

PAHAL”

**AN EDUCATION & HEALTH INITIATIVE TO HELP WOMEN &
CHILDREN AFTER PNDemic**

PROGRESS REPORT JULY 2022 TO JUNE 2023

Implemented by:

Navjyoti Development Society, New Delhi

Supported By:

ADOBE EMPLOYEES COMMUNITY FOUNDATION (USA)

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Contents:

1. About the organization
2. About the project
3. Objective of the project
4. Targeted beneficiaries
5. Strategy
6. Expected outcome
7. Activities at a glance
8. Survey & data collection
9. Remarkable moments
10. Our learnings
11. Synopsis

About The organization:

Navjyoti Development Society is a national level registered voluntary organization that has been working in the area of social development for the last 30 years. At NDS we pride ourselves as an organization being composed of sincere and dedicated individuals. Our ideology revolves around the fact that all individuals possess the potential to help themselves and we take up the challenge to help them discover this hidden potential. We adopt a participatory approach and thus, in going about designing our programs we deliberately do so. The love for truth, concern, hard work and going the extra mile are virtues that are bred in the organization. Our staff members do not merely carry out their duty but through their work they are continuously satisfying the genuine need within themselves to help the community. We push ourselves to attain new heights and span new horizons. The end result being the immense pleasure we derive from recognizing the fact that we have made a difference no matter how small or large. It is said that hard work and perseverance are the key to achieving anything in the world. We have achieved so much and are still counting!!

About the project

The project is all about the education and health, especially women health which is most vulnerable after covid-19 in India. After covid-19, every government priority has been changed. The lesson of pandemic taught us about our health and proved that if our immunity power is strong, then we can fight against any disease in the world. During the pandemic, women and children faced most crucial and hard time to survive. NDS felt this need and proposed the project based on woman and child health in Nithari village in NOIDA. Protection & prevention of child health and education has been the top priority of NDS for last fifteen years.

NDS has been working in Nithari since a gruesome murder of the children was exposed in 2007 in the area. These children were deprived and living in the slums or kachhi colony. Since then we have been targeting slum children in the area & providing day care facility to them. This facility protect them from anti-social elements & provide safe environment to live and learn. For last eight years, nearly 850 children have been mainstreamed & hundreds got support in their day-to-day study. Education & day care centre is providing support to poor parents who are going for work after leaving their children in our centre. We look support to run such centers in the community.



Concept of the project

"Our concept of the project is to create a healthy, nourished, and empowered community where every pregnant and lactating woman, adolescent, and malnourished child has access to quality nutrition, education, and healthcare. We strive to foster self-reliance and ensure the well-being of vulnerable populations, ultimately enabling them to lead fulfilled and prosperous lives."

(Exposure visit TARA Mandal, New Delhi)



Objective of the project

- To conduct a survey and collect data of actual needy beneficiaries
- To improve health of pregnant and lactating women
- To provide nutrition support to selected pregnant and lactating women
- To provide medical support at the doorsteps in the region to all direct beneficiaries
- To cover nearly 80 small, not-school going & school going children under education
- To provide nutrition support to all children who are coming regularly in our centre
- To provide counselling and life skill training to adolescent to build their confidence
- To conduct health mela within the community and provide them best medical facilities

Targeted Beneficiaries:

- Nearly 80 lactating mothers living in Nithari village
- Nearly 50 pregnant women living in Nithari village
- Nearly 80 small, not-school going & school going children under education program
- Nearly 50 adolescents under various training, counselling and skill development

Strategy:

An integrated and holistic development process requires action on various fronts. These fronts built upon and complement each other to have an effective and sustainable impact. For example, rapport building and infarction within the community is most important. Similarly, knowledge generation, collection of right information and dissemination about the project, raising awareness about the goal and objective, capacity building on every aspect of program and coordination and networking within the all stakeholders which are directly or indirectly responsible for development

Expected outcomes:

In development sector, outcomes of any act are either visible or invisible. Most of the activities are invisible. For example, there is no evidence how much a community got aware about any issue which we floated among the community. However we have following expected outcomes of the program:

1. Nearly 90 children from all age group will be covered under education program and 30 to 40 children will be mainstreamed
2. 60 adolescent will be equipped with life skill and hygiene issues and will be prepare for their better future
3. Nearly 80 lactating mothers will get nutrition and food support with their child and their health issues will be covered
4. Nutrition and food will be provided to nearly 45 pregnant women from the community and make sure their healthy, safe and live delivery
5. Health camps will cover all the women and children living in the surrounding area and doctor, counselling, medical and testing facilities will be provided them on the



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doorstep. This facility will bring awareness and education among the target population.

