



ANNUAL REPORT 2022-23



National Institute for Sustainable Development

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Introduction:

Sangamner is drought prone area. Industrial growth is very limited. In rural area women must work to support their family expenses. Most of women, due to less education force to work in bidi rolling or wage laboring work on rich farmer's fields for survival. -poor health-school dropout-early age marriages- anemia-early age pregnancies- and underweight children-less education- wage laboring and again poverty. This cycle revolves generation after generation.

NISD tried to enrolled children of bidi rollers/wage labors in the school, the schools were not attractive so we worked with 50 Govt. primary schools, implemented variety of programs to retain these girls in the schools, given training to teachers on joyful education, child right, gender etc., encouraged villagers to support local schools to improve infrastructure (play material, toilets, attractive class rooms, education material, digital class room and many other programs) Due to NISD's effort 45 Govt. schools are now in A grade and these girls are retained and continuing their schooling.

Now we want to help these girls to keep continue their higher education. But we noticed that parents are reluctant to send their adolescent girls to upper primary/ secondary schools. When we talked to the parents, we noticed that generally the secondary schools are 3-6 km away and parents not willing to send their adolescent girls far. They feel it risky to send their growing daughters so far, on daily basis as they be afraid of teasing/ exploiting/ love affairs, abuse etc. and if such thing happened with their daughters there will be problem in the marriage market due to this black spot on her character and their characters. The sorrowful thing is that they want their girls be safe from any type of abuse or exploitation but they do not provide or willing to provide any knowledge related to adolescent health, menstrual health or reproductive health to their daughters. Lack of awareness of parents about girl's health, girls' rights, her emotional and psychological requirements in the adolescent age etc. Parents negative thinking on these things not allowing them to speak these subjects with their daughters and clear their doubts on the above subjects. Even the female teachers at high school not willing to speak with girls on these topics. The girls peer also has insufficient knowledge on these issues so most of the girls feel that change in her body or menstrual cycle is big sin and they get scared and confuse. This put adverse effect on adolescent girl's physical, emotional and psychological health as they do not know about the changes taking place in her body, monthly period, main girls get stomach pain during menstrual period, causes of this, personal hygiene, good and bad touches, love and attraction towards opposite sex, abuse, exploitation by males etc. and they do not know how to react in this situations. Also, there is no support system in the villages to protect girls, educate girls on these aspects or if such thing happens take necessary action against it. This restricts girls taking further education and their overall development and prevents herself from an early marriage. This leads again into the poverty trap and forced to work in bidi factories or wage laboring works and thus live in poverty.

To overcome these problem and to bring positive changes in the lives of these adolescent girls NISD wants to implement various activities so that they can know about the physical changes in her body, menstrual cycle, problem girls face during this period, taking proper care, know her

rights, good and bad touches, love and attraction, how to concentrate on her future, health care and complete their higher education, as per their potential, and get better livelihood opportunities, rather working in the bidi rolling or wage laboring work and be a good mother and citizen.

While looking back, during 2022-23, NISD tried well and tapped some new resources to expand its work. This year we focused more on gender, adolescent health, menstrual hygiene, organised programs and build capacity of rural women about nutrition gardens to improve their health, income generation, solar units for schools, school infrastructure, and many more. NISD closely worked with the rural/ tribal people and by understanding their real needs and also with their active participation, help and support, implemented these activities that helped us greatly in achieving positive impact.

Due to drought situation some of the agri based activities hampered badly but our colleagues tried best to overcome the challenges and efforts are taken to minimize the ill effects of water scarcity.

NISD implemented multiple activities and our focus is mainly on adolescent health, education, leadership, women's empowerment, livelihood, gender etc. NISD conducted following activities with the active support of our partners and local stake holders.

A. GIRLS EDUCATION:

NISD works with 20 primary and 12 high rural high schools of Sangamner block with the kind support of Karuna Trust. The main goals of this project is to support 1698 girls, by taking various programs, to build their agency and help them complete their education and aware community to support girls for their education.

Rural schools are facing many problems like lack of basic facilities, such as infrastructure, gender discrimination, quality education, parents are not supportive, distance of schools, poor transportation, poverty and many more. NISD tried to help and supported, both the girls and schools to overcome these problems so that these schools are ready to receive and meet the needs of these girls and encourage and motivate them to keep continue their schooling. Following activities conducted for this purpose.

