



निष्ठा

n i s h t h a

rural health, education & environment centre

**Annual Review
2017-2018**



Nishtha Trust Celebrating 20 Years

Nishtha Trust was set up in 1998 by Dr. Barbara Nath-Wiser, a general practitioner from Vienna, Austria who has been living in Sidhbari since 1984, with the help of three local women: local Social Activist Mrs. Monica Ghosh, retired Reader in Psychology from Shimla University Dr. Kishwar Shirali and Social Activist Ms. Abha Bhaiya.

Present Trustees

Kamla Bhasin, a well-known Activist engaged with issues related to development, education, gender and media, dedicated to building the capacity of young activists and networking between civil society organizations in South Asia.



Radhika Shaunik, A retired research assistant at the French School of Far-Eastern Studies, Paris, where she was responsible for the South-Asian section of their research library and now works as a freelance researcher on women's issues.



Soniya Sebastian, a young, active member of the local business community. Her extensive network of local connections and knowledge is of great value to the Trust.



Nayantara Mankotia, a former teacher of St Mary's School, New Delhi and present principal of Vihaan Valley Montessori school in Tiara, Kangra.



Puja Anand, an IIT trained Electronics Engineer specializing in creating computer-based training. Puja has been involved with our school childrens programs and teaching our students English.





Message from Our Director

We started Nishtha Rural Health, Education & Environment Centre 20 years ago, aiming to respond to the health needs of the local population. Over the years we have developed and adapted our work according to the changing times. And times have changed - primarily through the advent of motorised vehicles that have affected everyone's mobility and access to material things and the construction industry that has covered our landscape with cement like icing poured over a plum pudding. However, the lives of local people though more prosperous are no less beset with problems and their needs though less raw are almost more distressing as their lives become subject to the availability, demand and desire of commercialisation.

Focusing initially on primary health, Nishtha started by running a holistic daily health clinic. This met the urgent need of the local rural farmers and labouring community for an accessible, caring health facility providing not only primary

care, but also a small inpatients facility. In due course it enabled patients to access the nearest Government hospitals

In the past most of the patients came from local villages, but these days increasing numbers come from further afield having been unable to find relief in other health facilities or having received confusing or ineffective treatments. Although these patients require much more time, we take their cases on with care and concern, often resulting in a greater burden of costly interventions.

These days the outpatients clinic is closed two days a week while the team conduct invaluable health education clinics in outlying villages. These are attended mostly by women who have never been able to ask a doctor to explain what is wrong with them or to understand how their bodies work. The Nishtha doctors teach the women how to stay well on the basis of adequate

nutrition, hygiene and exercise. Such information is a source of practical empowerment for the village women.

The large number of widows attending the clinic made us aware of the very real social problems in this community for women who are categorized as single, whether through widowhood or abandonment. Nishtha's team of 6 trained activists now reaches out to over 7,000 such women in a radius of 50 kms. They meet village leaders to identify single women and hold village level meetings to give such women a space to talk about their emotional, health and legal issues, their sense of oppression or concerns for their personal safety. This program is linked to a wider organization, which gives the women the confidence that their voices can be heard and the issues they raise addressed at government level. This in turn has a strong impact on the attitudes of society to women who are living without the protection of a man.

Only so much can be done to help adults who are set in their ways, but improving the prospects for children can have a major effect on the future shape of society. In its early days we saw in the clinic a much larger proportion of children than would normally be expected because so many were malnourished. This was why we began a midday meal program in the local primary school. Eventually this was extended to supplementing the Government midday meal in 5 local schools and 4 baby crèches with nutritionally rich foods and a daily piece of fruit for each child.

When the Nishtha community centre opened, it included a library for the children providing all kinds of reading materials and creative after school programs. Later a computer room was set up where government school children and college students could become adept in the use of computers and the internet, which is so essential for them to succeed in modern life. Games, sports and outdoor activities are also essential for healthy growth and the local village ground has been hugely improved, protected and developed into a valuable space on which the village children and youths can play. Cricket, badminton and basketball pitches have been

established, as well as a children's playground. The ground has become a focal centre of the village where people can meet and relax.

