

The background of the cover is a photograph of a mountain range with snow-capped peaks. In the foreground, there are large, yellow, trumpet-shaped flowers hanging from a vine. The sky is blue with some light clouds.

निष्ठा

n i s h t h a

rural health, education & environment centre

Annual Review 2015/16

Nishtha Trust

Working for 21 years in Kangra district of Himachal Pradesh for the benefit and development of society by improving the welfare of families, focusing on women, children and young people.

We do this by:

- Providing access to holistic medical care to the poorest people who have less access to appropriate health facilities and those with long term or specialised needs.
- Educating particularly women to understand their bodies, nutrition and hygiene.
- Making sure that each child, including those with special needs get the best start in life so that they thrive and develop to their full potential.
- Empowering and enriching the lives of young village people.
- Enabling young people from disadvantaged families to go on to higher education, and help them to shrug off the restraining effects of poverty and learned helplessness.
- Organising sports and other activities for the village youth and children and encouraging interest in their local traditional culture.
- Supporting a forum for single women to share their concerns and address legal problems, domestic violence and health issues.
- Keeping our village clean through educating households to collect and segregate their waste and to understand the dangers of indiscriminate waste disposal.
- Teaching and practicing innovative garbage management practices, recycling technologies & water cleanliness.
- Establishing organic farming methods, growing medicinal herbs, vegetables and trees.



Dr. Barbara Nath-Wiser and the Nishtha staff.

Governance

- Our Trustees: Abha Bhaiya, Kamla Basin, Radhika Saunik, Soniya Sebastian
- Our Director: Dr Barbara Nath Wiser.

Our Supporters

- AUSTRIA Trust:
- UK TRUST
- Dalai Lama Trust
- Population Foundation, India
- Earthville Network (USA)

www.nishtha-hp.org

Nishtha Products

The Rakkar women's self help group makes beautiful bags and accessories using Nishtha Community Centre as their production base. This year we plan to launch a sales outlet for them out of our Nishtha website: www.nishtha-hp.org. All proceeds from the sale of their products goes directly to the women themselves.



The Women work in their own time using simple hand sewing machines.



Sturdy lined shopping bags with pockets - Rs. 500.

Nishtha Calendar '16

We were proud of our 2016 calender this year which we hope all our friends and supporters are now enjoying on their walls. If you did not receive a calender this year and would like to, please send us your mailing address so we can send you our 2017 calender which is currently under production.



Health

Providing holistic medical care to the poorest people who have least access to appropriate health facilities and those with long term or specialised needs.



Dr. Barbara uses homeopathy along with allopathic medicine in treating her patients.



Ayurvedic herbal medicines are made in the clinic by Goody and Suresh.



Ram Chand and Suresh look after the patients records and pharmacy.

