



ANNUAL REPORT 2023-24



National Institute for Sustainable Development
“Sunder”, House No. 560, Survey No. 21/1, Sainikwadi, Wadgaonsheri, Pune-411014.



FOREWORD FROM THE DIRECTOR

Welcome to the Annual Report 2023-2024

The journey of NISD started in 1992 to bring sustainable changes in the lives of the deprived and marginalized communities who lacked access to healthcare, adequate income, education and basic services that will help them live a meaningful life.

During the year 2023-2024 NISD kept continue it's good work and tried to aware, train, guide, support and help the local marginalized group of Sangamner and Junnar blocks of Ahilyanagar (Ahmednagar) and Pune districts. In both the areas we mainly concentrated on school girl's women and in Sinnar and Parner blocks of Nashik and Ahilyanagar respectively we focused particularly on the needs of the communities that includes health camps, removing mud from the percolation tank and deepening them, school improvement etc.

If we see the factors affecting on girl's education, women empowerment and their earning we can see drought situation, hilly areas, less of industrial growth, less work agricultural produce and due to that poverty, illiteracy, ignorance, lack of basic infrastructure etc. put adverse effect on girl's education, women empowerment and their financial support to family. This again lead them in the vicious cycle of poverty. This cycle revolves generation after generation. Providing employability skills and supplementary income source to rural women who have less education is a big challenge. NISD identified work opportunities, in the local area, trained and supported women to get additional income through goat keeping, poultry, small dairies and petty businesses..

NISD works sincerely that these girls will complete their education, go for higher education and by shaping their futures positively to break this vicious cycle. Same time we are focusing on women, from landless and marginal farmer households, so that they can improve their knowledge, skills, income and support their families.

While working with girls our focus was mainly to empower and enable girls from marginalized communities to get the education they need to transform their lives and secure their future, and to challenge gender based discrimination and violence in their communities. Apart from earlier years' programs, we focused on building girl's agency, aware community so that they support to girl's and provide girls friendly atmosphere in the villages.

On behalf of our Trustees, staff and our project communities, I sincerely thank our donors, individual donors, supporters and well-wishers for their kind and generous support that build our confidence and motivation towards serving the people. Their support helped us to bring positive changes in the lives of many downtrodden individuals and families. We highly appreciate our supporters and grateful for enabling us to work for the under privileged section of our society.

Dr Prakash Palande

President

National Institute for Sustainable Development

Pune.

NISD's TRUSTEES

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	Mrs. Gauri S. Gokhale- Oak. Trustee, Social Work	B.Com., M.S.W.	"Advait", Abhinav Nagar, Sangamner- 422605, Dist. Ahmednagar.
	Mrs. Alka A. Gharat Trustee, Trainer- Vocational & Income Generation	S.S.C., Vocational Training.	C/505, Sahyadri, CHS, Sadguru Nagar, Devipada, Borivali E Mumbai.
	Dr. Kishor P. Badhe Trustee, Eye Surgeon	M.B.B.S., M.S. (Ophthalmology)	" Shreedhar Eye Hospital, Canal Road, Shrirampur Dist. Ahmednagar.
	Mr. Abhijit R. Madane Trustee, Social Work	B.A., M.S.W.	Mr. Uttam Seth Mozad Vyapari Sankul, Pargaon Phata, Madh, Tal. Junnar, Dist. Pune 412 409.

Introduction:

NATIONAL INSTITUTE FOR SUSTAINABLE DEVELOPMENT (NISD)

Established in July,1992, N.I.S.D. is working for the uplift of rural poor masses, especially the Bidi Workers and the Dam Displaced tribal. recently NISD's project activities are concentrated in the rural areas of Ahmednagar, and Pune districts. Recently we started our work, in a smaller way, in the neighbouring Nashi district also.

Vision

"We want a world where inequality based on class, gender and religion is absent and no person will get exploited by any one. We want a world where basic needs become basic rights and where poverty and all forms of exploitation are eliminated. Each person will have the opportunity to develop her or his full potential and creativity, which will lead him/her towards sustainable development."

Mission

"To create awareness among the poor and deprived community, giving them opportunities according to their abilities, to upgrade their educational, social, health and financial status, in an atmosphere of non-violence and non-discrimination and bring sustainable development".

Primarily work in the remote and vulnerable areas where women are engaged in wage laboring work in Sangamner and Parner talukas of Ahilyanagar (Ahmednagar) district, tribal communities displaced by a dam project in Junnar taluka of Pune district and also for the poor people of Sinnar block of Nashik district.