6. Nutrition for small children in the centre will inculcate school going habit among them and take care of their health at centre level.
7. Advocacy with various stakeholders like ANM, Asha worker, AWWs, hospital and schools will bring opportunity to avail maximum government facilities and cooperate with each other's
8. Organizing and celebrating various days like holi, deepawali, Christmas, independent and republic days, picnic or exposure visits etc. will make aware children and community about their culture, tradition and humanity. This action will intact children with each-others in future.

Activities at a Glance:

SN	Activity	Targeted	Achieved	Observation
1	Education	Bawadi-40 NFE- 25 REC – 25 Total=90	Bawadi-50 NFE- 30 REC – 30 Total=110	It was an excellent attempt to cover out of school children. Nutrition inculcate school going habit & interest of parents
2	Supporting Lactating mothers	80	82 (total 9 camps organized for the LMs in the centre)	Our action was quite required and essential to provide nutrition and medical facility to women. It seems that this is a regular demand of the people in the area. During the sessions all most 100% women participated in counseling sessions. The issues and objective covered as per requirement of LMs and their children.
3	Supporting pregnant women	45	37 (total 8 camps organized for the PWs in the centre)	Need exists in a regular basis among women as the Govt. services are limited & inadequate. However out of 45 direct beneficiaries, five migrated to other places without informing. During the sessions all most 100% women participated in counseling sessions. The issues and objective covered as per requirement of PWs and their infants.
4	Health camps	3 (for nearly 400 beneficiaries)	3 (total 445 beneficiaries participated)	Need exists in the area as health services are either out of the reach of the poor or costly. In every camp, there were nearly 150 (average) participants who avail



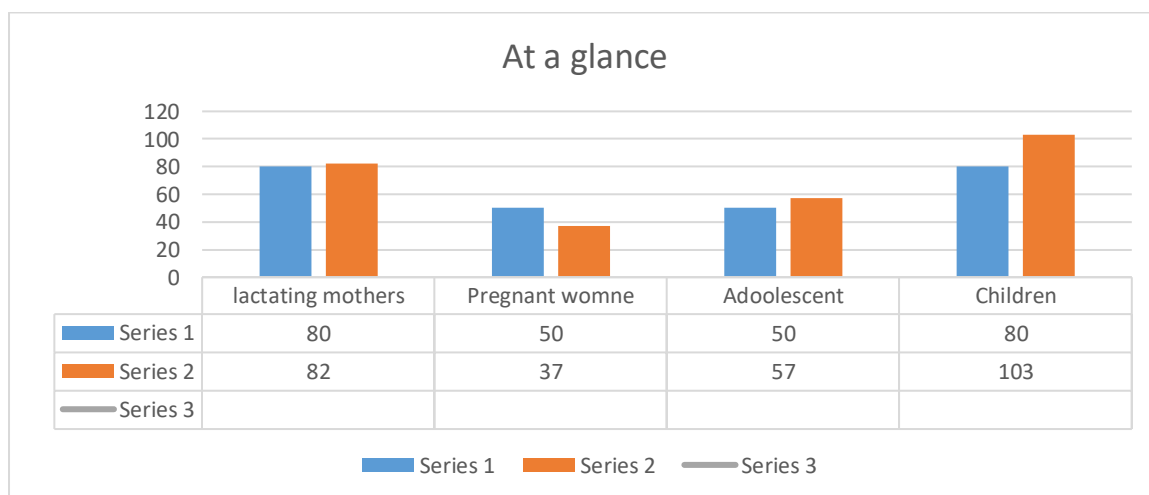
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			during the camp)	services of the camp, like counselling. Medical care, medicine, testing etc. However, we had to have to stop registration after a certain entries due to time constraints
5	Adolescent education	12 (target was 50 adolescent)	14 (covered 57 adolescent through 14 camps with 315 beneficiaries)	It was planned in every months. We organized it successfully. Again it is a regular need of the adolescents in the region. Cheap Sanitary pads are most requirement among girls and women
6	Organizing & celebrating of festivals/events	4 (for nearly 100 children)	6 (116 children of all age group participated)	Such activities are always attracts children to retain in the schools. It boosts the interest of Our main focus was on exposers visits, celebrating independence & republic day, Christmas day and so others
7	Malnourished children	30	25	Though, the Govt. is taking care of such children through ANM, ASHA and AWSs, but real situation is totally different. With the support of ASHA and AWSs, we provided special attention to such children and helped them with all care and protection. Overall it was good initiative but require long term support to these children. One of the significant outcome was that many families withdrew their plan to go home during the year.
8	Lab & testing facility	50 (1)	66 (2)	This was conducted during the health camps in the centre. It covered 66 beneficiaries from the all age groups especially women and pregnant women. Major lab testing facilities like HB/anemia, sugar, Thyroid, CBC, ESR etc. provided as per prescribed by medical practitioners
9	Advocacy & network	4	7	This was part of the program to meet & conduct meetings with various stakeholders who can support our vision and objectives. ASHA, AWWs, ANMs, school principals and teachers etc. were our targeted network stakeholders. Some of them really helped us while school principal were afraid from their superiors. However we managed them and mainstreamed children in the schools.