The workshop room in the community centre provides a space for a wide variety of trainings, meetings and activities to take place. Women's self-defence trainings (Wenlido) enable women to stay safe by teaching them defensive techniques and broadening their awareness and vision of themselves. First Aid trainings prepare young people for disasters and medical crises. Visiting artists have also held drama, art and yoga workshops for the local people. The Rakkar women's stitching group meets here as does the Single Women's group. Students from depressed backgrounds, whose college attendance is sponsored by Nishtha, meet here every week to learn English, exchange ideas and explore their traditional culture.

Nishtha's work on environmental awareness in the local community is intensely interactive with increased attention to segregation and disposal of waste. Nishtha collects segregated plastic and has launched a project to convert soft plastic, which is so destructive when allowed to accumulate in the streams and fields, into blocks that can be used in construction. Several buildings have been created incorporating these plastic bricks which are excellent insulators and are cheap in comparison to bricks and concrete blocks. Nishtha also runs a small but intense demonstration organic farm to explore and propagate ways in which marginal land owned by the poorest farmers can be made productive.

I am proud of my dedicated staff of 22, several of whom: Ram Chand, Dr Kusum Thapa, Suresh, Rasma and Mohinder have been with me right from the beginning, working with a sense of commitment that is rare in today's world in which government and private employees are paid far more for doing much less. I am very grateful to them for having worked with me for so long to improve the health facilities for local people and address their problems.

R Nalk-Oiser

Our Main Focus: Running a Primary Health Clinic

In response to the need of the local marginal farmers, labourers and their families for a welcoming and free health clinic. In the early years we saw 60 or 70 patients a day, suffering from a range of common ailments.

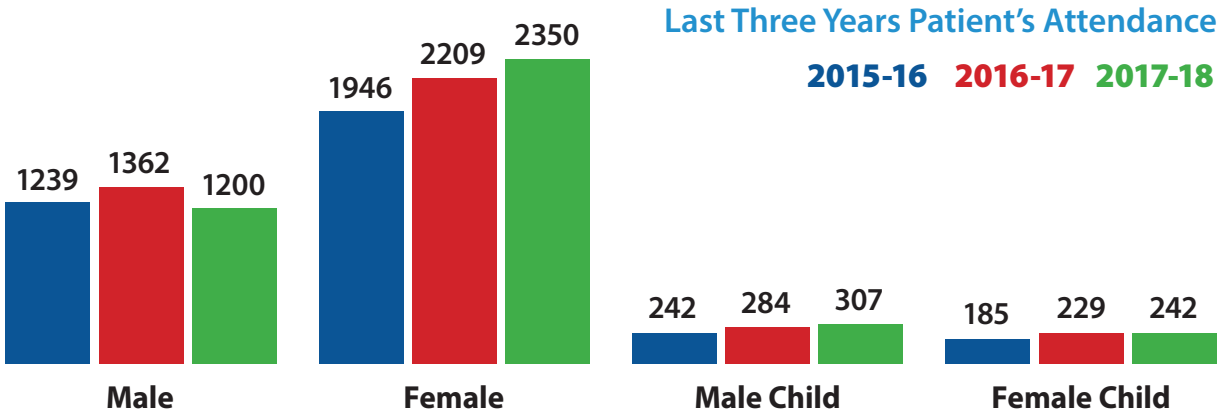
These days we see far fewer patients as they can get quick fix medicines from any number of pharmacies and clinics nearby. However, they come to us with more severe problems which take much longer to assess and treat. This year (2017) we have seen a surge in the number of patients who come to us with severe chronic problems and disabilities. For some there is a need for surgery, post-operative help and recuperation. Others need much longer term treatment and assistance, which is very difficult to provide without considerable financial resources. Whilst medical help is available through Government hospitals, it is not cheap and most people who support themselves through farming and labouring find themselves unable to support members of their family who are taken ill. One of our roles is to try to educate people to take advantage of government insurance schemes and encourage those in work to pay into health insurance.

