



**PRAYATNA**  
STRIVING TO EMPOWER

# ANNUAL REPORT

## 2014-15

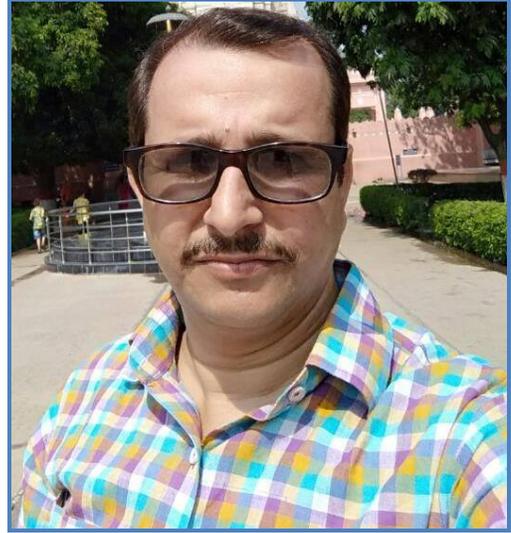
# CONTENTS

From Secretary's Desk	3
Genesis	4
Healthcare	5-7
Education	8-9
Livelihood	10-11
Sustainable Development	12-13
Active Citizenship	14-15
Financial Statement	16

## From Secretary's Desk

Dear Friends,

It is my great honor to share with you the Annual Report of Prayatna for the year 2014-15. This report comes to you with pride as it is a collection of our most significant accomplishments and our most special stories from the past year. The year 2014-15 has been successful as we expanded our work and reached out to another 6000 people throughout Bihar and other states. Despite the challenges in fund raising, we expanded our activities to UP and Delhi other than Bihar and Jharkhand. This has been possible only because of the excellent contribution of our patrons and volunteers who have always believed in us. We are excited to share with you our work for the year 2014-15 which has added value as well as the stories in our organization. These stories represent the vision that we all share.



Thank you all for your continued support on our journey.

Sincerely,

Prabhat Kumar  
Secretary

## **GENESIS**

Prayatna was established in the year 2003 with an aim to serve the underprivileged section of the society in the area of Health, Education, Livelihood, Sustainable Development and Empowerment. At the time of inception, a group of volunteers sensitized the people of deprived communities about the cause for which the organization has been formed. Despite all initial hurdles, the mobilization of the local people has been done successfully. This in turn has made the implementation part of the program smooth in the communities. Our volunteers grow organization's strength by working actively to bring a change in the lives of the underprivileged communities.

### **Vision:**

Create a society of empowered individuals who realize their full potential in a manner that is sustainable and equitable.

### **Mission:**

Prayatna strives to empower individuals and communities living on the margins so that they are economically and socially endowed, live a life of dignity and contribute meaningfully to the society. The change will be catalyzed and owned by the community itself and based on the highest tenets of human rights.

## HEALTHCARE

Prayatna believe in bringing quality health & hygiene to people and promote health care seeking behaviour among the underprivileged people in rural area and urban slums. To make primary health available and accessible for rural and urban slum dwellers with a special focus on children, women and old age people, we arrange health and hygiene camp in different states of India.

Our health care programme was operational in remote villages and urban slums across Bihar and Jharkhand including many health education programmes benefitting lives directly. The initiatives under Healthcare programme are as mentioned below:

### **Doctor at the Doorstep**

Prayatna has initiated 'Ghar Pe Doctor' - Health care Programme. This is a unique Door step programme which solves the problems of mobility, accessibility and availability of primary health to children, women and old age people. This programme is being implemented in Muzaffarpur district, Bihar. Under this programme, more than 100 people were benefitted in nearby villages of Muzaffarpur. The villagers are simultaneously made aware of regarding nutrition and hygiene too.



**Doctor at Doorstep programme**

## Free eye check-up camp

'Prayatna' has organized 8 Eye care camps in remote areas of Ranchi and Deoghar Districts of Jharkhand and 1 in Noida, UP this year. These camps help to reach out to those patients who are unable to visit town hospitals for checkups and cataract screening. The camps are generally sponsored by individual donors wherein, the logistics are taken care by them and 'Prayatna' provides the manpower for the camp such as eye specialists, eye surgeons and other staffs. Overall, 150 people were benefitted in this camp.