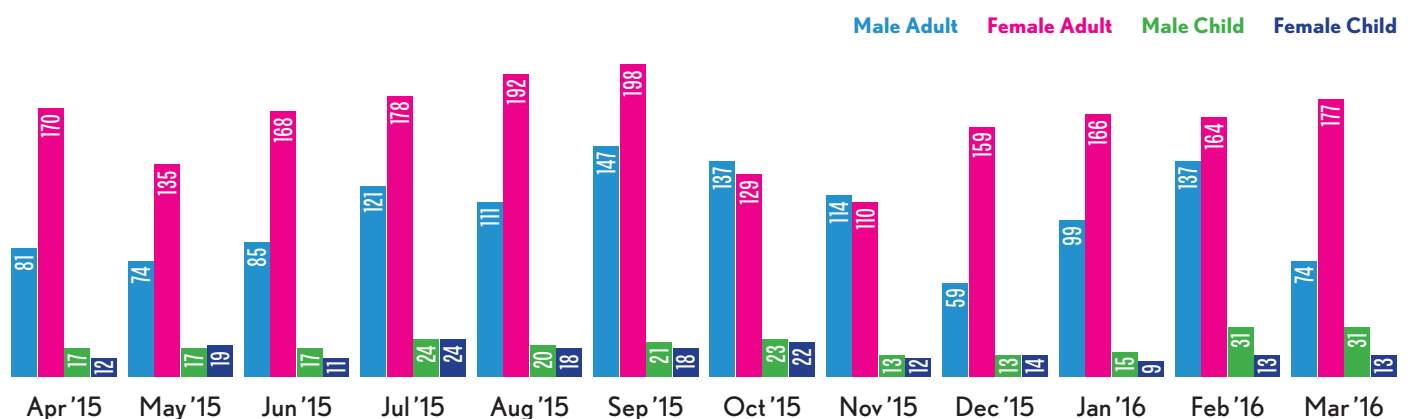


Dr. Kusum dressing a long term patient's injury.



Dr. Spero running Nishtha Homeopathic outreach clinic.

Patient Attendance in Nishtha Clinic 2015-16





Our Patients

We see around 300 patients a month in our Health Clinic which is open 4 days a week. We support local poor patients with medicines and treatments and make sure they have access to local government facilities by transporting and accompanying them there. Around 10% of our patients are new – people come to us after trying many other treatments hearing that we provide considered holistic medical care.

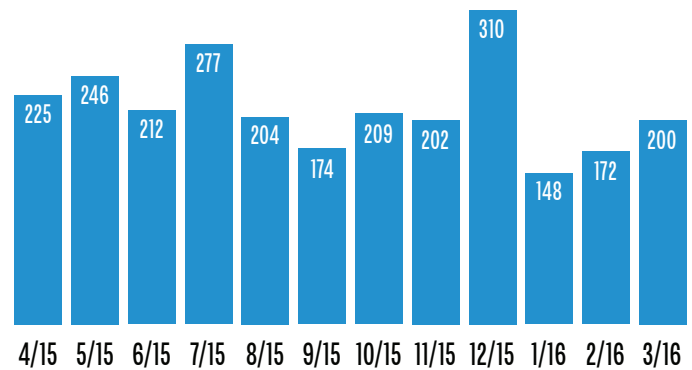
Health Education

Educating particularly women to understand their bodies, nutrition and hygiene.

Twice a week our team goes out into a village organised by our Single Women activists. These very successful clinics have reached over 2,500 people this year and into nearly 100 villages within a 35 km radius of Rakkar. Many problems can be solved by women understanding their bodies and taking practical steps to staying healthy.

This year this program has been partially funded by The Population Foundation of India to whom we are very grateful.

Outreach Clinic Attendance 2015-16



The Single Women activists organize the venues for the health education camps in the villages.



Our medical interns help teach children how to brush their teeth and wash their hands.



Dr. Kusum is an expert educator who explains things to the village women in clear ways they can understand.



Dr. Kusum teaches women appropriate ways to keep healthy through nutrition and exercise.



Ram, Suresh and a medical intern record patients details and dispense supplements and medicines.

Outreach Clinics

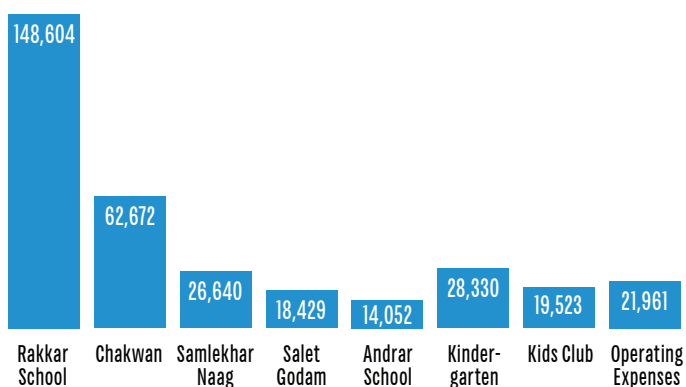
Reaching into the most depressed villages to provide medical care and the opportunity for people to ask questions about their health concerns.