This year we have seen 4,099 patients in the clinic of whom 162 are new. We see a significant majority of women in our clinic but men are by no means exceptions and when it comes to children the ratio in favour of boys is worrying.

Each month the clinic is open an average of 17 days – i.e. 4 days a week - during which 261 patients are seen. We therefore see an average of 15 patients each day. This year we have seen 162 new patients and as the chart below shows the numbers attending our clinic are steadily increasing.

Nishtha provides safe water to the local schools and surrounding hamlets through which we have reduced the incidence of gastroenteritis enormously. We now run 6 water filtration systems including the new one installed last year on the playground which provides clean water for the children and young people who come to play on the ground every evening. It is also being used by several families who live nearby, as well as people who visit the local temple.

We assist children with disabilities by transporting them daily to Tapovan (CORD) physiotherapy unit. 4-8 children join this program along with our clinic patients who need. Arushi and Sanjoli who both suffer from severe Cerebral Palsy require attendants to relieve their mothers and allow them to go out to work. These are paid for through the kindness of individual sponsors.





Programs for School Children

In the clinic we saw many children malnourished and therefore started a program to provide up to 300 children in the local school with a healthy meal and a daily piece of fruit.

Since 2013, when the government introduced a midday meal in all its schools we decided to provide supplementary vegetables, cooking oil and tofu to make it more nutritious. As numbers in the local school are decreasing we extended our program to 5 poorer schools and 4 'anganwaris' (crèches) on the hillside above us.

hang in the Anganwaris. We put fencing on the veranda of the Rakkar Anganwari to ensure the safety of the children and prevent them falling over the edge. Besides providing glasses for children who needed them, we also set about improving the lighting in the school classrooms and realised we need to do the same for the anganwaris.

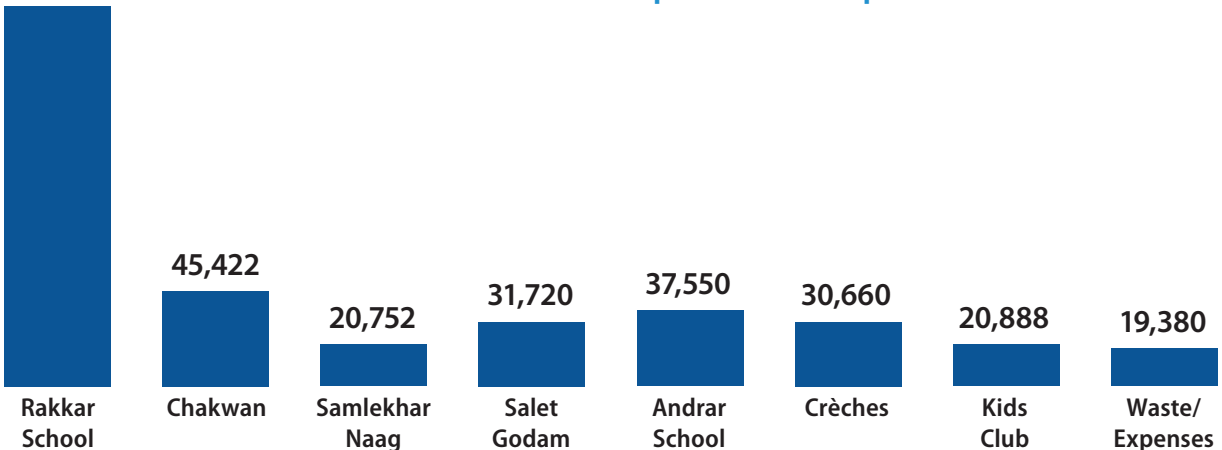
Book boxes are supplied to the upper schools as an extension of our Community Library program and we support the crèches with boxes of books and play materials. This year we have provided a good selection of toys including baby swings to

In December we bought a pair of shoes and two pairs of socks for each of the 264 children in both the schools and anganwaris which were much appreciated in the cold weather.