Eye check-up of an old patient

It was found that the senior citizens had the most vulnerable health condition. Their needs were properly taken care of by the entire team by checking and providing spectacles according to their needs.

Prayatna also arranged free eye check-up camp in Middle School Bharwari, Muzaffarpur, Bihar. The major diagnosis in this camp were Cataract, Glaucoma which were operated free of cost. Cataract removal and other minor operations were done at the nearest health centre.

## Free Health Check up

The organization arranged 5 day free health check-up camp in Ranchi and Deoghar district of Jharkhand. In this health check-up camp, doctor's team not only diagnose the common diseases like cough and cold, jaundice, worm infection, anaemia etc but also suggest nutritious food and drink as per deficiency. Our team provided medicines; health drinks vitamins and iron tablets free of cost through this camp. Total 100 men and women participated and benefitted in this programme.

## Health & hygiene awareness camp

Prayatna and its team organized health & hygiene awareness for rural and urban slum dwellers. Apart from basic health care services, we focus on preventive health care & hygiene programs through Information, Education and Communication activities in the communities. A total of 7 awareness camps were organized previous year in Bihar, U.P., Jharkhand and Delhi wherein, 200 people were benefitted. These camps were organised with the help of local health workers

and schools. Apart from this, Prayatna made extensive efforts to motivate villagers to build toilets for themselves and keep away from open defecation. This was observed as a major issue which needed a lot of attention in the villages. Therefore, a total of 10 households were motivated and linked to government support in this regard.

### **Immunization Programme**

The immunization camps organized by Prayatna provide free of cost vaccination facility to children and women as preventive health care measure. In this year, a separate Polio drop centres for Polio eradication in villages of Bihar and Jharkhand were setup. A special vaccination drive was also done in urban slums of Delhi wherein, more than 140 women and children were benefited from the programme.

### **Common diseases prevention information drive**

Prayatna also works for the prevention of all common diseases which occur in everyday life. The health and hygiene awareness programme was organized in the 3 districts of Bihar and 2 districts each of UP and Jharkhand. Under this programme, the team picked up 4 villages from each district. The awareness programme included messages on clean water, sanitation and communication around water borne diseases like Cholera and Diarrhoea. The



**Rally on Health & Hygiene Awareness**

team sensitized women and girls about menstrual related information, suggested

nutritional supplements to prevent disease such as anaemia, daily life hygiene practices, importance of cleanliness, proper sewage disposal and use of safe drinking water. Prayatna overall perform these activities for improving, preserving and maintaining health of all the underprivileged people. A total of 100 people were benefitted from these programmes in Bihar, U.P., Jharkhand and Delhi.

## EDUCATION

### School games and sports programme

Sports not only improve the fitness level and academic performances but also impart the social skills, leadership skills, community representation, team work & cooperation in students. From this viewpoint, Prayatna organized different sports activities in the schools of North Bihar. The purpose behind it was to develop more interest in education with more participation from girls and marginalized community children.



**Sports programme with children**

The activities consisted of sports quiz, Football and Kabaddi matches every month in remote village schools of North Bihar to boost up the youths. The year witnessed 4 sports quiz, 7 Football matches and 11 Kabaddi matches organised in Muzaffarpur and Samastipur districts of North Bihar. These activities reached out to about 100 youths and students which in turn fuelled a lot of interest amongst people towards sports.

### Girl child education programme

This programme helps out-of-school children especially girls to get back and avail education. Prayatna team along with volunteers sensitized and motivated parents in target locations regarding importance of Girl child education. The school drop-out prevention programme was conducted in 7 villages of Muzaffarpur district in Bihar. A total of 87 girls were enrolled back in the school out of which 21 girls were encouraged to join the school for the first time. This was done in active collaboration with



**Girl Child education programme**

the youth of the villages and school principals.

Apart from this, menstrual hygiene is a major challenge that refrain young girls to attend the school. Therefore, Prayatna took care by working with 2 schools in Muzaffarpur by renovating defunct toilets under a government scheme.