School Nutrition & Caring for the Disabled

Making sure that each child, including those with special needs get the best start in life so that they thrive and develop to their full potential.

School Nutrition Expense Chart 2015-16



Delivery of fruit and vegetables to the schools.



Nishtha supplements the basic meal provided in the government schools with vegetables.



Most children hardly see any fruit in their lives until they receive it daily through Nishtha's programme.



Our group of special needs children in Nishtha Community Centre with their carers.



Our new Tata Sumo jeep donated by His Holiness the Dalai Lama.



Caring for children with disabilities

We especially care for our physically and mentally challenged children, providing health care, mobility aids and assistance in their homes. We transport around 12 children from our area each day to and from the CORD physiotherapy unit which also runs a day centre for these children.

Children & Youth Programmes

Empowering and enriching the lives of young village people by providing a rich selection of activities in our Community Centre.

Every day the community centre is busy and our staff: Ravindra, Vijay, Megha and Ravi work tirelessly along with our volunteers, both foreign and local, to create new and interesting programmes for the children.

We provide the space, the materials, the equipment and the support - the children take over the activities boldly, feeling that it is their centre. They come not to be told or instructed or organised but to be involved, to do, to create and have fun.



The messier the better when it comes to creative fun!



Volunteers hold learning sessions with the children encouraging creativity, learning and inventiveness.

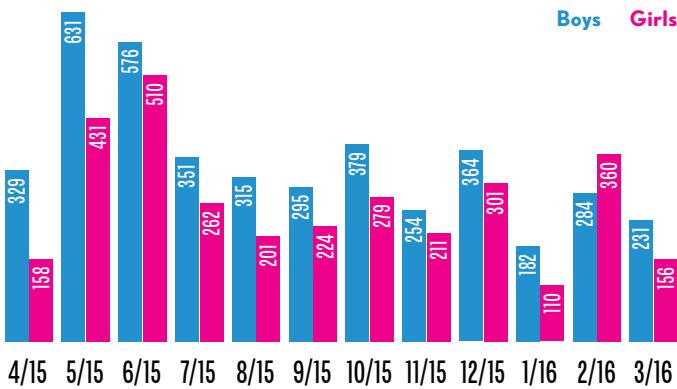


Ravindra visits 6 baby creches regularly providing fun learning activities for little ones.

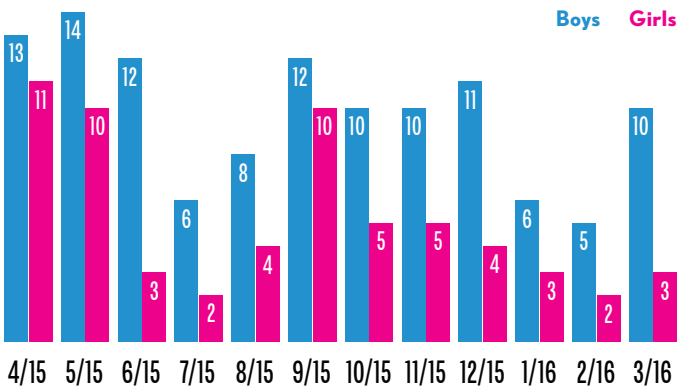


Ravindra runs the library opening up the world of literacy to children who were previously struggled to read.