184,827

School Nutrition Expense Chart April 2017 to March 2018





The Community Centre and After School Program

In 2002 we purchased the house next to the health clinic which was simply built and in poor condition. After extensive repairs and improvements in 2004 it was opened as Nishtha Community Centre.

In 2010 we opened a children's library and in 2011/12 a computer centre was created. Nishtha's youth and children's programs are now an established part of the lives of the children and young people from our village.

Between 20 and 40 children attend the after school Kids program held each afternoon at Nishtha Community Centre. The activities provided include computer training, library focused programs, creative arts and theatre as well as games and sports.

During the hot dry weather the children spent a great deal of time outside on the ground but with the onset of monsoon we provided a fun monsoon program with a selection of arts and crafts classes run by our Trustees Puja Anand and Radhika Shaunik as well as by our staff. Simon, our Austrian volunteer conducted very well organised and interesting science classes.

The library is regularly re-stocked with books and Ravindra keeps the 4 book boxes which go to the upper schools replenished around 3 times a year so the children who cannot get to our library have plenty to read. Newspapers and magazines are bought locally but for a good selection of children's books in Hindi we have to go to Delhi.

School children's tuition was organised by

Ravindra Kaur, our volunteer teacher from Delhi who arrived in September to take up the task, assisted by Shakshi Sharma and Arzoo. When Ravindra Kaur left at the end of October, Shakshi and Arzoo were able to keep the classes going for a further 2 months. The children are provided with something to eat almost every day especially during the tuition program.

Sand Play Therapy, a program run by Jacquie Kilty along with Kishwar Shirali provides the children an opportunity to be personally creative in the sand tray, allowing them time to express and work out problems as well as to explore their imaginations.

Nishtha computer program is specially designed by our computer teachers Vijay and Ankush to suit the level of the students. We teach around fourteen students (boys and girls) in two groups from 3pm to 4pm and 4pm to 5pm. The students come from Rakkar and Sokni ka Kote Government Schools and from Bhagsu Model School. In addition to these groups of children, we also have one special youth group of four girls and two boys from Chakwan village, who are doing distance education and asked to learn to use computers in their free time.

Vijay also continues to hold a computer class for our sponsored students every Sunday afternoon. These are very popular and helpful.





Village Playground Development

In 2008 we transformed the local village ground from a rock strewn waterlogged area which was in danger of being encroached, to a level ground on which we created a cricket pitch and a children's playground.

The Winter Cricket Tournament is an important annual public event held on Rakkar ground.

while providing a garbage bin along with the new water filter.

Children's sports programs include cycling which is a big hit with all the children. A children's sports day was held in April when all the children from the Rakkar and other local schools got together for a day of fun. Further afternoon children's sports programs took place on Neru's birthday on 14th and 15th November.

We created benches using our plastic blocks with ferro-concrete tops – an initiative also intended to stop encroachment.

Three new sets of swings have been installed on the ground including three baby swing seats for the little ones. We cleared and levelled the basketball court and cemented an area under the basketball poles in order that the children can bounce the ball and learn to shoot properly.

Bhandana and Vijay were called in to hold cultural dance and song classes for our sponsorship students through August and September to prepare them for the Tibetan Nuns Project Programme held at the beginning of September.

We have put up sign boards to discourage older children from using the baby swings and encouraging them to keep the ground clean

A principal event this year was Rakkar Mela where Nishtha traditionally takes a stall to display information about our environmental and community work. This year everyone worked hard to make it an informative and attractive day and it generated a great deal of interest in our work among the fair goers.





Single Women's Program

In June 2005 Nishtha held the first of a series of workshops to identify and empower single women in the area. We were joined by experienced facilitators from the recently formed Single Women's Movement in Rajasthan.

Nishtha engaged field workers to reach into the villages in the district, concentrating on particularly remote areas. Along with our own activities of holding meetings and offering training and assistance to start self-help projects, it was agreed that Nishtha would function as a key operative in the Single Women's Movement in Himachal Pradesh working along with SUTRA, the designated Nodal NGO that took on the primary role of training and monitoring the activists through the state.

