



PRAYATNA

STRIVING TO EMPOWER



Annual Report 2016-17

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FROM SECRETARY'S DESK

'Strength and Growth come only through continuous effort and struggle' ~ Napoleon Hall

Dear Friends,

It feels wonderful to share annual report every year with you all. This shows the contribution and an endless support everyone has showered on us.

Prayatna strongly believes in Gandhian values and so, the organization works on the same principle. This is done by implementing programs on the grounds which not only benefits a particular age group but, it impacts and brings a change in the lives of the entire community.

Prayatna initiated its journey from Bihar and gradually reached out to more and more set of people. This year, we have put our best possible efforts to reach out to more deprived areas in our country. 2016-17 has been a year marked by growth in all aspects for Prayatna, be it impacting beneficiaries or strengthening the programs on ground. The Annual Report 2016-17 will take you through the strengthening journey of Prayatna.



Hope you will find it an interesting read.

Prabhat Kumar
Founder & Secretary

Vision

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

Mission

Prayatna will strive 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 catalysed and owned by the community itself and based on the highest tenets of human rights.

Work Areas

- Education
- Health
- Sustainable Development
- Livelihood
- Active Citizenship
- Youth Development

HIGHLIGHTS

80 girls were benefitted in Girl Child Education Programme

270 people participated in Health Education Programme

200 farmers participated in agriculture and horticulture programme

18 sports programme were conducted reached out to 80 students

4 day health checkup camp in 3 districts of Bihar reached to 150 people

EDUCATION

Education is very important tool for everyone to succeed in life and get something different. It helps a lot in lessening the challenges of life difficult life. Knowledge gained throughout the education period enables each and every individual confident about their life. It opens various doors to the opportunities of achieving better prospects in life so promotes career growth.



Classroom teaching learning process

Therefore, Prayatna organized free coaching which has been provided to 60 beneficiaries in this year. Along with this, the programmes organized by Prayatna were:

Debate Competition

Prayatna organized a debate competition for school students at Muzaffarpur (Bihar). This program was organized to introduce the students, especially girls to the competitive environment that comes along with higher education. A total of 70 students participated in the debate competitions wherein, the best performers were given to the students. The reward & recognition encouraged the students to face the competitive environment in higher education and pursue what they really wanted to in their lives.

School games and sports program

Sports not only improve the fitness level and academic performances but also impart qualities of leadership, cooperation and team work. Considering this, Prayatna also organized different sports activities at schools in North Bihar. The purpose was to generate interest in Sports for Development with more girls actively participating in sports.



Kabaddi Competition

Prayatna organized Sports Quiz, Football and Kabaddi matches in remote village schools of North Bihar to boost up the interest of the youth in these sports. This year, 3 sports quizzes, 6 football matches and 9 Kabaddi matches were organized. These were organized in Muzaffarpur and Samastipur districts of North Bihar wherein, it was almost reached to 80 children and youth. This has also fuelled a lot of interest among people towards sports.

Girl child education program

Female education is the need of the hour. We can't become a developed nation without educating the women of the country. Women play an essential role in the all-round progress of the country. Women must be educated to make a democracy successful. They are the real builders of a happy home.

By educating a man, we educate one person, but if we educate a woman, we educate the whole family. This highlights the significance of female education. It is true that a woman is the first teacher for her children and



Girl Child Education programme

they receive their very first lesson in mother's lap. Hence, if a mother is well-educated then she can play an important role in shaping her children's future.

This program helps the girls, especially those who have dropped out, to get back into education. Prayatna team along with the volunteers spreads awareness and encourages parents to educate the girl child. 80 girls benefitted from this program. The school drop-out prevention program was conducted in 9 villages of Muzaffarpur district of Bihar.

Literacy Programme

Prayatna has opened an education center at its office in Muzaffarpur district for teaching underprivileged children in the age group of 8 to 14 years. 30 students were educated at the center this year. They were also provided with learning materials like notebooks, books and bags. Their parents are extremely grateful for this effort by Prayatna. These children have now been integrated into the education system and go to school regularly. But they still continue to come to the center on a regular basis for remedial inputs and life skills training.

