

## Working With Women And Children

April 2014 To MARCH 2015



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## — MESSAGE FROM THE CHAIRPERSON —

In 1998, we took our first steps with passion, enthusiasm and determination to help and heal the health of women and children who were neglected and unattended in the unreached areas of Haryana, Delhi and Rajasthan.

The tasks were challenging, the obstacles were many but we stayed undaunted. Over the years we have been successful in not only setting up strong healthcare services for women, children and adolescents but also influence factors that affect their health seeking behavior - namely economic empowerment, education, environment and nutrition. In all our interventions, the spotlight has always been on empowering people by building their awareness and equipping them with the right information, as through this we have been able to make a change that is permanent. We have gone further by forming self-help groups that trained and taught those who we serve to earn, become independent and thus take control of their lives. Today, Sukarya is known as a credible and dedicated organization in the field of health and women's empowerment.

I am pleased to share the progress report of the years 2014-15 which reflects our undaunting efforts to work tirelessly in creating a Better health and a Better Society.

We reached over 9000 women with maternal and child health services in some of the most difficult to reach areas of Mewat, Jhajjar, Gurgaon districts of Haryana and Alwar district in Rajasthan. To take our efforts in Mewat forward, which is one of the most difficult regions to work in Haryana, we are now partnering with Freedom from Hunger to integrate community based health education among the self help groups being formed by Sukarya. The Pilot project is undertaking Health, Nutrition and Livelihood as an integrated module for sustainable development.

With the support of our biggest corporate donor Bird Group, we have successfully completed the Integrated Rural Development Project (IRDP) in the village of Manger, Haryana.

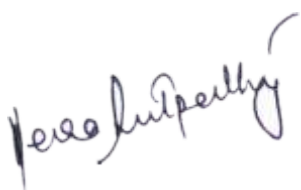


IRDP was a pilot project where we attempted to build a model village by addressing multiple facets of health- namely service, education, environment, sanitation, economic empowerment of women and life skills. We are happy to share that over the last 3 years, we reached the village with maternal and child health services, including celebrating a mother and child health day in conjunction with the government Integrated Child Development Scheme Department. We ran successful health awareness sessions and life skills education programmes in the local schools of Manger and have been able to set up a clean drinking water facility in the village. We now look forward to replicate this model in many more villages.

Informal education in well equipped mobile vans is our next step for the children in the slums and around construction sites in Delhi and Gurgaon. This new program is called "Education on Wheels". We are proud to have IGEP Foundation as our first supporter for this pilot program and we are confident that more and more donors and partners will step in and help us in expanding this program. I believe that education is the only way to augment the understanding of more basic issues such as health, hygiene and sanitation without any cost involved.

I would also like to take this opportunity to congratulate our core volunteers, volunteers from all walks of life and different organizations, interns who opted to work with us and my esteemed colleagues who have worked with me tirelessly. Further, without the organizations that support us and have faith in us, we could not have achieved what we have achieved. I especially would like to thank Bird Group, ICICI Lombard General Insurance Company, Amarchand & Mangaldas and A Shroff and company for running for Sukarya in the Airtel Delhi Half Marathon. Finally, I would like to thank our brothers and sisters in the project areas, for serving whom we exist.

On this day, I ask you to renew your pledge to improving the conditions of the vulnerable sections of society. We are united and stand strong to pursue our task for a clear answer to our problems.



**Meera Satpathy**

Chairperson and Managing Trustee



## THE YEARS 2014-15 : A GLIMPSE



165000 people reached last year

Maternal and Child health coverage/reached 30,000 last year

This year [2015-16] Maternal and child health reach out would be 50,000

IRDP [Integrated Rural Development Program] reached last year 3000 people. This year it is going to be 15000 people.

120 slum children accessing quality education through Education on Wheels program this year.

40 rural youths acquired computer CCIB course certification from NIIT through us in last academic session.

13 women entrepreneurship program initiated with rural women last year.

7 paper bag manufacturing units established with rural women in villages.

1 liquid soap [dish cleaner] unit is being established in one village.

## HEALTH

### 1. MATERNAL AND CHILD HEALTH

#### 1A. Project: HIFAZAT- Improving Maternal and Child Health through specialized clinics

Hifazat signifying "To Protect "in English was launched in 2011 to improve the maternal and child health in 15 villages of Mewat, Jhajjar and Gurgaon district of Haryana. Through this intervention, we focused on reaching some of very intricate villages of Haryana with critical maternal and child health services.

The key elements of the Project were :

##### **Specialized Health clinics**

Under the project specialized health clinics were organized in each of the villages on a rotational basis, covering 8 clinics in a month. A qualified female MBBS doctor, laboratory assistant, medicine dispenser and counselor were available at the clinics to provide antenatal and post natal care. During the clinics, important diagnostic tests such as Hemoglobin, Blood group, Blood pressure, sugar, among others were taken for pregnant women. Counselling was an integral part of the clinics where women were counseled on the importance of good nutrition, institutional deliveries, immunizations, breast feeding and adequate spacing in birth.

##### **Strengthening Linkages with the Government :**

Linkages have been built with the local government hospitals/PHCs where pregnant women, with all women and children requiring special care have been referred to. These linkages have significantly facilitated institutional deliveries in the area. The Accredited Social Health Activist [ASHA] and Anganwadi workers [AWW] also worked closely with this in providing people information regarding the clinics and the services available.

#### 1B. Project: HIFAZAT 2 – Improving Maternal and Child Health through specialized clinics



In January 2014, we launched a second phase of Hifazat in 6 villages of Mewat district, Haryana and 3 villages of Alwar district in Rajasthan. The second phase duplicates the model followed in the first phase.

In addition, the Community Health Worker (CHW) has become a critical element in this phase. In each of the intervention villages, a female CHW has been identified and trained. She conducts regular home visits, follow ups of women who received help in the clinics, mobilize women to access the clinics and organize group meetings and health sessions in the village to promote better health practices and positive health seeking behavior. Through this we intensified our efforts in educating the communities to increase uptake of health services and help in making a positive change.