The single women's Activist team now consists of six single women Radha, Kummo, Ranjana, Sunita, Shilpa and Pratibha. Together they work in four blocks, Nagrota, Dharamsala, Kangra and Rait. They conduct village level meetings with widowed, divorced and separated or abandoned women who are very often not supported by their families or accepted by society. These single women meetings are a platform where these women can voice their concerns, feel free to share their problems and gain the confidence and support to face the world. This year they have connected with 3,473 single women and have helped about 3,260 single women from 98 panchayats in our area of Himachal Pradesh.

An important function of these meetings is to enable the women activists to educate the rural women about the availability of various government schemes and to help them in completing the applications.

A total of 724 women this year have been benefitted by these schemes through the efforts of our single women activists. This year Nishtha health education clinics have directly benefitted 644 single women through 77 twice weekly clinics held in the most remote villages.

The women have also helped many individuals with their legal and domestic violence and social justice problems.

The single women have participated in a number of events: Widow's Day on 23rd June 2017 was celebrated by taking out a rally of 160 single women to the District Collector's office to submit a proposal to implement Svayat Nyaya Panchayat and define "Separated Women". One Billion Rising on 25th Nov and 13th Feb. On 13th Feb, they also did a peace march with black ribbons covering their mouths to create awareness of the increase in child rapes. Wenlido trainings, both basic and advanced were conducted by Nishtha to empower women to fight against physical, mental and emotional abuse. On 15th Nov, 15 single women members attended a workshop on women sexuality, sexual abuse and the trauma that follows conducted by Sutra.

Major achievements of 2017-18

- 398 village panchayats sent resolutions to the Chief Minister Himachal Pradesh requesting an increase in the annual income limit to avail Government schemes for families. As a result of this drive, the income limit has been increased to Rs 35,000
- Chief Minister Kanyadan Yojna grant increased from Rs. 21,000 to Rs. 40,000 and income limit for availing the benefit of this scheme has been increased from Rs 20,000 to Rs 35,000.
- Ration cards are being issued to women in female headed households.
- State government has issued orders to Ration depots to give priority to single women.



Village Health Outreach

Village women have little access to medical care and poor understanding of how to manage their health problems. In 2012, we launched a program of health education in remote villages.

Twice a week Dr Kusum leads a clinic team to outreach clinics, organised by our single women's team as health education camps in the villages. 2,489 women (including 644 single women) have been helped this year in a total of 77 events. Dr Kusum reports that she is very pleased with the attendance and the degree of participation of those who come to her sessions in the villages. They are being very well organised by the single women's team who work through the local Mahela Mandels as well as drawing in those women engaged in the NAREGA program, thus reaching the very poor. When the schools are on holiday they encourage the senior girls to attend the sessions and then Dr Kusum focuses on female reproduction, menstruation and hygiene.

In addition to health education, Nishtha provides primary consultation leading to serious and chronic cases being seen in Nishtha clinic or referred to specialised hospitals. A great deal can be done simply by passing on

a little understanding of how the body works, what people can do to avoid getting sick and when and when not to use antibiotics.

Most sessions are attended by 30 or 40 women aged 30 to 70. Then the primary questions arise around blood pressure since hypertension is a big issue in the villages, diabetes which is also very common now and muscle and joint pain for which the women take too many pain killers resulting in hyperacidity and other gastric problems. When Dr Sara goes she is able to give excellent advice regarding hospital prescriptions and test results which people bring to her to explain. Very often local doctors advise re-testing when an assessment of the problem has already been made at a hospital and treatment prescribed. She is able to help them feel confident in the care they have been given at Tanda medical college.

Our medical interns enjoy the opportunity to work with villagers in their local environments.





Women's Empowerment Training

In 2007 we undertook to train two of our young female staff, Ravindra and Deepa to become Wenlido "Women's Way of Strength" trainers. Each year since we have held Wenlido workshops in Nishtha Community Centre.