Kids Club Attendance 2015-16

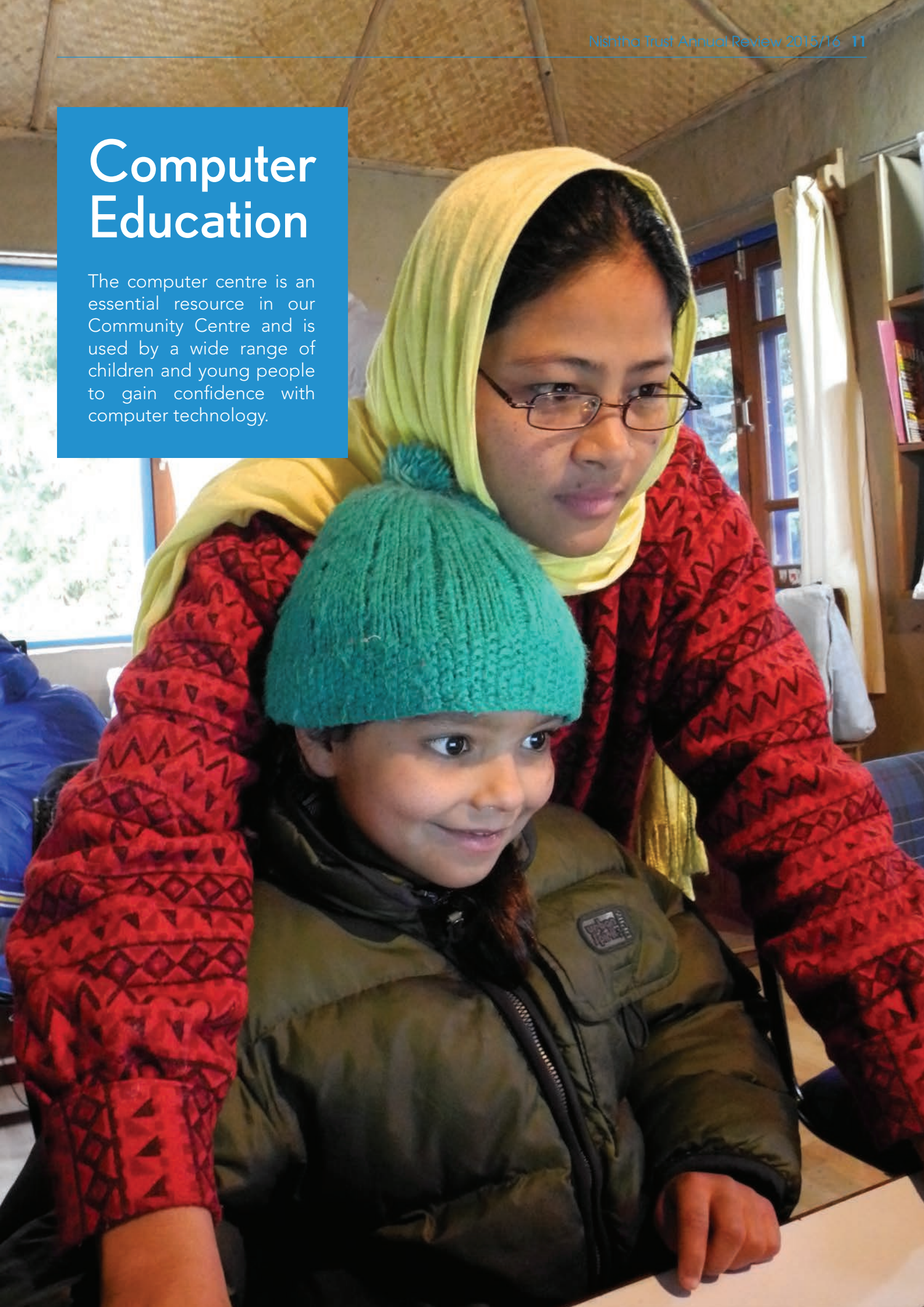


Computer Class Attendance 2015-16



Computer Education

The computer centre is an essential resource in our Community Centre and is used by a wide range of children and young people to gain confidence with computer technology.



Single Women

Nishtha Single Women's Programme reaches out to women who live alone in the villages across 3 districts of Himachal Pradesh. Our team of 5 activists along with assistant activists helps to draw increasing numbers of women together in meetings, hear their problems and work to address their issues of injustice, social marginalisation, poverty and ill health.

Nishtha is very proud that Radha, our programme coordinator since 2006, has been awarded the prestigious Bharat Ratna C. Subramanian Fellowship Award for her excellent grassroots work with single women.

We were all sad to lose Pammi Devi, an excellent activist and friend, to a long-term illness this year.