#### **Objectives & Goals of the project :**

- The programme seeks to improve the health status of women and children through improved access and quality Maternal and Child Health Services with focused attention to the most vulnerable sections of the society.
- To promote the positive health seeking behavior among community particularly in the age group of 15-49 yrs.
- To improve the status of Ante Natal Check-ups, Post Natal Check-ups and promote institutional deliveries amongst target group.
- To improve the overall community health status through promoting the importance of Personal hygiene, sanitation and Nutritional aspects.

Our impact between January to March 2014	
Number of clinics conducted	27
Total number of patients treated	1642
Number of females reached	1202
Number of children reached	383
Number of women counseled	350
Number of Pregnant women who received ANC	250

#### **FINAL ACHIEVEMENT: TILL DECEMBER 2014**

#### **Project achievements indicator wise :**

Indicators of program with achievement	
Number of health clinics conducted	105
No. of Patient treated	6512
No. of targeted group [women 15-49 yrs and children 0-6 yrs covered during clinics)	5007
No. of Pregnant women received services	1062
No. of women counseled for institutional delivery	805
No. of anemic cases identified and counseled	1312
No. of adolescent counseled	40
No. of group meetings conducted with target groups	129
No. of target group exposed through these group meetings	1439
No. of community meeting organized	27
No. of cases referred to government health department	134
No. of cases referred to ICDS department	210
No. of meeting organized with different stakeholders	165
No. of IEC stalls organized	80

## Qualitative Indicators

### Mothers Health

- 90 % pregnant women registered within 16 weeks of pregnancy.
- 80 % pregnant women with complete ANC (3 ANC's + 2 TTS + 100 IFA)
- 74 % pregnant women who had institutional delivery
- 70 % women who received post-natal care
- 90 % women counseled on Health, Nutrition & hygiene

### Child health

- 60% mothers having knowledge of the 6 diseases that can be prevented by primary immunization
- 58% Children aged 12-23 months received all primary immunization.
- 32% Children exclusively breast fed by their mothers
- 70% Children fed on colostrums
- 30% Women aware about 3 major danger signs of ARI and diarrhea

- 10 % Children malnourished.
- 60% Children received health check ups
- 55% of mother/Parents counseled on Child health care

### 1C. Project: Community based Health Education and livelihood Program



This particular program aims to develop and design community based health education program to improve health and nutrition status of women and children below 5 yrs in Mewat district, Haryana. Mewat is one of the most backward districts of Haryana. The availability of health infrastructure is a critical factor in Mewat, since very few villages have proper health care facilities, even if exists, the services being provided are inadequate and inefficient. All this not only increases the burden on the poor, but also reduces human productivity which directly affects the earning power and in turn affects their financial condition.

Hence, Sukarya in collaboration with Freedom from Hunger, USA addresses the issues of poor health and nutritional problems faced by women and children below 5 yrs in 30 villages of Mewat district, Haryana.

#### Objective

Improving the health status of women and children from 30 SHGs residing in 18000 households through improved access and quality maternal and child health services and reach another 30 more SHGs in a phased manner.

#### Target Population

18000 households covering approximately 90,000 population from 30 villages of Nuh and Tarau blocks of Mewat district, Haryana.

The Project began in the month of January 2015 initially for a period of 1 year.

Our Impact [From January to March 2015]	
Number of Villages identified	30
Number SHGs formed and converged	30
Number of women involved through the intervention	450
Number of Mother groups formed	30
No. of Health session [MCH module] conducted with Mother/SHG groups  Developed intervention package–IEC Materials, Monitoring and assessment tools	6 Modules on MCH Observation checklist for health training MIS format for Health & Saving @ Healthy pregnancy @ Safe birth @ Care of New Born and Identifying its danger signs @ Diarrhea–causes & Open defecation @ Diarrhea –management and prevention @ practice hand washing and ensure deworming.
No. of Participants & Families benefited through this intervention	450 women and Families [2250 people].
No. of SHG meetings organized	60
No. of Meetings organized with Government frontline health workers	72
No. of Meetings held with Government officials [Health /ICDS/NRLM]	10
No. of Meetings held with Community Stakeholders	10

#### 1D. Urban Slum Health Action [USHA]

Project- "Maternal Child Health Intervention through Health Clinic & Nutritional Support".

**Implementation area** - Rangpuri Pahadi slums near Vasantkunj, New Delhi.



### Our impact between April 2014 to March 2015

No. of Health clinics conducted	84
No. of Patients treated	3682
Number of Females [15-49 yrs] reached	1476
Number of children -0-6 yrs reached	968
No. of ANC's received by pregnant women	415
No. of women received PNC services	115
No. of Patients received counseling services	464
No. of anemic cases identified and counseled	281
Mother and child health day organized in collaboration with Government Health & ICDS department	09
Nutrition day organized	02
No. of Networking meetings held with government Health officials [PHC, CHC etc.]	05
No. of networking meeting with grass root level govt. officials (Health & ICDS)	13

Project - "Improving the Health Conditions in Slums through the Comprehensive Community Health Services"

SWASTHYA KENDRA, Gurgaon.

**Implementation Area** - Saraswatikunj slums, Near E block, Sushant lok, Phase-1 Gurgaon.



No. of Health clinics conducted	82
No. of Patients treated	3249
Number of Females [15-49 yrs] reached	1435
Number of children 0-6 yrs reached	742
No. of ANCs received by pregnant women	303
No. of Patients received counseling services	281
No. of anemic cases identified and counseled	153
Mother and child health day organized in collaboration with Government Health & ICDS department	10
No. of Networking meetings held with government Health officials [PHC, CHC etc.]	04
No. of networking meeting with grass root level govt. officials (Health, & ICDS)	03
No. of IEC Exhibition organized	05

## 1E. PHYSIOTHERAPY UNIT

Our Impact between April 2014 to March 2015	
No. of patients treated	325
Total no. of female patients treated	189
Total no. of male treated	136
No. of Charity patients	205
Total no. of sittings	1464

## 2. ECONOMIC EMPOWERMENT OF WOMEN

### A. Micro-credit and Entrepreneurship Building

**Implementation Area** - 3 villages of district Gurgaon and 1 village of district Faridabad, Haryana.

Our impact between April 2014 to March 2015	
Total no. of SHGs strengthened	12
Total no. of women actively involved and benefited through the intervention	182
No. of SHGs are linked with Banks	10
Total no. of Monthly Meetings held during the year	96
Total Annual Saving for all 12 SHGs	533900
Total Annual Interest accumulated for 12 SHGs	120740
Total amount of loan repayment for 12 SHGs	573500
Total amount of loan distributed in 12 SHGs	897000
Total Number of Inter-lending	92