Wenlido offers physical and emotional solutions to situations in which women feel powerless and helps them to tap into their innate individual strength. In the workshop women learn not only how to protect themselves physically, but also how to recognize potentially dangerous situations, how to respond to them effectively and how to adopt means to stay safe.

In July 2017 Deepa and Ravindra carried out a three day residential training for nine girls from 16-25 years old. These included girls from the Nishtha sponsorship group who had not received the Wenlido training before. Whilst this group took time to warm up, their feedback was positive. They said they were leaving this course with confidence and courage which will help them in future.

A further three day training was held in December for a group of 16 women, followed by the advanced training held for the first time in Nishtha in January.

This 7 day advanced workshop had 11 participants and 5 trainers including Gitta Ridder who started the Wenlido Movement in India in 2001. The aim was for the participants to learn more techniques and gain a deeper knowledge about society, oppression, the nature of thought, needs, feelings, etc. with a view to becoming trainers. The trainers were also undergoing training to be able to train trainers themselves.

In the Advanced Wenlido Workshop, the participants were asked to take a deeper look at social attitudes, how the engine of oppression is fueled and the steps necessary to break it down and evolve a violence-free community. The workshop was beautifully designed with techniques and abstract concepts sewn together with the help of a number of exercises, games and visual aids. On the final day they learned about other movements in India concerned with helping women to stand together united to face our problems and resolve them with each others help.





Clean Green Rakkar Project

Nishtha's clean village project was started in May 2012 in Rakkar village to encourage people to manage their household waste and not just throw it down the hillside or in the street.

Our efforts have focused on educating people about segregating their waste so that recyclable materials can be collected and biodegradable materials or wet waste can be put out for the animals or composted. However, this approach leaves an increasing quantity of soft plastic waste for which there is no obvious use.

Therefore in 2015, we established a plastic block making unit and have constructed several small buildings using this otherwise unusable material.

Segregation of waste is still the most important educational topic in the village. The collection of plastic has been carried out with great enthusiasm and more efficiency in the latter part of the year.

Every month we visit approximately 380 houses which are divided into the 4 sections of the village. Vijay and Arvind visit the two upper sections whilst Sujata and Vandhana cover the lower sections of the village. Together they bring in 1 x 80 litre bag per 10-12 houses totalling around 35-38 bags of soft plastic waste a month. 1 bag of soft plastic makes 2 blocks which means we estimate to make 70 blocks a month which is borne out by the 428 blocks made in the 6 months from April to September. In addition plastic waste is delivered to our garbage collection site and to the bins we have on the village ground as well as from our stream catchers.

This year we were donated a new specially designed plastic block making machine made by Les Brunton and Steve Archer at the Duxford Aviation Society in the UK, which is manufacturing blocks which are excellent for berms and packing. Although it was a challenge in the beginning, our staff are now familiar with

using the new brick making machine and it has increased our production enormously. We had considerable difficulty importing it into India and this was only achieved through the help of Sandeep Sobti from Jalandhar to whom we are also very grateful.

The number of blocks made using both our old and new machines has enabled us to construct a storage shed and a pair of eco-san toilets on the farm and five benches on the playground. We still have plenty of blocks to be used so we are looking for a new construction project.

The construction of the shed on the farm has entailed using an experimental bamboo frame and mud plaster instead of the concrete beams and cement plaster we used in the garbage management shed and garage. The shed construction (8 x 10 ft) took 240 blocks and cost Rs. 25,000 which we received from a local donation.

We carry out regular clean-up programs with the children and staff.

We celebrated environment day in the school where Vijay Bhadwaj and our cultural team sang his environment awareness song and Mohinder gave an impassioned plea to everyone that they should not discard plastic but collect it.

The UK fund has bought protective gloves and masks for use when handling mixed waste, sign boards painted with slogans and pictorial messages, plastic waste collection bags and refreshments during communal clean up programs. Mesh fencing and a gate for the plastic collection area has been installed. A mock CCTV camera has also been installed to discourage people from dumping waste.



Organic Farm Project

In 2016, we embarked on an organic agriculture project that aims to convert a marginal piece of land, typical of the land held by the poorest in the village into a thriving, sustainable garden.