NISD implemented various activities to overcome above problems which are as under-----

A. GIRLS EDUCATION:

1. **NISD Prepared of gender transformative module for girls:** Preparation of gender transformative questions for girls and on that line we did baseline and now regularly creating awareness among them so that we can build their confidence. Every six months we monitor 400 girls randomly to measure girl's empowerment level. This year we observed it raised up to 45 compared to 25 before.
2. **Training of NISD staff and Girls leaders on street play/ drama etc:** Conducted training on how to write, prepare, practice and perform "STREET PLAY", for staff members and also for the group leaders of Girl's Groups. 90 village girls participated and learnt about street play and they prepared and presented it before the community members and block education officers and aware girls related issues like girls education, rights, early marriages violence, etc.
3. **Formation of a strong network of girls leaders work for girls issue:** To support girls issues NISD organized 40 girls clubs in that total 1762 girls are members. Similarly 20 Parents Clubs and 40 Girls Protection Committees are organized in the project villages. Different activities like, trainings, meetings, exhibitions, rallies, home visits are conducted to aware these group members so that they

will provide necessary support for girls education and take effort to make girls friendly atmosphere in the families and in the community. NISD also organized network of these groups by bringing them together, by train and guide them.

4. **Distribution of Educational Material to Girls:** NISD distributed educational material to 160 primary and 350 secondary school girls, whose financial condition is very weak and their parents not afford to provide them educational material.
5. **Provide Sanitary Napkins to adolescent girls:** The ASHA workers also come and guide the girls group about menstrual hygiene. This year the ASHA worker provided 1475 pads. Group leaders guide the young girls about how to use it and care during the period.
6. **Providing Bicycles:** 215 needy Girls, Who Have to Walk Miles to Attend Their Schooling, are provided bicycles. This helped girls to reach school timely, with less energy and get more time for home work and playing with friends. 22 girls are supported to get free bus passes and ease their parents burden.
7. **SMC committee Meetings:** Efforts are taken to sensitize, encourage, motivate these members and educate them about their role, responsibilities and how they can play and important roles in girls education and safety.
8. **Support Classes:** We started support classes in 12 high school, for the 521 girls who were weak in their studies and subjects like Math, Science and English. These extra classes helped girls to clear their difficulties, doubts and basic concepts and are more confident. Out of 521, we could see positive changes in 331 girls.
9. **Self-Defense Trainings to High School Girls:** Organized sessions in the 12 high schools in which 1295 girls learnt the safety tactics from the experts. NISD selected 5 leaders from each schools thus 60 leaders from these 12 schools who are taking practice of other girls for sustaining this activity.
10. **Improve safeguarding for children and vulnerable adults:** NISD took efforts to improving the safeguarding of children and vulnerable adults by taking steps like by informing new staff, improved NISD's POSH policy with the help of experts. NISD also developed stickers and IEC material for girls right, safety and protection to aware schools and communities.
11. During this year NISD organized / strengthened Girls Protection Committees in 20 project villages and aware their 180 members (M-37, F-143). Information was given to them about their roles and responsibilities and how they can create girl friendly atmosphere in their villages to keep their girls safe and encourage them for higher education.

Pictures Gallery



B. Adolescents Health:

Though we think adolescent is a healthy groups and have less problems but it is not true. From childhood to adulthood and during it there are biological and psychological changes take place in body. They often have less access to information, services and resources and because of that young people are affect and this is need of this area youth also because of backwardness, poverty and many other factors. Also this group is not homogeneous

The negative health consequences of adolescents can pass from one generation to the next. For example, babies born to adolescent mothers have a high risk of being underweight. They are also likely to suffer from the same social and economic disadvantages encountered by their mothers.

Therefore, NISD wants to address the needs of adolescents so that we can create awareness among them, provide them required knowledge that they are not getting in this important period of their lives and encourage them to access services and resources that are made available specially for them in the nearby areas.

NISD strongly feels that investing in this group (10-22 years) is going to have rich dividend for the future health. A core package of services includes awareness building, counselling, etc. will lead in delaying marriage age, reducing incidence of teenage pregnancy, prevention and Management of obstetric complications including access to early and safe abortion services and reduction of unsafe sexual behavior.

Sexual health education programs can provide information and support rural girls to improve knowledge, attitudes, and behavior related to sexual and reproductive health.

NISD implemented this program in 43 tribal/rural villages of Sangamner (25) and Junnar (18) block of Ahmednagar and Pune District, Maharashtra state, and tried to created awareness among the early adolescent (Age 10 to 14) and late adolescent (15-22), as per the age specific requirements.

Implemented activities for 5000 girls (1389 early adolescent and 3611 late adolescent of 10 to 22 year age belonging to rural marginal families.