### B. Spice and cereal Processing Unit to Help Women become economically Independent

Total no. of SCPU	2
Total amount of Raw material delivered to all SCPU	28355
Total amount of finished goods collected	38624

### C. Setting up Village Outlets [Involving women to earn their livelihood]

Coverage (14 Villages)	4 Districts	Number of women involved in outlets (17 Women)	Total sale through outlets during the year
LAPALA	ALWAR,Rajasthan.	RUSMINA	<b>INR 93,619.</b>
NEEMLI	ALWAR, Rajasthan	SAVITA, RAJNI	
PLASIL	ALWAR, Rajasthan	RUKSINA, ASHA	
MANGER	FARIDABAD, Haryana.	RAJWATI	
BALIAWAS	GURGAON, Haryana	SUDESH	
BANDHWARI	GURGAON, Haryana	SARITA	
GWALPAHADI	GURGAON, Haryana.	SHARDA	
GWALPAHADI NEW	GURGAON, Haryana.	ASHA	
CHHAPRA	MEWAT, Haryana.	RUHIDA	
HIRMATHLA	MEWAT, Haryana.	OMWATI	
KHORIKALAN	MEWAT, Haryana.	RAJESH	
PADHENI	MEWAT, Haryana.	MUMTAZ	
RANGALA	MEWAT, Haryana.	GEETA, KAMLESH	
RITHORA	MEWAT, Haryana.	BABLI	

### D. Social Empowerment



Total no. of Social awareness events organized	06
Celebration of International Women's day	01
Swachhta Abhiyan	01
Awareness on Swine Flu	01
Celebration on Global Hand Washing Day	01
Literacy Day	01
World Environment Day	01

### 3. EDUCATION

#### Education on wheels - "An Innovative Model to Educate Slum Children".



#### Education on Wheels [EOW] :

Education on wheels [EOW] is a unique program where the school comes home. EOW is a well equipped bus with computers, TV and other essential education related materials.

This unique and innovative model in education introduced in order to reach out the children living in vulnerable conditions with no access of education and learning environment.

The project is innovative in its approach by providing multi grade teaching, in which children of different age groups and level of learning are taught together by experienced teachers who use special methods and techniques to make learning enjoyable.

#### Objectives :

1. To reach out the marginalized and working Children [6-18 yrs].
2. Educating the street and working children to help them become knowledgeable, responsible and useful citizens.
3. Enabling the non-school going children to acquire certain minimum levels of knowledge and skills.[Functional Literacy]
4. To mainstream Successful children in formal schools through Open Basic examination.

The project was initiated in the month of January 2015 in two locations of Gurgaon slums named Saraswatikunj and DLF phase-5.

The Program is supported by IGEP [Indo -German Export Promotion].

Project aims to enroll 100- 120 children into the batches and impart NFE and remedial classes on daily basis at the targeted locations.

Total Number of Students Enrolled for Exam	
Total no. of students enrolled	124
Total no. of locations covered daily basis	02
Total no. of batches	2 [1 NFE & 1 Remedial] in each location
Total no. of students enrolled under government's OBE [Open basic examination] system.	Total no. of students enrolled under government's OBE [Open basic examination] system.
No. of Routine classes conducted [English, Hindi, Mathematics & General Studies].	168
No. of Life skill sessions conducted	12
Parent teacher meeting conducted	03
Health checkups conducted	05
Extra Curricular activities	05
Computer classes / sessions	12
Examination / Monthly test	02
Home visits /follow ups /parents Counseling	12

#### 4. INTEGRATED RURAL DEVELOPMENT PROGRAM [IRDP], EK PAHEL PROJECT

**Implementation Area** – Village Manger, District, Faridabad, Haryana

**Implementation Period** – July 2011 to March 2015.

**Support Agency** – Bird Group.



## OUR OVERALL IMPACT INCLUDING LAST FINANCIAL YEAR APRIL 2014-MARCH 2015

- Main achievements "quantitative & qualitative" indicator wise :** In the project proposal, component wise different indicators were kept to assess the project progress
- Health :** Under health activities, mainly two kinds of services were provided, curative & preventive. The objective of curative services was to provide direct health services to the targeted beneficiaries & the objective of preventive services was to inform, educate & aware the community about different health issues & aspects related to these issues and motivate them to adopt health behavior accordingly. The data given below shows the achievements through 'preventive & curative services' throughout the 3 & half years of implementation

### C. Setting up Village Outlets [Involving women to earn their livelihood]

Clinics	No. of activity	Coverage	Remarks
MCH Days	29	1131	Once in a month
Weekly Clinics	171	2330	Weekly clinics
School Health Camps	5	370	As per demand of school authorities
Total Coverage through clinics/camps	205 clinics	3831 people	
<b>Coverage Service Wise</b>			
ANC checkups		328	In MCH days
Total Pregnant Ladies Checked in clinics		319	"
TT Vaccinations (Done by Govt. ANM)		128	"
Child Immunizations (Done by Govt. ANM)		481	"
Distribution of IFA tablets (Distribution done by village ASHA worker, the IFA tablets were Govt. supplied)		23100 approx.	Done by ASHA worker at village level and data provided her for same
Counseling coverage		347	Counseling of pregnant ladies & lactating mothers done during MCH days based on the observation & suggestion of Doctor
Total HB tests		326	
BP Checkup of pregnant mothers		168	
Height & Weight checkup		355	
<b>Beneficiary coverage category wise</b>			
Children (0 - 12 years)		858	
Adolescents (13 - 19 years)		298	

Senior citizens (Above 60 years)		306	
No. of female covered through all clinics		70%	
No. of male covered through all clinics		30%	
No. of referrals made		100	
No. of home visits made by field staff for various purposes (follow-ups of patients, informing about clinics, motivation and accompany to clinics & camps, household survey)		1605	