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				ASHA and AWWs were very cooperative and helpful. They made regular visit in our centre and also invited during their camps and activities in the community.
10	Survey & data collection	At least 500 households	Covered 345 households	This activity was very useful. It has provided a candid target from the community to achieve the goal. Separate manpower hired for the purpose and completed the task. Though we could not cover the target as we have achieved our target after covering nearly 350 households. We stopped it and concluded the data.
11	Mainstream of children	25	32	We did not face any problem to mainstream of children in Govt. schools. Under the Govt. guideline, every school is bound to admit children





Baseline survey & data collection:

Objective:

The objective of the data collection is to reach actual and needy beneficiaries and provide them medical, doctor, nutrition, counselling, education facilities within their vicinity.

Strategy:

- The strategy of data collection is simple.
- Prepare a data form and circulate within the volunteers
- Form a group of volunteers and complete the work through them
- Meeting and consultation with other stakeholders like ANM, AWW, hospital staff, schools and so on
- Compile the data and list out the real beneficiaries

Outcome of the survey:

SN	Particular	Numbers
	No. of households covered	345
	No of pregnant women listed out	37
	No. of lactating mothers listed out	77
	No of members in the families	1513
	Average members in the family	4
	No of children in total	823
	Total male children	405
	Total female children	418
	Total school going children - male	220
	Total school going children - female	197
	Total school not going children - male	185
	Total school not going children - female	221
	Average income of a family	9271
	No of family/person suffered during pandemic	07
	No of families Lost income during pandemic	309
	No of families lost their beloved during pandemic	114
	No of family members suffered during pandemic (including human loss)	124
	No of families migrated to native place during pandemic	39

Facts about data findings:

Though out the period of data collection, we felt that people are really in dire need in support and help. Women, who are feeding their child, is not having proper food, protein and nutrition. This is because, the family is somehow surviving and taking care of their children. After covid-19 the economic situation gone down and many family members lost their job. Expenses on health is extra burden on the families. This situation arised after pandemic. More than 98% people are living on rent

Our leanings:

During the period we learnt that there are lots of gaps have been created within the society after covid-19 pandemic. Those who lost their family members, are still trying to survive even after the



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pandemic. After pandemic, economic condition of majority of families have gone down and people are struggling to get a job for their children and family.

Such program provides them support to manage the life with minimum resources. Our support to lactating mothers and pregnant women, lighten them to fight for life with existing resources. It was observed that there is required a long term strategy to support such community so that life of children could be safe and secure with their future.

PHOTO GALARY



(Adolescent orientation & education)



(A group of pregnant women & mothers)



(Distribution of food & Nutrition)



(Group of Pregnant women & lactating mothers)



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(Visit to Nehru Planetarium (Tara Mandal) by group of children)



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