- We formed 40 girls group and created awareness among them about ARSH.
- Organised 21 Kishori Guidance Units at 21 locations.
- Girls learnt and prepared action plans regarding their village problems.
- Girls learnt about street play and present before different stakeholders and thus created awareness among villagers about girls rights, girls protection, girls education etc
- 50 Girls leaders (Peer Leaders). from 12 High Schools of Sangamner block and 7 High Schools of Junnar blocks, are trained and made confident to teach their peers and percolate menstrual health knowledge among them.
- 3611 adolescent girls are educated and made aware about reproductive and sexual health and provided needed information to them.
- 1462 Kishori installed and using TSTA App and clearing their ARSH related doubts by asking number of questions through this App.
- NISD created awareness among 226 teachers, 67 Asha workers and 83 Anganwadi workers from 42 villages and developed good rapport with them so that they can support to achieve

Because of these activities we found positive changes among the adolescent girls before start of the project and after end of the year---

- In the Pre-test, it was found that only 42 % girls knew about menstrual hygiene, care, body changes etc. In post test this score reached 82%
 - In the Pre-Test only 45% adolescent girls knew about puberty, physical, mental and emotional changes among adolescent during this period etc. In Post- test this score increased up to 76%.
 - 47 % girls knew about nutritious diet, it's importance etc. In Post-test this score reached 88%
 - In Pre- test 35% girls are aware about HIV/RTI/ STI etc. In Post-Test this has gone up 68%.
- It shows that these activities helped the girls to know more about the adolescent, health and enabled them to get scientific and appropriate information about it.

Pictures Gallery



Girls Club Meetings



Exposure Visit At Otur Police Station, Sugar cane Factory



Kishori Melava (Gathering)



Presenting Girls problems with the local leaders



Leadership development.



Awareness among ASHA workers/ Anganwadi workers about adolescent issues.

C. Women Empowerment and Income Enhancement: During the project grant this project progressed as under-----

With the kind support of our partners like Azim Premji Foundation, Indigo (through AFARM) and the Karuna Trust UK, we tried to organize women, build their capacities, supported them and help them to start their own income generation units or organic nutrition gardens in 32 drought prone villages. It was really a challenge before NISD as to provide alternate income source to women where work opportunities are very less and developing nutrition gardens in the villages where people face severe drinking water problems. But this programs help us in building confidence among our team, beneficiaries and villagers that it can be done and this can help them.

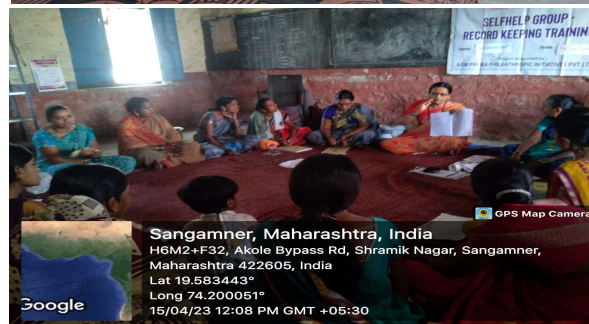
NISD focused more on the following activities and achieved the expected results. Such as—

Organizing strong network and Capacity Building of Women: To achieve this we implemented following activities.

In these 32 villages 139 SHG organised in that total 1820 women are members now. Apart from that NISD also organized 65 producer groups , 11 Gramsangh and a Mahasangh which keep these women together, help them to share their difficulties, experiences and support each others. Information was given on how to organize SHGs/ Producer groups/ Gramsangh/ Mahasangh etc is given to them along with how it works, benefits member, different activities they can take up/ IGP etc. Then we encourage them to open their bank accounts, in the nationalized banks, start savings, digital banking information is given to them, train them about bank transactions, record keeping, how their unity will help them to develop and build their confidence.

Similarly training of Gramsangh leaders and Mahasangh leaders are also organized so that they will guide other SHGs, keep them united and help each others. Information was given to them about different schemes, how and where to apply etc. Information was given about use of ATM, how to fill bank slip, how to deposit or remove money, using google pay, phone pay, etc. These all activities helped in building confidence among the rural women, encourage and motivate them to be united, learn from each other and build a strong network. Because of their unity so far they got loans of Rs.2,63,25000/- from the banks, Govt. Schemes and from their SHGs.

Pictures Gallery



Income Enhancement Programs for Rural Women: To achieve this NISD implemented variety of activities in different villages, with the kind support of our partner agencies such as Goat Keeping, Small Poultry Units, Petty Shops, Small dairies, etc.

Demonstration program also organized in that what type of supplement to be given to the goats/ cows/ buffelows like grinded maize, green fodder, type of plants to be planted for green grass purpose, dry feed, how to preserve this, how much feed to be given to goats daily and thus how they can reduce the costs on the feed and increase their income out of goat units/ small dairies all these things are discussed/ demonstrated in this training program. It was taught about the type of fodder/ trees etc. can be taken so that animals will get good feed. The trees/ fodder/ crop can be taken on the boundary of their fields or empty places available in the court yard etc.

