By identifying risks, prioritizing vulnerable groups, and fostering collaboration, the meeting aimed to create a resilient community equipped to handle future challenges effectively. The emphasis on community involvement and changing attitudes among decision-makers will further strengthen disaster preparedness and response efforts.

Farmers Groups on Climate Change



Meetings with farmer groups focused on guiding sustainable farming practices in response to climate change. Farmers gained insights into retaining soil fertility through chemical-free methods.

- Emphasis on the benefits of multi-crop farming to enhance biodiversity and reduce production costs.
- Awareness raised about various government initiatives, including: Chief Minister Seed Scheme, Fishery Scheme, MNREGA, Crop Insurance Scheme, PM Kisan Samman Fund, Crop Assistance Scheme
- Encouraged regular communication with Government Farmer's Advisors and Agricultural Coordinators for timely advice and access to benefits.

Mobilization meeting to PWD for Linkage with govt.Schemes



The program aimed to empower persons with disabilities (PWDs) by increasing awareness of their rights under the Equal Opportunity and Rights Act of 1995, providing information on financial support through the Disabled Pension, and guiding them on obtaining Disabled Certificates. It highlighted access to government resources like artificial limbs and mobility aids; overall, it sought to ensure equal opportunities and full participation for PWDs in society.

Strengthening Service Deliveries

Training to Dai (TBA), MAMTA, AWS and ASHA



By equipping these community health workers with knowledge and skills, the training aimed to enhance reproductive health services and improve health outcomes in the project area.

- Training equipped them with effective communication techniques to support families in making informed health choices.

- Familiarization with initiatives like the Pradhan Mantri Surakshit Matritava Abhiyan (PMSMA) enabled better guidance for maternal and child health services.
- Emphasis on the importance of vaccinations led to increased awareness in the project area.

Training to Swasthya Doot on RH and general health issues



The training covered calcium-rich food intake, health services for pregnant and lactating women, IFA and calcium consumption, the right age of marriage, and the importance of institutional delivery services.

Mass Awareness on Health & Disaster Management

Street Plays



The street plays were designed to engage the community through relatable storytelling. Performers depicted various scenarios related to reproductive health, such as the importance of safe practices, access to healthcare, and the need for open conversations about sexual health. They also addressed disaster management by illustrating preparedness tips and community response strategies during emergencies. The interactive format encouraged audience participation, fostering dialogue and deeper understanding of these critical topics.

Wall Paintings



Alongside the performances, vibrant wall paintings were created in strategic locations. These murals featured key messages and visual representations of reproductive health rights, safe practices, and disaster preparedness strategies. The artwork not only beautified the community but also served as constant reminders of the information shared during the street plays, making it accessible to everyone, even those who couldn't attend the performances.

Strengthening of Grain Bank



The grain bank in the project area has been successfully established and strengthened, resulting in improved food security and community resilience. Key achievements include a fully operational storage facility, a diverse inventory of staple grains, and the formation of a local management committee. The programs for community members have enhanced capacity, the initiative fosters greater community engagement and stability.

Mobile Health Camps



Mobile health camps offering homeopathic medicine were organized in the project area, focusing on elderly individuals, women, and children. The camps provided free consultations and treatments, along with health education sessions. High participation levels indicated strong community interest, and many reported improvements in their health and expressed gratitude for the accessible care, highlighting the importance of such initiatives.

Other Programs

BALSK organized a series of awareness camps and workshops in Nalanda and Supaul districts of Bihar during 2023-24, focusing on key issues such as:

Environmental Awareness: Educating participants on the importance of conservation, sustainable practices, and the impact of climate change. Activities likely included discussions on local environmental challenges and solutions.

Domestic Violence and Gender Equality: Addressing crucial social issues, these sessions may have provided strategies for promoting gender equality in the community.

Child Labour Eradication: Focusing on the importance of education and the rights of children, these workshops likely aimed to raise awareness about the negative impacts of child labour and advocate for community engagement in keeping children in school.

These events featured experienced resource persons and eminent personalities, enhancing the credibility of the information shared. Overall, the initiative aimed to empower communities and foster positive social change.