Teachers Training

A good teacher is important to bring out the best in her or his student and make them the best. Therefore, teachers' training plays a major role in the project. It helps in enhancing the teachers' productivity, knowledge and teaching skills.

Therefore, Prayatna conducted a training program for teachers in Vikal Balika Girls High School in Vaishali district and Vatsalya Vidyalaya in Sitamarhi District. The training was to review and provide valuable inputs regarding the scholastic skills and art of teaching. This training was provided by senior functionaries of Prayatna management team who possess a rich experience in teaching.

It was a big challenge; but it was a worthy prospect to advance the teachers as a conversion factor that promotes dialogue and participation, making possible well-being through an education of quality.

HEALTH CARE

Health is wealth. There is nothing in our life that is more valuable than good health. Without health there is no happiness, no peace and no success. A person with bad health cannot enjoy the pleasure of being wealthy.

Prayatna organized different programs to make primary health obtainable and handy to remote villagers and urban slum dwellers. Health and hygiene camps were organized in different states of India benefiting a lot of underprivileged people. About 110 people benefitted from disease prevention information drive.

Health Education Programme

Health education is the very foundation of every successful public health programme so one of the main functions educations should be to help every person develop a healthy body, an alert mind and sound emotional attitudes. Health education aims at bridging the gulf between the health knowledge and health practices of the children.

So, Prayatna arranged programme to education about the importance of health, hygiene and sanitation. These educational camps were conducted in Muzaffarpur, Deoghar, Dumka, Ghaziabad and Noida districts. The communities were sensitized about basic preventive measures for common diseases like Cholera, Diarrhea, Malaria, Dengue, Typhoid, Jaundice, Ringworm etc. Total 270 people participated and they were taught how clean water and sanitation in a hygienic environment is important to prevent these diseases.

Eye Check-Up Camp

Prayatna arranged 2 day free eye checkup camp in Middle School Bharwari, Muzaffarpur Bihar. In this eye checkup camp, patients were checked for common eye diseases such as Myopia and Hypermetropia. Lenses and drugs were also provided to patients free of cost under this program. 100 men and women were benefitted from this program.



Eye checkup camp

Child and mother immunization Programme

Healthcare programs were conducted in rural areas of Bihar and Jharkhand with special focus on child and mother immunization. The areas covered under this programme were rural areas of Deoghar, Muzaffapur, Lakhisarai and Ghaziabad districts of Jharkhand, Bihar and UP.



Doctor checking up a patient

With this immunization drive, this year more than 170 mothers were

benefited in remote villages of Jharkhand, Bihar and UP. Our team also communicated the importance of child and mother immunization to villagers, especially women, with the help of women volunteers and lady doctors.

Free health checkup camp

Prayatna arranged 4 day free health checkup camps in Muzaffarpur, Bhagalpur and Lakhisarai districts of Bihar. In this health checkup camp, a total of 150 old aged people were checked by doctors for common diseases like diabetes, blood pressure, thyroid dysfunction etc. They are also provided free medicines.

SUSTAINABLE DEVELOPMENT

Sustainability is important for a very simple, very straightforward reason: we cannot maintain our quality of life as human beings, the diversity of life on Earth, or Earth's ecosystems unless we embrace it. There are indications from all quarters and from the smallest to the largest scale that sustainability is something we must address. We will run out of fossil fuels. Thousands if not millions of animal species will become extinct. We will run out of lumber. We will damage the atmosphere beyond repair, if we don't change.

Agriculture training for Agronomy

Prayatna arranged training programme on agriculture for agronomy to make farmers aware about Sustainable agriculture practices and also to make them aware about scientific agriculture methods, crop production and management of soil & farm land. The programme was organized in



Training session for farmers

middle school Bharwari, Muzaffarpur Bihar. 52 farmers attended this programme and were educated about new techniques of farming. Also, 200 people participated in the agriculture and horticulture program.