NISD organized trainings for beneficiaries about goat keeping, poultry, feeding, care, diseases, treatment, different breeds, marketing and management, from where they will get support or loan to start the business etc. NISD also organized trainings on these subjects, health camps, exposure so that the beneficiaries can learn more and encouraged, keep continue and run the business successfully.

NISD encouraged, motivated, trained and supported 930 women and helped them to start goat keeping, small poultry, dairy and petty businesses in the project villages. This helped them to earn some income to support their families.

Pictures Gallery



Developing Organic Nutrition Gardens:

As mentioned above to initiate nutrition garden activity in this area is itself a big challenge due to the climatic condition and very minimal rain fall. This area is a drought prone and in summer many villages are depend on tankers for drinking water purposes. Some of them are getting water tanker once in a 10 to 15 days. In such situation motivating and encouraging women to develop nutrition gardens is not an easy. NISD team accepted this challenge and take forward this activity scientifically.

For this first we created awareness among women about nutritional need and anemia with the help of doctors. Information was given on health problems of rural women, food habits and food intakes, required calories and use of vegetables etc causes of low HB, anemia, how to prevent anemia, care to be taken, effects on health due to anemia, negligence towards health, how they should take care of their health, food intake, importance of leafy green vegetables in food intake, how to increase HB level this sort of information is given to the participants and their doubts are cleared. We also informed them how the chemicals, used on the vegetables, are harmful to their health.

Then we organized HB testing camps and screened more than 2000 women and girls sample and tried to show them the nutritional deficiencies and that will affect their health.

For this program our team implemented number of activities to involve women, to train them, support them and develop the nutrition gardens such as importance of organic food, how to prepare organic fertilizers and organic pesticides, motivated them to use local vegetables, provided them organic seeds and fruit trees, fencing material, teach them about type of nutrition gardens, how they can plan it, different water saving techniques, what care they can take in the summer, how to preserve seeds, developed seed banks in their villages, exposure visits to show them good nutrition gardens etc. This helped us to motivate and encourage women and at the end of this year we could develop 700 nutrition gardens in our project villages.

HB testing was done in the 2022 (when we initiated this project) and in 2024 (at the end of the project) and when we compared the usefulness of this activity we found it is helpful in improving the HB of rural women.

Pictures Gallery



D. Rural Development Programs:

NISD, with the help of SUZLON Foundation, started work in Sinnar block, Nashik district which is adjoined to Sangamner block of Ahilyanagaar (Ahmednagar) district.

NISD conducted following activities in this area-----

- Improving School Infrastructure (3 schools) like painting, solar lightings, school decorating, providing benches etc.
- Pond Deepening (3 ponds) by Removing Mud and distribute the same to farmers for improving farms.
- Specialized Health camps organized in 3 villages for women and distributed medicines to them.
- Liquid D Composure training and liquid provided to 3 village people so that they can compost the waste and use it for their fields.
- E-learning aequipments provided to one school.

Pictures Gallery



1. **Organizational Development Plan and Strategic planning:** NISD conducted organizational development and strategic planning activities. Accordingly along with staff, conducted O. D. and strategic planning exercise conducted.
2. **Preparing Vision Document NISD 2030:** The resource person visited the project area, checked our project proposal, visited our project villages, paid home visits of beneficiaries. Then he sat with the staff, discussed with them about what NISD did in the last 10 years, what we have achieved, type of program implemented, difficulties faced, how much success we got, and on that basis he prepared a vision document on that basis for next five years.
3. **Capacity Building Of NISD Staff:** With the help of an expert NISD trained our staff about documentation work. How to keep an eye on outcome rather only focusing on activity, develop different forms so that we can get details, it's impact, what benefit the participants got and what are their expectations. He also taught how to maintain record in excel sheets, how to analyse it and make use of the data, how to make use of data in reports etc. NISD Staff attended training on gender, menstrual hygiene, reproductive health organized by the Metropolis Health Care Ltd., Suzlon foundation, and other ngo/foundation.
4. **Network and Sharing:** The president attended Child Right Alliance meetings at Mozari and learn from them, share about our project, our views etc with them. Total 22 leaders of different NGOs attended this meeting.

NISD also shared the problems of girls who have to walk miles to attend their schooling with the Metropolis Foundation. The Metropolis Foundation trustees were kind enough to donate total 195 bicycles for our Sangamner and Junnar project girls.

Rotary- Inner wheel ngo supported one of our project school by giving them some sport material and support to paint the school and water tank.

We are thankful to our partners The Karuna Trust, Azim Premji Foundation, AFARM (Indigo Supported CSR), Metropolis Foundation, Suzlon Foundation, Mr Nanik Mahtani and many individual generous donors for their kind support. Your support helped us to bring positive changes in the lives of many downtrodden individuals and families. We highly appreciated for your support and grateful for enabling us to work for the under privileged section of our society.

Dr Prakash Palande
President
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