### **Literacy Programme**

Prayatna has started remedial education centre within its office premises in Muzaffarpur district for teaching underprivileged children under the age bracket of 8 to 14 years. Currently, a total of 34 students are enrolled at the centre wherein, they are provided with the basic teaching learning materials such as textbooks, notebooks and bags. 34 students are currently at the centre. They are also provided with learning materials like copies, books and bags. These children attend the school as well as remedial centre to gain formal education and remedial inputs along with the life skills training respectively. Their parents are extremely grateful for this effort.



**An activity under Literacy programme**

### **Teachers' Training**

This year, Prayatna organized a teachers' training program at Vikal Balika Girls' High School in Vaishali district, Bihar. The objective of the training was to improve the skills of teachers by introducing new teaching methodologies so to improve classroom participation of children. This training was provided by the senior functionaries of Prayatna management team having expertise in this field with a longstanding experience.

## LIVELIHOOD

### Vocational Training Programme

Prayatna organized Vocational Training programmes for woman in Muzaffarpur district of Bihar. The vocational course was selected based on the community needs which was sewing and knitting. Under this course, 100 women from different socio-economic backgrounds were trained and self-employed to enhance their livelihood by financially



**Vocational Training session with women**

supporting their family.

### Livelihood exposure to school children

Prayatna organized a workshop for girls studying in class XI and X in Vikal Balika Girls High School, Vaishali district. This workshop provided them inputs on the nature of employment opportunities that exists in their surroundings. The exercise was very relevant in opening up the minds of young children who were not exposed to the possibilities that existed around them. Also, it was very different for them as majority of them due to age-old traditions were looking out for government jobs considering it as the only option. A total of 120 children were benefitted from this workshop and majority of them are opting for self-employment rather than regular jobs.

## Promotion of traditional vocations

Prayatna's belief in the Gandhian methods of sustainability ensures to focus on approaches that make a village self-sufficient in all ways. One of these methods includes promotion of traditional vocations. Prayatna worked with weavers in Muzaffarpur district who continue to produce khadi based materials. As they were going through tough times due to changing preferences in the competitive world, a total of 20 households were linked to loan facility with the facilitation of Prayatna. Also, they were provided appropriate inputs on market linkages to become financially viable.



**Tailoring session with women**

## Creating part-time job opportunities for women

In India, most women are housewives due to which either they don't get the opportunity or they are unable to opt for full-time work. Through Prayatna's Women employment programme, women were indentified and were provided opportunities to work part-time and get oneself engaged into commercial activities. This year, 25 women in Muzzafarpur, Bihar were given part-time employment.



**Part-time employment**

## SUSTAINABLE DEVELOPMENT

### Environmental Awareness programme

Environmental Awareness camps organized by Prayatna actively mobilized communities to engage them in implementing various environment protection and development programmes. These programmes were carried out in the communities and schools during the week of World Environment Day wherein, individuals were advised to use environment friendly products.



**Environmental awareness camp by members of Prayatna**

The camps were organised at 9 locations in Muzaffarpur and Samastipur districts of Bihar and Deoghar and Ranchi districts of Jharkhand. A tree plantation drive was organised in Muzaffarpur where a total of 60 people attended and planted about the saplings.

### Agriculture training for Agronomy

Prayatna conducted a training programme on Agriculture for Agronomy in the middle school Bharwari, Muzaffarpur, Bihar. A total of 67 farmers actively participated in this programme wherein, they were sensitized about the Sustainable agriculture practices, water conservation methods and new techniques of farming.



**Training session for farmers**

## **Agriculture and Horticulture Development programme**



**Session on Agriculture and Horticulture  
development**

The Agriculture and Horticulture Development programme was organized by Prayatna in collaboration with the local Krishi Vigyan Kendras and local agriculture extension workers. It was conducted in 7 villages of Muzaffarpur and Samastipur district, Bihar. The villagers were informed about the modern agriculture process and commercial importance of horticulture. This was followed by distribution of several trees of Mango, Guava and Lichi to 100 villagers for horticulture promotion.

## ACTIVE CITIZENSHIP

### Youth Leadership Training

As youths are the strength of our nation therefore at Prayatna, we motivate youth and inspire them in the spirit of nationalism and Gandhian values. Youth leadership Trainings were organized to spread the concept of unity in diversity. This year, it was organized in Ghaziabad (UP), Deoghar (Jharkhand) and Muzaffarpur (Bihar). A total of 103 youth participated in the activities such as sports and physical activities and also,



**Leadership training session for youth**

took oath to maintain national integrity.