**Preventive Services** - The objective of preventive services was to inform & educate community people about different health issues under which health awareness sessions & group discussion were conducted on different topics. The methodologies used for the sessions are 'participatory group discussion', 'lecturing' & 'experience sharing'. The data of which is given below :

Title	No. of activities	Coverage	Topics	Outputs
Health Awareness sessions in the village	131	1306	Personal Hygiene, Care During Pregnancy, Skin Diseases, Prevention from Water Borne Diseases, Prevention from TB, Health Care of Pregnant during Winter, Menstrual Hygiene, Colostrums & exclusive breastfeeding, Impact of environmental hygiene on mother & children's health, Post Natal Care & RCH, Nutrition & Care during Menstrual Period, Benefits of Institutional deliveries etc.	<ul style="list-style-type: none"> <li>During the project duration, total 83 institutional deliveries took place in the village</li> <li>100% colostrums feeding reported by the ASHA &amp; AWW of the village</li> </ul>

School Health Awareness sessions	12	653	Benefits of handwash, Importance of maintaining personal hygiene, Importance of nutritious food for children, Anemia & it's prevention, Nutrition during adolescence, Health & hygiene & dental care, Menstrual hygiene etc.	All the children participated became aware about different topics taught to them. They followed the good habits to maintain good health.
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## 5. WOMEN EMPOWERMENT & SHGS/LIVELIHOOD

### SHGs-

- No. of SHGs formed - 4
- Linked with Bank - 2
- Income generation activities by SHG members -1 SHG started paper bag making where individual members of SHGs took loan to start Income generation activities. This included milk business by purchasing Cattle by 3 women, ornament shop by 1 woman, general store by 1 woman and 7 members of Radhey SHG took loan to purchase raw materials for paper bag making which is successfully running.

### Income Generation Activities

- **Spice Outlet** - One spice outlet initiated in Feb 2014 in which one needy beneficiary was identified and trained to operate the spice outlet. Now she is earning profit of Rs. 1000 - Rs. 1500 on monthly basis.
- **Paper Bag Unit** - One paper bag unit started in November 2014 in which 12 women were trained by a professional trainer on paper bag making. Started by Rs. 250/month, now 9 girls earning an amount of Rs. 800/month which is targeted to increase by Rs.1500/person/month in coming future.

### Education

Under the head of Education, mainly two activities were conducted - Computer Education & Life skill sessions.

### Computer Classes

- **Basic Classes** - The objective of basic batch was to introduce village children with computers and teach them the basic applications like startup of computer, main operating software, drawing & painting, typing etc. Total 90 children were taught through basic batch.

- **CCIB (NIIT) Classes** - In coordination with NIIT Foundation, CCIB (Certified Course for Internet Beginners) was initiated in the last quarter of 2013 from which 27 children were taught who completed the course and received certificates from NIIT.

**Life Skill Sessions & English classes** : The main objective of life skill sessions was to orient village children on different behavioral aspects (positive & negative both). The positive behavior can create a person whereas the negative behavior can destroy a person. The focus was to motivate the children to learn the positive behavioral aspects & grow up as a good human by following the positive aspects in their daily life. In the life skill sessions, lecture method, one act play, participatory group discussion, presentation etc. methodologies were used. In the English classes, the children were taught about Basic English & giving their introduction with an objective to build confidence in learning English.

**The table below shows the data of coverage & topics discussed :**

Total Sessions	Total Coverage	Topics discussed
27	497	Good language, Good & Bad behavior, Respecting others, Social appearance(dress, behavior & language), Social responsibility, Maintaining relationships, Identifying Stress & techniques to handle stress situations, Leadership qualities, Decision taking, Bad habits of substance use & how to prevent these, Non-judgmental attitude for maintaining good relationships, Personality development etc.

### Nutrition Classes

- **Setup of Nutrition Center** - As per the proposal, 1 nutrition center setup in the village.



- **Coverage through nutrition center (Classes & women)** - Total 30 nutrition classes were conducted over the period of last one year & coverage of 266 achieved through the classes .
- **Nutrition Recipe Book** - 18 recipes were taught during the sessions which were based on the locally available vegetables & foods. Along with the recipes, few classes were conducted on orienting the beneficiaries about different nutrients of the food items.

## ENVIRONMENT & SANITATION

Under Environment & Sanitation the following activities took place :

- **Environment awareness sessions & trainings** - Under environment awareness sessions & trainings total 14 activities conducted in which around 300 people were sensitized about different environmental issues like - Village sanitation & hygiene, Prevention of plastic use, Use of bio gas for clean energy, Making of model village by community participation etc. 2 Audio visual shows were conducted under these activities with two community trainings on use of bio gas & use of waste bins.
- **Eco Drive** - 2 Major Eco Drives were conducted during the project duration in which 299 students of Secondary school participated. The first eco drive conducted in the first quarter of 2012 focused on 'Plastic free environment' & the second conducted in the last quarter of 2014 based on 'Motivating the community on toilet use & adopting alternative source of energy - biogas'.
- **Installation of Prefabricated Portable Bio Gas Plant** - Under environment activities of the project, on 4th August 2014 a 'prefabricated portable bio gas plant' was installed on initial experiment basis. The long term objective of plant installation was to aware the community about the benefits of 'portable biogas plant' and motivate them to install the same at their houses. The beneficiary residing at Harijan mohalla belongs to backward caste is selected on the basis of her socioeconomic status.
- **Installation of waste bins** - 6 Waste bins were installed at different corners/locations of the village to promote the better hygiene & sanitation practice with proper waste disposal management awareness sessions clubbed with formation of village environment committee for ensuring the sustainability.
- **Installation of Community Drinking water system** - With an objective of providing drinking water for the community a water tank was installed at the village chaupal. After installation of this drinking water system, the local villagers as well as the other people crossing from chaupal are getting cool and pure drinking water.
- Community participation is the important factor where a family, residing behind the water tank, takes care of filling the tank and maintains it so that the tank shall be full of water always and other people get water when they need.