The enormous effort put in by our farming team to convert our plot of marginal land into healthy soil for organic farming is now beginning to pay dividends. Organic compost is one of the most essential factors in soil revival for which we constructed three compost chambers which are properly cared for by Sujata and the rest of the team. They have become dedicated to the notion of organic farming. We were greatly assisted by Simon, our Austrian Civil Volunteer who dedicated himself to the study of soil improvement and pest control through science based methods and made special organic mixture which we used to sprinkle on small plants to get rid of pests.

Our Single Women team join Sujata and Vandhana on the farm when they come for their monthly meetings in Nishtha. The produce has been added to our school feeding program.

During the latter part of the year we constructed two eco-san toilets for the use of our staff, especially the women, because the nearest toilet is quite far from our farm. This along with the earlier constructed store to keep tools etc are both made out of our compressed plastic blocks and plastered with mud. The store also provides a place for the staff to work and rest during rain showers and in the heat of the day.





Sponsorship for Children of Single Women

During 2013 we launched this program starting with 10 students who without support would not have been able to go to college. We provide the students with financial support and a stimulating program of activities to come to each Sunday.

This year we have sponsored 16 students to go to college and 3 students to do higher studies. They come to Nishtha every Sunday for English classes with Pooja and computer training with Vijay and Ankush. We also try to give them good exposure to environmental issues, health education and trainings including Wenlido and First Aid. Every year we try to improve our sponsorship program. Our idea is to give extra skills and experience to the students so when they complete their studies and apply for jobs they have some extra knowledge. Some of our programs are as follows:

Computer Program – Computers are essential tools these days. In almost everything we do we benefit by feeling confident in being able to understand computer technology. For students it is especially important to be able to access information, do project presentations, make charts, graphs and lay out documents and so on, therefore we teach basic computer skills like typing, Paint, Word, Excel, PowerPoint and internet use to our students.

English Conversation Program – To speak fluent English is a common dream. Puja Anand, takes classes on Sunday afternoons focusing on spoken English not on grammar. She says, "You all learn grammar from childhood but still you can't speak, so forget everything and just speak, doesn't matter if its right or wrong." She uses different interesting techniques to develop vocabulary, playing various games and skits so everybody gets a chance to say something. In June Nishtha organized a special program in which the students presented one skit and two songs in English. We could hardly believe they were same students who could not open their mouths in English, when they applied to Nishtha for sponsorship.

Dance Program – Vijay Bhardwaj is our dance teacher. He trained those students who were interested in the local Gaddi dance. We provide them full dress along with jewellery. They performed an excellent program at the Tibetan Nuns Project 30 year celebration in Dolma Ling in September.

Environmental exposure – Our aim is to encourage our students to take an interest in our clean green project. In February Vijay and the environment team took them on a round of the village to show them how we are collecting segregated plastic waste from houses. At the same time we educated them in how to segregate their waste and look after the plastic catchers in the streams. We encourage them to do this in their own houses as well as in their villages. Mohinder has also told them about the principles and importance of organic gardening. They studied the composting system and were encouraged to make compost at home using their household and farm waste material.

Adventures – In addition to the normal running expenses we also paid out Rs 21,072 for the students outing to the valley behind Dharamsala called Barot which was part funded by EXODUS Travels. The students felt it was an amazing outing experiencing nature, the mountains, old wood houses, potato fields, deep valleys, devdhar trees, blossoms and beautiful waterfalls. The students were given free tickets to go as a group to the Dharamshala International Film Festival.

Shalini says – "I am in my final year as a sponsorship student. I got much more than I expected: computer skills, dance, wenlido and First Aid training, as well as English class, where I improved a little bit in a few months."





Administration

For 20 years our office has functioned out of one tiny room on the first floor of the clinic. Now we have a much more spacious office above the doctors room designed by Didi Contractor who made us such a charming building in the beginning.