Our activists organise a rich programme of meetings throughout their area.



They contact the Government through rallies and public hearings to make the case for the needs of single women.



The team puts on a great show during International Women's Day.



One of our 4 groups of girls trained in Wenlido self-defence this year.

Single women comparison data of last four years

	Villages	Members	Widows	Separate	Unmarried	Divorced	Husband Missing	Medical Cases
2012-3	88	2156	2069	42	8	26	4	7
2013-4	90	2320	2228	50	8	24	4	6
2014-5	90	2650	2529	41	15	34	24	7
2015-6	93	2931	2836	32	13	46	4	8



Wenlido

Wenlido – women's self defence and empowerment training is an indispensable experience for both rural and urban women and girls to enable them to ensure their own safety.

Sports & Culture

Nishtha 8th annual winter cricket programme was again a very successful event, bringing together the different communities living in this area and opening up the village to an exciting annual event.

Aside from a rich programme of sports and cultural programmes for the children, a great deal of work has gone into developing the playground this year using additional funds under a special development budget derived from funds accumulated over the past 20 years. With this we have greatly improved and repaired the play equipment and built the boundary walls more solid to stop increasingly threatening encroachment and to create a safe place for children to play.



Building a boundary wall to protect the playground from encroachment.



During the rainy season we play volleyball and football.



The winter cricket tournament trophy presented by Nishtha Trustee Radhika Saunik & Dr. Barbara.



Local children just love to dress up and dance.



The play center is a full of children every evening.

Playground Improvement

Gaban, an enthusiastic Austrian volunteer, set out to make innovative structures for the children out of old tires and sheer determination.



Completely Green Rakkar

Nishtha's clean village team headed by local musician Vijay Bhadwaj educates local households to collect and segregate their waste and to understand the dangers of indiscriminate waste disposal, particularly to the irrigation channels and fields. We inform people through songs about the dangers of burning plastic and the need to keep our village clean. The team sorts the 75 kgs of soft plastic waste we collect weekly and forms it into around 30 bricks which are used for construction. Our waste management facility demonstrates the use of these plastic bricks.



Vijay uses his full weight to pack the brick into the machine to get the best compression.



Arvind and Sujata visit each house to collect their clean soft plastic and interact with the people personally.



A group of student volunteers helping by re-painting the filter stands.



Nishtha waste management centre.



Most of the local households collect clean filtered water from our tapping points each evening.

Plastic waste collection

We collect plastic waste from approximately 400 houses who carefully clean and segregate their waste in order that it can be repurposed as plastic building bricks.