- ◎ **Installation of School Drinking water system** - Due to unavailability of water in the toilets girls in schools used to face lot of problems. So, school drinking water system was installed at Secondary School Mangar along with connecting the running water in the toilets. Now clean and cool drinking water is made available to the students along with running water in the toilets.
- ◎ **Meetings with Stakeholders** - Meetings were conducted with different stakeholders with an objective of creating network and linkage with government departments, PRIs & School authorities to ensure their support and participation in project activities and smooth implementation of project activities.
- ◎ **Celebration of Special Days** - Special international days on different developmental issues were celebrated during the period of implementation :
  - International Women's Day
  - Global hand washing day
  - World toilet day
  - Menstrual hygiene day
  - World Environment day

Under these activities discussion with community, demonstration, participatory discussion etc. were conducted with different category of beneficiaries.



- Training & Capacity Building Activities - Several training and capacity building sessions for community stakeholders, field staff, SHG members & Govt. health functionaries were conducted with a focus of training them on different programmatic aspects and motivating to ensure their participation in project activities. Total 13 trainings have been organized during the project period in which 159 participants covered. The topics covered were SHG management, Govt. health programs & policies, IRDP and its objectives and implementation methodologies, Solar energy, Benefits of water filtration and installation of RO system, Soak pits for maintaining hygiene of village streets, Benefits of clean drinking water system for the community etc.
- Result Capturing Activities - At the end of project, result capturing activities like Beneficiary Satisfaction Survey & FGDs were conducted with a focus to capture results about different project components. In the Beneficiary satisfaction survey total 73 respondents provided their overview on the impact of IRDP and total 12 FGDs were conducted component wise to know the impact of project activities on different aspects.
- Project Documentary making - Project documentary shooting was carried to document the results of IRDP and present it as a short film. Under documentary shooting, different visible project components as well as the testimonial of beneficiaries and community stakeholders were taken to show the impact and view of community about the project.
- Visit of dignitaries to Project location - Different dignitaries visited Manger village to see the ongoing activities of IRDP in which the following people visited - Team from Canada in May 2013, Visit of Chairperson Bird Group, Mrs. Radha Bhatia, Mrs. Meera Shankar(IFS), Mrs. Rati Vinay Jha(IAS), Mrs. Meera Satpathi (Founder of Sukarya), Mrs. Huda Giddens & Mr. Bryce Giddens in 2014.
- An end-line survey was done through an external professional agency to assess the impact of project in the village through different research methods.

**End Line survey report clearly shows the remarkable achievements in each components /indicators on quantitative as well as qualitative parameters.**

**Looking at the success of this integrated rural development module, Sukarya is keen to replicate this development initiative it in other needy area as well.**

## OUR TEAM

Our team comprises of professionals from different walks of life- finance, media, human resources and social work, all coming together united with the vision of providing better health care to the underprivileged. We are extremely grateful to our panel of consultant doctors and nutritionists without whom, our work would be nothing.

We are also extremely grateful to the many volunteers who have devoted their time and skill and helped us reach where we are today.

## **MANAGING TRUSTEES & BOARD MEMBERS**

Ms. Meera Satpathy Chairperson and Managing Trustee

Sukarya was born out of the vision of a single person, Meera Satpathy. As the principal visionary of Sukarya, she has been the main force behind the efforts, galvanizing the organization and steering the work in the required direction.

As founder and Managing Director of Pearl Advertising Agency, she spent many years in Delhi witnessing the challenges that people living in slums around the city faced in accessing basic health care services. That people were denied their basic right to good health, only because they did not have the means to access it was completely unacceptable to her. Hence along with the support of a few friends she set up Sukarya to empower the underprivileged persons living in the slums and villages of Delhi and Haryana so that they could access quality health services.

Ms. Kumkum Bhatia Ms. Bhatia has over 25 years experience in the travel trade. She is a part of a leading travel and leisure firm in India. She joined Sukarya due to her keen commitment to the larger issues of society and because of the will to want to do something for the underprivileged. She works closely with the Chairperson, contributing to program design and fundraising.

Ms. Renu Sood Ms. Sood is a Human Resource professional with over 20 years experience in the field. She heads a reputed Human Resource Consultancy

## **ADVISORY COUNCIL-INDIA**

Dr. C. B. Satpathy D. Litt, LL.D., IPS (Retd.) Director General UP Police (Chief Adviser)

Mr. B. K. Sinha, IAS (Retd.) Member (Administrative) Central Administrative Tribunal

Professor Aasha Kapur Mehta Professor of Economics, Indian Institute of Public Administration, New Delhi

Dr. Manjula Krishnan, IES (Retd.) Member Secretary of High Level Committee on Status of Women and former Principal Adviser, Ministry of Commerce and Industry

Ms. Radha Bhatia Chairperson Bird Group

Mr. Ankur Bhatia Executive Director Bird Group

Mr. Gaurav Bhatia Executive Director Bird Group

Ms. Shweta Kohli Founder Brand Republic

## USA

Huda Giddens - Educationist , Founder Gidden School ,USA

Debdutta Dash -Co-Chair WASITRAC ,Member Board of directors ACRS

Deone Narasaki - Executive Director of Asian Counseling & Referral Services [ACRS].

## EMPLOYEES / PROFESSIONAL TEAM

### STAFF

Mr. Shahnawaz Shahid Sr Manager Program

Mr. Devendra Sharma Sr Accounts & Administration Officer

Mr. Amit Kumar Haldhar Project Manager (IRDP & SHG)

Mr. Dibya Sankar Neogi Project Coordinator (IRDP & SHG)

Mr.Sonu Kumar Marketing Coordinator (IRDP& SHG)

Mr. Mohd. Khalid Project Coordinator (Mewat Health Program )

Mr. Mohammad Yusuf Project Coordinator (Slum Health Program)

Ms. Reeta Singh Deo Project Coordinator (SHG & Health)

Ms. Akanksha Physiotherapist

Ms. Swati Vishnoi Lab Technican

Mr. Biswajit Maity Dispencer

Mr. Manoj Pandey Spice Unit Incharge

Mr. Ravi Jha Spice Unit Suport Staff

Ms.Rubina Spice Unit Suport Staff

Mr. Ramesh Yadav Driver

Mr. Sahabbuddin House Keeper

Ms.Umedha House Keeper

Mr. Nazmul khan Gardner

## CONSULTANT MBBS DOCTORS

Dr. Hemlata Goel

Dr Meera Srivastava

Dr Sumedha Verma

Dr L B Jethra

Dr Neelam Guleri

Dr Sumita Chaudhary

Dr Madhu Chawla

Dr Ramesh Baweja

## NUTRITIONISTS

Ms. Preeti

Dr.Kriti Mathur

## MEDICAL DISPENSERS

Mr Dulal

Mr. Sudipta Jana

Mr Kishore

Mr. Rajbir Yadav

## LABORATORY TECHNICIAN

Mr. Dinesh  
Ms. Manju

Mr Pradeep Kumar

Ms. Uma

## CONSULTANTS

Ms. Preeti Kumar IEC and Communication

Ms. Trishna Satpathy Research, policy and advocacy.