- **Village PRA in 20 villages:** Girl's club members, of 20 villages, are taught to conduct PRA of their respective villages. The girls, with PRA techniques conducted information of their villages and try to understand more about the problems associated with them.
- **Girls Clubs:** NISD organized 20 girls clubs in which total 2256 girls are members of these groups. (Small group 920 girls) and (high school girls 1336) and organized 153 meetings with them for building confidence of these girls, sharing each others problems, putting their requirements before their teachers, etc.
- **First Day Program:** NISD, since last 10 years encouraging school authorities and villagers to organize grand welcome to these new comers so that they will enjoy their first day in school, there fear towards school will reduce, and they will feel like coming to school on regular basis. This year also we organized first day program in 20 villages and welcomed 500 new comers.
- **Organized Mehendi and Rangoli Competition:** Rangoli and Mehendi skills taught to 1397 members of girls clubs and best performers were awarded for an encouragement.

- **Organized Lectures on Education/ confidence building etc.:** Efforts are taken to build self confidence among 971 girls from 14 high schools and taught them different life skills.
- **Exposure Visits to High schools:** During this year total 869 girls of 4th std were taken to high schools and 456 10th class girls are taken to junior college to reduce their fear, encourage them about further education and building their confidence.
- **Teacher's Trainings:** To create gender awareness among teachers and change their attitudes treating girls NISD organized 2 trainings and aware 48 teachers.
- **Support Classes:** NISD started 20 support classes for 793 girls, who are weak in studies, taught them subjects like Math, English and Science, encouraged/ motivated and supported them and at the end of the year 615 girls achieved 60% + marks. 178 girls are received less than 60% marks.
- **Providing Self-Learning Material to the Girls who are weak in studies:** Due to Covid many girls fall behind in their studies and as almost all are passed and recommended for next classes without proper teachings and examinations etc. it was very difficult for them to adjust with the next classes, particularly the girls of 8th, 9th and 10th standards. NISD identified such girls, developed self learning material, and help them in adjusting the level as per their present classes. It build their confidence and help them to appear and keep continue for their examinations.
- **Providing Education Material to Needy Girls:** NISD identified 400 poor girls and distributed education material to them. This reduced inferiority complex among the girls, ease the economic burden on their parents and keep continue their schooling.
- **Providing Bicycles to Needy Girls :** Provided 31 bicycles to needy girls and eased their transportation problems and helped them to keep continue their schooling.
- **Distribution of Play Material to high Schools:** NISD distributed play material to 20 high schools because of this 3643 rural girls, taking education in a very difficult situation, are benefited greatly.
- **Self Defense Classes for Girls:** 193 Self Defense Sessions in 20 high schools organized in that 6836 girls (cumulative) learnt self-defense techniques. NISD also selected 100 active leaders from these 20 high schools so that they can take practice sessions of these girls..
- **Provision of Sanitary Pads to adolescent girls:** NISD staff created awareness about menstrual hygiene, how to use of sanitary pads, care during this period etc. and also distributed sanitary pads regularly to these 2461 girls
- **Health Lectures for adolescent girls by Medical Professional:** During the year total 27 lectures organized and 2157 girls and aware them about girls health problems. 9 girls refer to town doctors for further check-ups and treatments.
- **Boys Gender Awareness Sessions:** This year NISD organized total 68 sessions and reached upto 2181 boys of 20 high schools, in that awareness is created among boys about gender equality, safety of girls, how teasing put adverse effect on girl's education, overall development and lives etc.
- **Girls Leadership Trainings:** Two leadership trainings organized for girls leaders during the year and total 72 leaders and 22 NISD field workers took part in these trainings.
- **Organizing, encouraging and motivating SMCs:** NISD tried to create awareness among the stake holders i.e. parents, local leaders, SMC members, girls, teachers etc about girls right and their education rights, what problems girls face while attending their schooling such as transportation, teasing, provision of education material, basic infrastructure etc. 57 meetings organized during the year and total 1089 (cumulative) participated in these meetings. Apart from that 4 trainings during the year in which total 118 leaders took part.

• Pictures Gallery

- **Girls Protection Committee Meetings**



- Community Sensitization and awareness raising (health, education, child rights etc)



- Home visits and follow ups with parents whose girls are having problem in education/ health education etc.





- SMC committees meeting



- Organizing and capacitating 40 girls clubs at village level



- leadership trainings for girls club leaders.



- Toilet repairs and renovation High schools



- Self-defense training



B. Adolescents Health:

NISD and Metropolis Foundation worked together for creating awareness about adolescents health in 60 villages (40 villages of Sangamner block of Ahilyanagar block and 20 villages of Junnar block of Pune district.) Lack of awareness of parents about girl's health, girls' rights, her emotional and psychological requirements in the adolescent age etc. Parents negative thinking on these things not allowing them to speak these subjects with their daughters and clear their doubts on the above subjects.