Youth were also inspired to assess

problems and challenges in their own communities and work towards addressing the same.

Due to this, many of them have now become youth leaders in their respective communities and are combating many social challenges which are being faced by their community.

### Women Empowerment Programme

Prayatna truly believes in the power of women and the difference they can make to the society. Through the women empowerment programmes, we are increasing and improving the social, economic, political and legal strength of the women and make them confident enough to claim their rights. The below mentioned activities witnessed an active participation of 150 women.



**Session on Women Empowerment**

- 1. Promoting of Women education:** The women education promotion camps were organized in 5 places of Bihar and Jharkhand as part of the adult literacy drive. A large number of women came up to attend this wherein, some of them were referred to local NGOs and adult literacy programmes. The purpose was to showcase that woman not only contributes to health and well-being of the family, but by getting education, she can also contribute to the national income of the country.



**Session on women education**

- 2. Working with local women SHGs:** Prayatna holds regular consultation with women's groups in Muzaffarpur highlighting the need for their active participation in socio-economic challenges faced by the community. Some of the women's groups were motivated to take up and work on the issues such as, liquor vending in their neighbourhood. Overall, there is a remarkable increase in participation of these women in issues that affect their lives and they are now becoming more and more vocal about it.

# FINANCIAL STATEMENT

## PRAYATNA

VILL. + P. O. - BHARWARI (DARWAR), DIST. - MUZAFFARPUR (BIHAR)

### INCOME AND EXPENDITURE ACCOUNT FOR THE YEAR ENDED 31st MARCH 2015

EXPENDITURE	AMOUNT		INCOME	AMOUNT	
	Rs.	P.		Rs.	P.
<b>To ESTABLISHMENT EXPENSES:</b>			<b>By Donation (As Certified)</b>	209,700.00	
Honorarium	48,000.00		Membership Fees & Member's Subscription	26,000.00	
Office Rent	14,400.00		Local Contribution	11,550.00	
Printing & Stationary	3,125.00		Miscellaneous Receipts	325.00	
Travelling & Conveyance	10,240.00		Interest Received from Bank:		
Newspaper & Periodicals	2,700.00		State Bank of India,		
Independence Day Celebration	1,235.00		Muzaffarpur		
Republic Day Celebration	950.00		A/c. No. 10055115091	458.00	
Audit Fee	500.00		State Bank of India,		
Telephone & Mobile Exp.	3,600.00		Muzaffarpur		
Electric Expenses	3,350.00	88,100.00	A/c. No.30134711191	51.00	509.00
<b>PROGRAMME EXPENSES:</b>					
Sharv- Dharm Pray Meeting	2,450.00				
Prerna Meeting	1,525.00				
Youth Meeting	3,850.00				
Rashtriya Apda Neunikaran Prog.	5,600.00				
Agriculture Training for Agriosome	3,730.00				
Eye Check-up Camp	4,525.00				
Health Check-up Camp	5,730.00				
Health Education Programme	5,640.00				
Games & Sports Programme	3,375.00				
Exposure Visit of Women	5,025.00				
Right of Justice for Poor People	950.00				
Competition Programme for School Student	2,790.00	45,990.00			
<b>OTHER ACTIVITIES EXPENSES:</b>					
Panchayati Raj	3,325.00				
Female Child Education Prog.	2,750.00				
Women Empowerment	5,620.00				
Human Right Programme	5,300.00				
National Integrity	2,950.00				
Food Preservation Prog.	4,350.00	24,295.00			
<b>V.T. FOR SEWING &amp; KNITTING:</b>					
Honorarium to Instructor	61,200.00				
Raw Materials	7,325.00	68,525.00			
Depreciation		19,797.45			
Surplus of Income over Expenditure transferred to Balance Sheet		376.55			
<b>TOTAL:</b>	<b>247,084.00</b>		<b>TOTAL:</b>	<b>247,084.00</b>	

Place : MUZAFFARPUR  
Date : 28.06.2015



*Prabhat Kumar*  
SECRETARY

For ARUN KUMAR SINGH & CO.  
CHARTERED ACCOUNTANTS

*Arun Kumar Singh*  
(ARUN KUMAR SINGH)  
Partner  
M. No. 055484