## VOLUNTEERS

Mr Ajay Rajpal

Mr Kshitiz Kapoor

Ms. Reva Puri

Mrs Varsha Tarkhad

Mr. Asit Tarkhad

Mrs Pushpa Indernath

Ms Santosh Sharma

Ms. Preet Gurnani

Mr DS Kataria

Ms Rashmi Narayan

Ms Shipra Shukla

## INTERNSHIP MANAGEMENT

We offer internships to students of management and social work institutes. The students get a platform to acquire practical skills by getting involved in activities that range from project implementation to documentation.

### Students get involved in 2 ways :

1. Summer internship
2. Field placement during the course e.g. MSWs & BSWs.  
During these sessions, Interns came from the following institutes,
  - Tata Institute of Social Sciences, Guwahati, Assam
  - Amity Institute of Social Sciences, Noida, NCR.

## OUR SUPPORTERS

We are grateful for the unstinting support of our donors and partners without whom our mission would only be a dream. We sincerely thank you for the trust you have placed in us and for your encouragement in helping us move closer to our goals.

## FUNDING AGENCIES AND INSTITUTIONAL DONORS

Concern India Foundation

IGEP Foundation

Population Foundation of India

Freedom from Hunger, India

Give India

Nagpaul Charitable Trust

Charity Aid Foundation, India

## CORPORATE DONORS

Amadeus India Private Limited  
Amarchand & Mangaldas & Suresh A. Shroff & Co  
Bird Group  
Convergys India Services Private Limited  
Hughes Systique India Private Limited  
ICICI Lombard General Insurance Company Limited  
Power Grid Corporation of India Limited  
Resbird Technologies Private Limited

## INDIVIDUAL DONORS

Anil Kalra	Amit Gupta	Amrita Sanghi
Anand Sagar Pathak	Anisha Puri	Anjali Deshpande
Anju Rastogi	Anju Sanwal	Arun Goel
Ashima Dogra	Ashok Madan	Axis Designer Private Limited
Bhushan Tyagi	Chaand Meena Nagpaul	D S Kataria
Debadutta Dash	Devendra Sharma	Dhanesh Bhagwan Ahuja
Gaurav Sharma	Harleen Grewal	K P Singh
Kshitiz Kapoor	Kumkum Bhatia	Lalit Mohan Nagpaul
M/S Shadows	Manish Sharma	Manju Puri
Meera Satpathy	Milan Satpathy	Nanda Pandya
Naresh Wadhawan	Neelima Kataria	One Foundation Charitable Trust
Payal Kataria	Pramugdha Phaugat	Preeti Gurnani
Professor Sanjeev Sharma	Puspa Indernath	Radha Bhatia
Rajesh Kumar Sanwal	Ramani Kathuria	Ramesh Kumar Sharma
Rameshwaran	Reeta Singh	Ruchi Tyagi
S K Das	Sai Prakash Spiritual & Charitable Trust	
Samiksha Kaul	Sandhya Banerjee	Sangita Wadhavan
Sanjay Kumar Singh	Savitha Lakshminarayan	Seema Verma
Shalabh Bhardwaj	Shilpi Kapoor	Shipra Shukla
Shivik Gupta	Shree Balaji Computers	Shubhra Shukla
Sudesh Gupta	T Y Das	Tanya Bhatia
Tulika Prakash	Varun Bhaskar	Varun Tuli
Veena Singh	Vijay Raina	Vikram Chhabra
Vinai Kumar Maurya	Vivek Sabarwal	Vivek Vohra

# CREDIBILITY ALLIANCE NORMS

## COMPLIANCE REPORT

### IDENTITY :

Sukarya is registered as a not-for-profit Trust under the Indian Trusts Act (Registration Number: 7373, Dated August 3, 2000)

We are registered U/S 12A of the Income Tax Act 1961, Registration Number: 645 dated 15th January 2001 and under section 80 G Registration Number: DIT (E)/2011-12/S-2784/3338

FCRA Registration No.: 231660689 dated 31st March 2006

**Name and Address of the Auditors :** Gagan Mehra & Associates 8731, 14B, Shidhipura, Karol Bagh, New Delhi.110005

**Name and Address of Banker :** Axis Bank Ltd., 29 CC, Basant Lok Complex, Vasant Vihar, New Delhi

### Vision and Mission :

**Vision :** The vision of Sukarya is health for all- "Better Health Better Society";

A society in which citizens enjoy holistic health and well-being and they can as healthy and productive citizens contribute actively to the development of their communities and society

**Mission :** The mission of Sukarya is to focus on ensuring equitable access to quality health services for all including the poorest sections of the society, especially women, adolescents and children

### Details of Board of Trustees - Governing body

S. No.	Name	Age	Gender	Position in the Board	Total amount paid in the financial year	Form of payment Salary /Consultancy /Honorarium / Sitting Fee /other (Specify)
1.	Ms. Meera Satpathy	61	Female	Chairperson	0	0
2.	Ms. Kumkum Bhatia	64	Female	Trustee	0	0
3.	Ms. Renu Sood	52	Female	Trustee	0	0

## Staff Detail as on 31st March 2015

### Distribution of Staff According to Salary Levels as 31st March 2015

Slab of gross salary (in Rs) plus benefits paid to staff (per month)	Male Staff	Female Staff	Total Staff
Less than 5000	2	2	4
5,000 - 10,000	6	2	8
10,000 - 25,000	2	3	5
25,000 - 50,000	2		2
50,000 - 1,00,000	1		1
Greater than 1,00,000			