Even the female teachers at high school not willing to speak with girls on these topics. The girls peer also have insufficient knowledge on these issues so most of the girls feel that change in her body or menstrual cycle is big sin and they get scared and confuse. This put adverse effect on adolescent girl's physical, emotional and psychological health as they do not know about the changes taking place in her body, monthly period, main girls get stomach pain during menstrual period, causes of this, personal hygiene, good and bad touches, love and attraction towards opposite sex, abuse, exploitation by males etc. and they do not know how to react in this situations.

Also, there is no support system in the villages to protect girls, educate girls on these aspects or if such thing happens take necessary action against it. This restricts girls taking further education and their overall development and prevents herself from an early marriage. This leads again into the poverty trap and forced to work in bidi factories or wage laboring works and thus live in poverty.

Following activities are conducted in the year 2022-23 in these 60 villages -----

- In 40 villages Girls Protection Committees have been formed and motivated to work for the girl's rights, girl's protection etc.
- Posters of 25 types on girls rights, protection etc. are designed. Adolescent Book was design and Printed for the Adolescent Girls and were Distributed.
- Meetings were organized with the school management committees of 32 schools and information was given to them about the project, girl's problems, rights and what actions necessary to be taken.
- a. Gabe information to 1791 women are about anaemia, it's causes and what measures are necessary to prevent/overcome on the same. HB testing of 3000 Girls is done.
- Boys of 32 high schools are sensitized about gender discrimination, how it impact negatively on girls and how they can help/support girls in it.
- 40 Girls club are formed and now they will be guided further on girl's issues, menstrual hygiene, leadership etc.
- Self -Defence Classes are organized in all these 32 high schools and girls are motivated to learn the basic self-defence techniques for their safety.
- Gender training organized for the teachers 140 of Pimpalgaon And sangamner area.
- Leadership training organized for 158 girls leaders of Sangamner area and information was given to them about what is leadership, how to lead the groups, how to conduct different activities, benefits of group etc.
- Total 44 SHGs are organized/ capacitated in that 412 members are organized.
- TSTA app was introduce 986 girls .
- Play Material was Given to Girls Group in 17 High school 1912 Girls Benefited.

- Sanitary Napkins was placed in 32 High school for Girls
- Toilet repair and renovation 7 installing sanitary napkins disposal Machine in 5 High school 897 Girls Benefit from this activity

Pictures Gallery

- Lectures and demonstration for women on anemia



- Gender/ Menstrual Hygiene Training for Secondary School Teachers



- Exposure visit of Adolescent Girls /Dr. Health Lectures for adolescent Girls



- Awareness training to jeep/auto drivers to ensure the safety of girls



- Boys gender sensitization in 17 schools



- HB testing camps for women of poor categories



- Distribution of Adolescent Health notebooks



- Provision of Play material to high school girls of 17 high schools



- Mobile App to give information to girls on adolescent health, menstrual health, reproductive health.



- Sangamner and Junner block BDOs Inaugurating Health Notebook.



C.Women Empowerment and Income Enhancement:

NISD with the partnership of Azim Premji Philanthropic Initiatives, implement the program for women of seven drought prone villages of Sangamner block. The main aim of this To create strong women's network in the project villages (by organizing, capacitating and strengthening 1000 women's Self-Help Groups, Village Level Organizations and MAHASANGH) and enable them to work for member's income enhancement and improve their health by developing giving them knowledge about food intake and nutritional gardening. We focused on more on goat keeping, nutrition gardening and organizing 1000 women and capacitating them. This is the first year of this program and we tried our best and implemented following activities-----

- **Orientation cum Training for Program level staff of NISD:** Dr. Palande oriented staff members about the project, main aspects, different activities we have to conduct to achieve the expected outcomes of this project, what strategy we can use, what challenges we may occur and clear doubts of the team.
- **Field study/ Village assessment/ Baseline data collection: and finalizing report:** Seven project villages selected and conducted survey. First tool was developed. Staff training was organized then Family survey conducted, information of village collected. Total 1200 questionnaires were filled and out of that 1000 women selected to work with them.

a: Organizing, capacitating and strengthening 1000 women's Self-Help Groups, Village Level Organizations and MAHASANGH): To organize rural village women of 7 drought prone villages NISD organized various activities. NISD team met women, organized their meetings, informed them about SHGs, how it works, how it will benefit them, how their unity will help in solving many of their socio-economic problems, in fetching different schemes, gain knowledge of different things, procedure and grow with each others support. Slowly our staff able to create confidence among the women and we formed 96 SHGs and 1089 women are members of these groups. This is a big achievement.

To capacitate these women, different trainings are organized such as group functioning, group norms, rules and regulations, savings, loaning, repayments, record keepings, maintaining different registers, banking related aspects and financial literacy, leadership development, maintaining different documents well for different schemes/ bank loans etc.