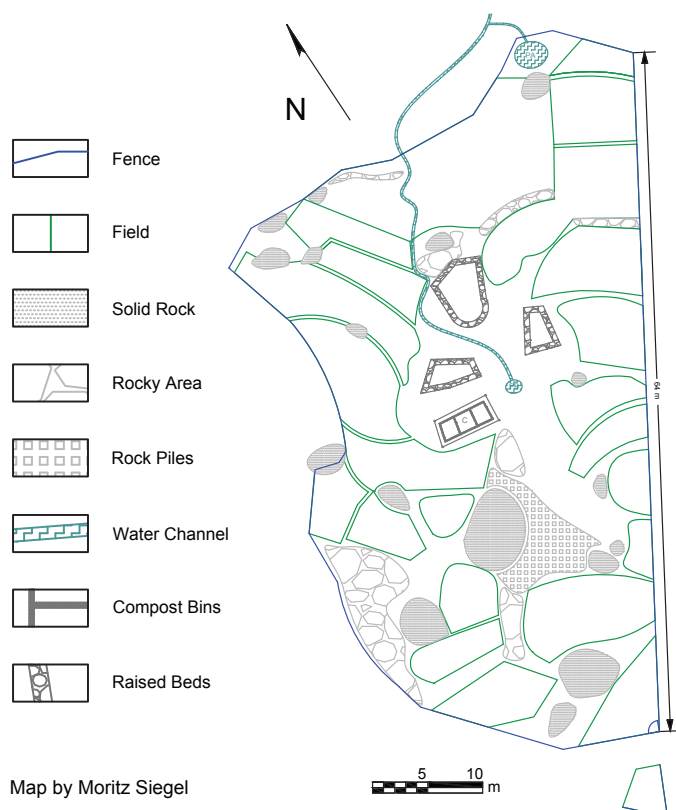
New Land Project

A great deal of work has been done on the land this year under the watchful eye of Mohinder who has managed the rock cutting and development of the fields. A 3 part composting unit, irrigation channels and raised beds have been constructed.

Sujata along with our clinic and community staff and the single women team work steadily to develop the land, plant, weed, mulch and finally harvest the beans, maize, soyabean, garlic, turmeric, potato amongst other crops. We are rapidly creating the demonstration farm to teach people how to work with organic farming methods and cultivate marginalized land to grow medicinal herbs, vegetables and trees as training and therapy for single women that we had envisioned 2 years ago.

Nishtha New Land Map

The total area is around 1700 square meters, of which close to 50% is currently cultivated. A further 200 square meters are currently being developed.



A great deal of rock cutting has been done on the land in order to prepare cultivatable beds.



Ram supervising the Nishtha staff and single women working on the land.



Weeds don't stand a chance against our farm manager, Sujata, who knows every plant.

Tree Planting

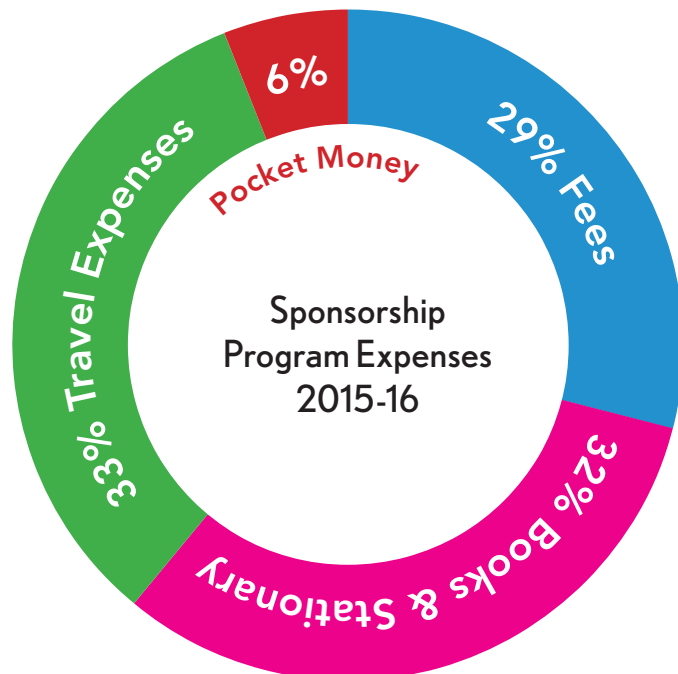
50 fruit and nut trees were planted during the monsoon of 2015 including pecan nut, guava, litchi, lemon, galgal and loquat.



Students Sponsorship

Enabling young people from disadvantaged families to go on to higher education, and help them to shrug off the restraining effects of poverty and learned helplessness. This year 14 students were sponsored for higher education. We also provide daily tuition for Rupa who comes from a very deprived family and sponsor the two children of our late driver Subhash Chand to go to school.

Our college students visit the community centre every Sunday for a meeting. Vijay runs a computer class for them and they have cultural performance classes with Vijay Bhadwaj and Bhandana. They showed their skills in singing and dancing during Dr. Barbara's birthday and on Women's day.



The students attend computer class every Sunday.



Mohinder guides and mentors the students particularly on environment issues.



They study local dance and music with our teachers Vijay and Bhandana.



Vijay Bhadwaj explains the brick making process and encourages the students to join us in plastic collection.

New School Room

Rakkar High School has been upgraded to Senior Secondary and so has taken on two new classes which had no classroom to accommodate them. These children spend much of the winter sitting outside on the ground.