Remuneration of Highest paid staff: 63000/- per month

Remuneration of the lowest paid staff : Rs. 6600/- per month

### Paid Volunteer

Slab of Paid Volunteer	Male	Female	Total
Less than 5000		6	6
5,000 - 10,000			
10,000 - 25,000			
25,000 - 50,000			
50,000 - 1,00,000			
Greater than 1,00,000			

Total Cost of international Travel by all personnel - NIL



## **LIST OF ABBREVIATION**



<b>ANC</b>	—	Ante natal care
<b>ASHA</b>	—	Accredited social health activist
<b>ANM</b>	—	Auxiliary nurse midwife
<b>BCC</b>	—	Behavior change communication
<b>CHW</b>	—	Community health worker
<b>CMO</b>	—	Chief medical officer
<b>DEO</b>	—	District Education Officer
<b>NFHS</b>	—	National Family Health Survey
<b>NGO</b>	—	Non Governmental Organization
<b>ICDS</b>	—	Integrated Child Development Scheme
<b>IEC</b>	—	Information education and communication
<b>IFA</b>	—	Iron folic acid
<b>IRD</b>	—	Integrated Rural Development Project
<b>PHC</b>	—	Primary Health Centre
<b>RCMH</b>	—	Reproductive, maternal and child health
<b>RCH</b>	—	Reproductive and child health
<b>RTI</b>	—	Reproductive tract infection
<b>SHG</b>	—	Self Help Group
<b>TT</b>	—	Tetanus toxoid
<b>AWW</b>	—	Anganwadi worker
<b>MOIC</b>	—	Medical officer in charge
<b>CDPO</b>	—	Child development program officer
<b>PRI</b>	—	Panchayati Raj institution
<b>RL</b>	—	Religious leaders
<b>STI</b>	—	Sexually transmitted infections
<b>RTI</b>	—	Right to information
<b>RI</b>	—	Routine immunization
<b>ID</b>	—	Institutional deliveries
<b>MCH day</b>	—	Mother and child health day
<b>VHSC</b>	—	Village Health and sanitation committee
<b>VHND</b>	—	Village health and Nutrition Day
<b>NFE</b>	—	Non formal Education



**GAGAN MEHRA & ASSOCIATES**  
**CHARTERED ACCOUNTANTS**

Off. : 8731, Shidipura, Karol Bagh, New Delhi-110005 (INDIA)  
Ph. : (0) 46047472 ® 22373806; Fax : 011-26264192; Cell : 9810073125

Email : mehragagan123@hotmail.com • camehragagan@gmail.com

**FORM NO. 10-B**

(See Rule 17B)

**AUDIT REPORT UNDER SECTION 12A (B) OF THE INCOME TAX ACT, 1961 IN  
THE CASE OF CHARITABLE OR RELIGIOUS SOCIETY INSTITUTION**

We have examined the Balance Sheet of SUKARYA, P-20, FIRST FLOOR, SOUTH EXTENSION PART-II, New Delhi-110049 as at 31<sup>st</sup> March 2015 and the Income and Expenditure account for the year ended on that date which are in agreement with the books of accounts maintained by the said Trust.

We have obtained all the information and explanation which the best of our knowledge and belief were necessary for the purpose of the Audit in our opinion proper books of accounts have been kept by the above named Trust, so far as appears from our examination of the books.

- I. In the case of the Balance Sheet of the state of affairs of the above named Trust at 31<sup>st</sup> March 2015 and
- II. In the case of the income and Expenditure account of the excess of Expenditure over Income of its accounting year ending 31<sup>st</sup> March 2015.

The prescribed particulars are annexed hereto

**PLACE: NEW DELHI**

**DATED: 31<sup>st</sup> August. 2015**

**FOR GAGAN MEHRA & ASSOCIATES**  
**CHARTERED ACCOUNTANTS**



(GAGAN MEHRA)

Prop.

M.No.89691

**SUKARYA**

P-20 , 1st Floor South Extension -II , New Delhi-110049

**BALANCE SHEET AS AT 31st March 2015**

As at 31.03.2014	Liabilities	As per Annexure	As at 31.03.2015	As at 31.03.2014	Assets	As per Annexure	As at 31.03.2015
	<b>CORPUS FUND</b>				<b>FIXED ASSETS</b>		
15,003.00	- Corpus Fund		15,003.00		- Fixed Assets	1	5,636,879.25
66,000.00	- Subsidy A/c		66,000.00				
16,381,039.70	<b>SURPLUS FUND</b>				<b>CURRENT ASSETS</b>		
	- Opening Balance		16,381,039.70		- Empowerment of Women		
	- Less-Excess of Expenditure over Income - <b>Deficit</b>		1,173,519.07	209,202.30	Programme - SHG		390,028.51
			15,207,520.63	115,846.00	- Loan & Advances	2	226,286.00
	<b>CURRENT LIABILITIES - DUE</b>			77,953.00	- Security Deposits		77,953.00
277,849.00	- Sundry Creditors	3	348,477.00	5,460,431.00	- Fixed Deposits in Bank		7,859,819.00
746,415.00	- Creditor For Expenses	4	935,624.00	5,544,831.20	- Cash at Bank		2,131,887.67
				14,694.00	- Cash in Hand		20,206.00
				162,145.20	- Advance TDS		191,125.20
					Interest accrued on FDR		38,440.00
<b>17,486,306.70</b>	<b>TOTAL</b>		<b>16,572,624.63</b>	<b>17,486,306.70</b>	<b>TOTAL</b>		<b>16,572,624.63</b>

As per our Audit Report U/s 12 (B) of even date attached

**FOR GAGAN MEHRA & ASSOCIATES**

CHARTERED ACCOUNTANTS

New Delhi

(GAGAN MEHRA)

Proprietor

Chartered Accountants

For Sukarya

TRUSTEE

For Sukarya

TRUSTEE

Date:-

Place:- New Delhi

**SUKARYA**

**P-20 , 1st Floor South Extension -II , New Delhi-110049  
INCOME & EXPENDITURE ACCOUNT FOR THE YEAR ENDED 31st March 2015**