Because of NISD's efforts in every village there were 10 to 20 groups so to coordinate them we organized a Gram Sangh in each village, by selecting active members from different SHGs. This is village level body of all the SHGs who help us to coordinate with all the members of these particular village. Efforts are taken to build capacity of these members so that they will learn different aspects, get knowledge helpful for their development and percolate the same among their village members. Thus we organized 6 Gram Sangh in these area. To coordinate work of all the villages we form a supreme body, by selecting active members from each Gram Sangh, to form a MAHASANGH. Now this three tier arrangement helps us coordinate the work, implement different activities, and achieve the expected goals. This strong network help the women to share their problems, learn from each other's and support each other's.

NISD team also share, about the project and its objectives etc., with the village Sarpanch, panchayat members, anganwadi workers, ashwa workers, teachers, and other dignitaries of the village. This information is given to the village leaders and made them aware it helped us to receive support from them.



Organizing and
Capacitating trainings of
SHGs, Gram sangh and
Mahasangh Training.

b. Income Enhancement

of Women: NISD aims to improve the income of 450 poor households (especially women) by organising, strengthening and building their capacities by Goat Management and related activities.

In the beginning NISD team did the skill mapping of 1000 SHG members about their interest in starting Goat keeping business, organised meetings with them, paid home visits, and from this process identified 450 women for goat keeping.

NISD selected one Village Resource Person from each village and along with them the other program staff, organized a five day training with the help of Goat Trust of India, to orient and train staff on goat keeping, different goat breeds from different climatic condition, health problems, treatment and management, practical knowledge on immunization of goats, how to prepare goat feeds by using different material, marketing, role of Pashu Sakhi etc.

NISD Organized number of goat keeping Income Generation trainings, in seven project villages, for the SHG members interested to start their own goat keeping units or willing to expand their existing units. NISD also distributed 40 goats to poor families, help other families to get bank/SHG loans to purchase goats and thus helped families to start goat keeping business. The awareness created about goat keeping and regular guidance and support to them helped them to look after their goats in a professional and profitable way, such to select goat breed, its feeding, care, immunization, health and management etc.

During the year NISD supported 40 beneficiaries directly and apart from helped 74 more beneficiaries, through SHGs, bank loans and Govt. support, to get goats. Thus this year total 114 families received goats and they started goat keeping.

NISD support these families regularly, by providing them guidance, expert advice, organizing veterinary health camps, feed management etc, so that they can manage the units and get more income out of that. NISD's target is enhancing income of 450 rural women in 3 year project cycle and this year we provided support 114 families in goat keeping.



Different activities & trainings for enhancing income through Goat Keeping programmes.

C. Organic Nutrition Gardens:

NISD kept forth to help 550 families of these 7 villages to develop organic nutrition gardens in



three years so that they will get green, leafy, chemical free vegetables. It is very challenging work because, as we informed earlier, this is a drought prone area and after November-December only people get drinking water problems. In summer the situation gets worsen and all the villages are depending on tanker water that they received once in a week of once in a 15 days. In such situation when we spoke with the beneficiaries they start laughing as if we are telling them something strange and impossible. They were asking several questions how the plants/ trees will be

survived when there will be no water. We have to take lot trouble to convince them that at least some months, when there is water available, you will get this vegetable and it will help in improving your health. We had conducted their HB testing before this so they somehow agree to develop nutrition gardens. But it was very difficult task for our team. We conducted number of activities such as -----

In the beginning we conducted trainings, both theoretical and practical, for our staff and then they organized series of trainings for the women. We told them about balance diet, importance of vegetables, ill effect of chemical use, how they can make and use organic pesticide from locally available material, how they can make and use organic fertilizers, and many other things. We also organized their field visits to organic plots and build their confidence.

Then we distributed them 13 types of vegetable seeds that is preserved organically. Also we helped them to develop small plots, available in their fields or near their courtyards, in putting fencing etc. and guided them to develop their nutrition gardens. We also distributed 5 sapling of fruit trees and encourage them to plant them around the gardens. Thus slowly we developed their interest in this activity by organizing trainings, meetings, field exposure, home visits, support and guidance.

This year we organized seed banks at 3 project village where they can preserve good quality, indigenous local seeds which can be used for next season or giving other women for developing nutrition gardens. NISD plans to develop seed banks in all the villages and we are providing necessary training and support to the local women groups for this.

NISD also noticed that in villages, while developing nutrition garden, and made basic equipments available in all the Gram Sangh so women can use it when they need it.

By organizing all these activities and organizing and aware women NISD developed 175 nutrition gardens this year.

Pictures Gallery





Different activities undertaken for developing Organic Nutrition Gardens.

We are thankful to our partners The Karuna Trust, Azim Premji Foundation, AFARM (Indigo Supported CSR), Metropolis 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
National Institute for Sustainable Development
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