At the request of the school, Nishtha contributed to the construction of a new room for the older children to study. This is light, well ventilated and surfaced with traditional mud plaster, and so is a pleasure for both students and teachers to use.



The new schoolroom under construction.



Students enjoying their new schoolroom.

Shoes & Sweaters

Shoes and Sweaters were provided to all the children in the 5 schools and 6 baby crèches we look after with a special donation from Wiener Privatklinik via Nishtha Austria . Whilst the school children had to have regulation black shoes and sweaters, we bought practical and colourful crocs and cosy hoodies for the little children.

We distributed shoes, two pair of socks and a sweater to each of 236 students in 5 schools. This included 2 additional schools this year, both of which are on the side of the mountain and cater to the students from poor, slate-mining families.



These schoolboys are delighted with their new shoes.

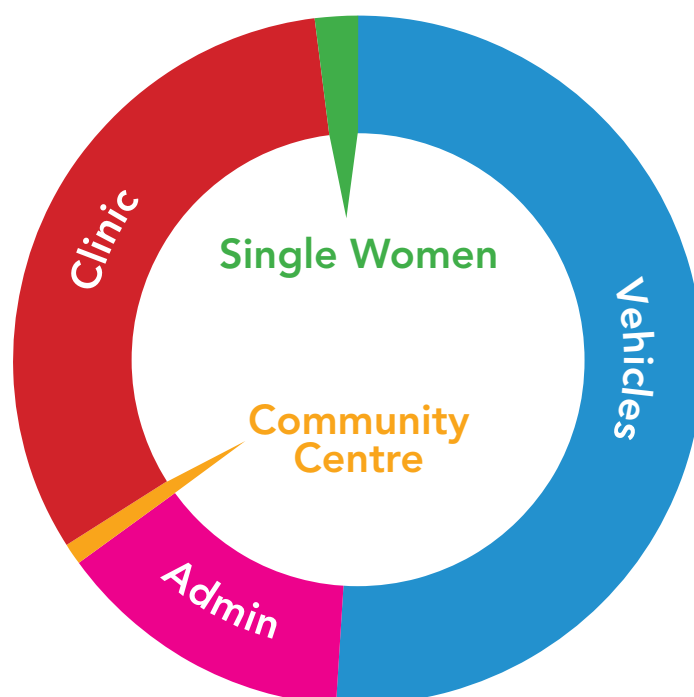


Creche children in their colorful crocs and hoodies.

Accounts & Funding

Our accounts team has been augmented this year by taking on Mr. Sharda as our accounts consultant. On the advice of our accountants we restricted our foreign income (specifically from the UK Trust) this year and spent from funds which had been accumulated from 20 years of investment income on a number of special development projects aimed at improving the infrastructure for the Trust and the village. This expenditure does not effect our Corpus Security Fund which was added to this year from donations via Dr. Barbara for our 20th Anniversary Celebration.

Local Account Expenditure 2015-6



Nishtha Foreign Account Summary 2015-16

Funds Received 2015-6

From	Corpus Fund	Running Expenses	Carried over from 2014-15
Dr. Barbara	568,413		
Bank Income		217,674	
Earthville Network		103,987	
Nishtha Austria		3,630,142	
Other Donors		9,300	
Total Income	568,413	3,961,103	
UK Trust			653,052
From Accumulated Funds			3,025,980

Expenditure 2015-6

8,141,750

From	
FC Admin	235,006
HOPE Project Expenditure	128,437
Nishtha Austria Expenditure	3,617,252
Nishtha UK Expenditure	1,135,075
Spent from Accumulated Funds	3,025,980
Advance to UK Trust Projects	482,023
New Land Project	113,977
Playground Development	372,684
Classroom Construction	1,088,102
Code Camp - Eco San Toilets	35,000
New Garage Construction	144,565
Office Extension	39,650
Vehicle Purchase	749,979

Special Development Projects







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