Previous Year	Expenditure	Current Year	Previous Year	Income	Current Year
	<b>Expenditure on Specific Project / Activities</b>			<b>Project Grants</b>	
272,035.00	Ek Pehel Integrated Rural Development Program (6)	-	-	From India Care Foundation for Slum Project Delhi (2015)	1,400,000.00
1,128,801.00	Ek Pehel Integrated Rural Development Program (New) (7)	2,299,389.50	1,422,977.00	From Concern India for Slum Project Delhi	-
-	Education On Wheel Project (8)	450,365.00	-	From IGEP for Education on Wheel Project	872,000.00
695,346.60	Women empowerment Project (9)	537,041.00	-	From Freedom for Hunger India for Community based project	156,000.00
-	Community Based Health edu & Livelihood Program(FPHI Project) (10)	238,640.00	2,621,000.00	From Bird Group for IRDP Program Received	-
				Add:- Receivable	1,120,419.00
312,719.00	Health Clinic at Waliawas (11)	-	294,172.00	From Bird Group for D-2 Project	-
397,066.25	Slum Health Program at Delhi (12)	740,676.00	937,900.48	From Give India Health Clinic	829,182.36
-	Slum Health Program at Delhi 2015 (13)	413,868.00			
-	Slum Health Project Saraswati Kunj (14)	601,199.00			
473,028.60	Hifazat Project -2 (15)	1,268,981.00		<b>Empowerment of Women Programme - SHG</b>	
206,460.00	Medical Clinics Under D-2 Project	-	616,797.25	Net Receipt From Programme (5)	140,460.21
				<b>Health Care Activities</b>	
	<b>Expenditure on Health care Activities</b>		187,697.00	- Medical Income	204,422.00
104,170.00	Health Centre Expense	-			
333,847.00	Medical Van Renovation Charges	-	1,232,052.16	<b>Other Income</b>	1,307,630.43
160,253.00	Swastha Kendra (Sukarya)	-	485,065.00	General Donation Received	598,575.00
	<b>Other Activities</b>		319,629.45	Interest Received on Fixed Deposited	870,579.00
49,816.00	Joy Of Giving Week	19,220.00	93,688.00	Miscellaneous Receipts	102,287.00
13,480.00	Delhi Half Marathon	14,900.00	-	Interest Received from Bank	-
-	Credibility Registration Fee	25,000.00	-	Excess of Expenditure over Income	1,173,519.07
35,501.00	Staff Salary	261,312.00		<b>Deficit</b>	
4,750.00	Advertisement & Publicity	-			
-	Bank Charges	2,184.82			
34,519.00	Staff Welfare	73,390.00			
19,600.00	Computer Running & Maint	28,250.00			
<b>4,241,392.45</b>	<b>Total C / Forward</b>	<b>6,974,416.32</b>	<b>8,210,978.34</b>	<b>Total C / Forward</b>	<b>8,775,074.07</b>

Previous Year	Expenditure	Current Year	Previous Year	Income	Current Year
4,241,392.45	<b>Total B / Forward</b>	<b>6,974,416.32</b>	<b>8,210,978.34</b>	<b>Total B / Forward</b>	<b>8,775,074.07</b>
21,967.00	Conveyance Expenses	19,909.00			
55,000.00	Legal & Professional Fee's	89,500.00			
140,079.00	Water & Electricity Charges	137,160.00			
26,400.00	Garden Expense	33,045.00			
-	Generator Running & Maintenance	2,000.00			
-	Office Expenses	13,689.00			
4,445.00	Postage & Telegramme	10,305.00			
9,536.00	Printing & Stationary	77,522.00			
211,226.00	Repair & Maintenance	427,750.00			
69,395.00	Telephone & communication	65,510.00			
49,264.41	Mobile Exps	51,698.00			
13,995.00	Insurance	14,134.00			
9,400.00	Cleaning Exp.	11,754.00			
8,814.00	Diwali Exp.	19,706.00			
3,125.00	Foundation Day Expenses	2,325.00			
187,500.00	Security Exp	204,487.00			
37,267.00	Vehicle Running & Maintenance	61,674.00			
101,124.00	Auditor's Remuneration	114,000.00			
385,058.44	Depreciation	444,489.75			
	Excess of Income over Expenditure - <b>Surplus</b>				
2,635,990.04					
<b>8,210,978.34</b>	<b>TOTAL</b>	<b>8,775,074.07</b>	<b>8,210,978.34</b>	<b>TOTAL</b>	<b>8,775,074.07</b>

As per our Audit Report U/s 12 (B) of even date attached

**FOR GAGAN MEHRA & ASSOCIATES**

CHARTERED ACCOUNTANTS



For Sukarya

*[Signature]*  
TRUSTEE

For Sukarya

*[Signature]*  
TRUSTEE

SUKARYA

P-20, FIRST FLOOR, SOUTH EXTENSION PART II, NEW DELHI-110 049

SIGNIFICANT ACCOUNTING POLICIES & NOTES TO ACCOUNTS FORMING PART OF BALANCE SHEET AND INCOME & EXPENDITURE ACCOUNTS FOR THE YEAR ENDED 31<sup>ST</sup> MARCH 2015.

1) BASIC OF ACCOUNTING

The accompanying financial statements have been prepared under the historical cost convention in accordance with the generally accepted accounting principles. The Trust follows the Accrual systems of accounting and recognizes Income & Expenditure on Accrual Basis.

2) TAXATION

No provision for taxation has been made in the view of exemption available.

3) FIXED ASSETS

Fixed Assets are accounted for at cost.

4) In the absence of the confirmatory letters regarding the balance from/due to parties shown under the head Current Assets, Loan Advances and Current Liabilities are such as reflected in the books of accounts of the firm.

5) The previous year figures have been regrouped/-rearranged wherever necessary to make the comparable with the Current year figure.

As per our report in Form 10B of even date attached

For **GAGAN MEHRA & ASSOCIATES**

CHARTERED ACCOUNTANTS

GAGAN MEHRA

PROP.

Managing Trustee

Trustee

PLACE: NEW DELHI

DATE: 31<sup>ST</sup> August 2015



**Head Office :**

P-20 (1st Floor), South Extension-II, New Delhi-110049

**Admin Office :**

E - Block , Sushant Lok - 1 , Gurgaon, Haryana

Tel.: +91-124-4114251 / 53, Fax : +91-124-4114253

Website : [www.sukarya.org](http://www.sukarya.org).