ACTIVE CITIZENSHIP

Being an Active Citizen encourages every person to participate in their community as active citizens. This approach is important as it allows the citizens to engage in active citizenship activities over a number of years and, in doing so, builds their interest and skills. The main purpose of the program is to allow each and every person to go beyond the usual setting and become actively involved in their community. This active engagement within different aspects of the legal system, government and civil society will animate the concepts learned in program within their own lives.

Prayatna is actively involved in Active Citizenship through various programmes and activities:

- a) **Seminars** – Multiple seminars in schools and in community for youths are organized from time to time on varied social and national issues.
- b) **Gatherings** – Youths are gathered at one location where they perform prayers, demonstrate rally and youth meetings are organized.



Rally demonstration by youths



Seminar by Mr. Prabhat Kumar to youths

Gandhi Sanskar Shivir

Under this programme, the youths are sensitized about the Gandhian philosophies and values. The program empowers the youth who lack exposure to such events and information. Secondly, it also provides them with basic knowledge and values which they can implement in their lives for better future as it helps in changing their perspectives. The programme comprises of lectures by experts on Gandhian values and philosophies, cultural program, discussions, games and activities revolving around Gandhi's life.



Lectures by experts in Shivir



Activities during Shivir

FINANCIAL STATEMENT

PRAYATNA

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

INCOME AND EXPENDITURE ACCOUNT FOR THE YEAR ENDED 31st MARCH 2016

EXPENDITURE	AMOUNT		INCOME	AMOUNT	
	Rs.	P.		Rs.	P.
To ESTABLISHMENT EXPENSES:			By Donation (As Certified)	202,176.00	
Honorarium	49,200.00		" Membership Fees	2,500.00	
Office Rent	14,400.00		" Miscellaneous Receipts	550.00	
Printing & Stationary	3,270.00		" Interest Received from Bank:		
Travelling & Conveyance	6,420.00		State Bank of India,		
Newspaper & Periodicals	1,095.00		Muzaffarpur		
Independence Day Celebration	1,345.00		A/c. No. 10058115091	217.00	
Republic Day Celebration	1,050.00		State Bank of India,		
Audit Fee	500.00		Muzaffarpur		
Telephone & Mobile Exp.	3,650.00		A/c. No.30134711191	54.00	271.00
Electric Expenses	3,500.00	84,430.00	" Excess of Expenditure over Income transferred to Balance Sheet		25,402.13
PROGRAMME EXPENSES:					
Starv. Dharm Pray Meeting	2,540.00				
Purna Meeting	1,490.00				
Youth Meeting	3,760.00				
Rashtriya Apda Neunikaran Prog.	4,765.00				
Agriculture Training for Agronomist	3,895.00				
Eye Check-up Camp	4,670.00				
Health Check-up Camp	4,875.00				
Health Education Programme	5,760.00				
Exposure Visit of Women	4,640.00				
Right of Justice for Poor People	1,050.00				
Competition Programme for School Student	2,895.00	40,340.00			
OTHER ACTIVITIES EXPENSES:					
Panchayati Raj	4,530.00				
Women Empowerment	5,870.00				
Human Right Programme	4,765.00				
National Integrity	3,250.00	18,415.00			
V.T. FOR SEWING & KNITTING:					
Honorarium to Instructor	62,400.00				
Raw Materials	7,540.00	69,940.00			
Depreciation		17,774.13			
TOTAL:	<u>230,899.13</u>		TOTAL:	<u>230,899.13</u>	

Place : MUZAFFARPUR
Date : 24.06.2016



Prabhat Kumar
SECRETARY

For ARUN KUMAR SINGH & CO.
CHARTERED ACCOUNTANTS
Arun Kumar Singh
(ARUN KUMAR SINGH)
Partner
M. No. 055484