This year we completed the new office furnishings to make it functional. This includes PVC flooring, bamboo blinds, 3 comfortable office chairs and 2 purpose made desks. In addition we installed a wooden hand rail on the stairs leading up to the office to help patients access the top floor. Our office staff are very pleased with their new upstairs office space where the morning meeting for the staff takes place during which Mohinder works with them to plan their day. Ankush and the volunteers also do most of their work here, leaving the old office strictly for accounts and handling money.

In September Paul our most recent Austrian civil servant was particularly helpful in working with Barbara on her Austrian Trust accounts and donor lists. He also put a great deal of time and effort into helping the stitching Ladies re-vamp their own independent organisation, Nayi Asha and worked on ways to make it possible for them to sell their bags online.

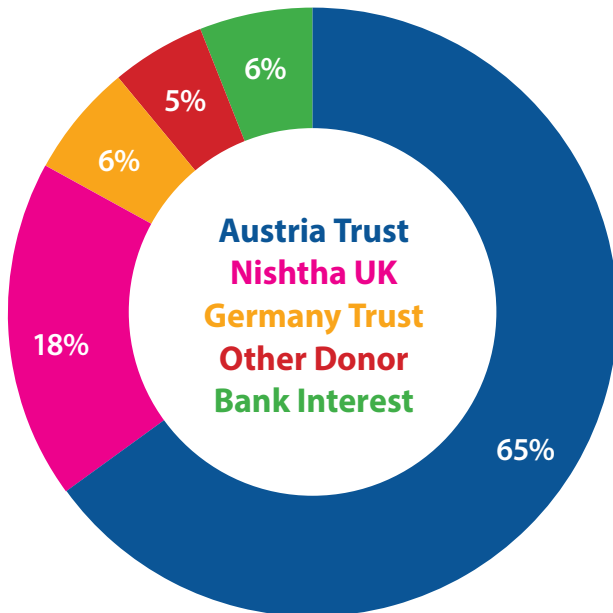
We now also have Soumya Sinha as a volunteer specifically working with the single women's project but also contributing hugely to the Stitching Program and working with Ravindra to organise the Wenlido trainings.

Nishtha 2018 calendar has been highly acclaimed and is being enjoyed by all our donors and supporters. We are very grateful to Nurith Wagner-Strauss and Diane Barker for their photographs and to Brian Sebastian for his excellent design work. The calendar is a major fund raising and publicity tool and inspires many donations

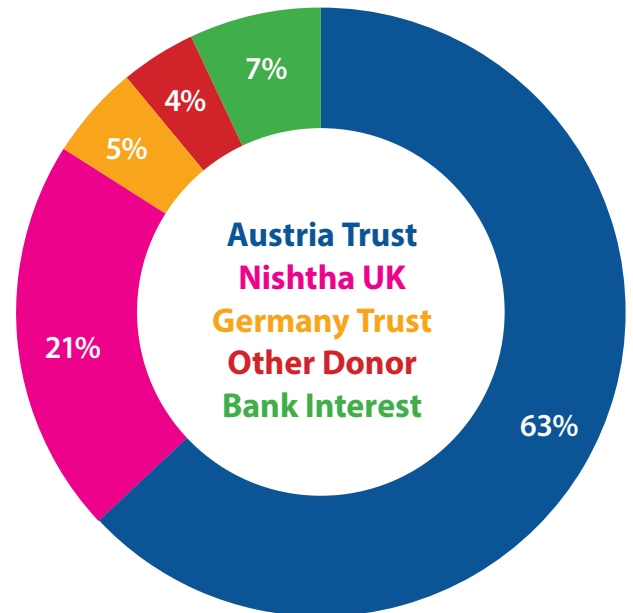
The 2016-17 annual report is another success. Beautifully designed it is a very attractive and useful publicity tool presenting the work we achieved the previous year. Some copies are required for the local Indian offices and the rest mostly go to major donors and the three European Trusts.

We also keep up the website which is maintained by Brian. The website (nishtha.ngo) is our major fundraising and information forum on which all our news and events are published. We place posts of all our ongoing activities on our facebook page.

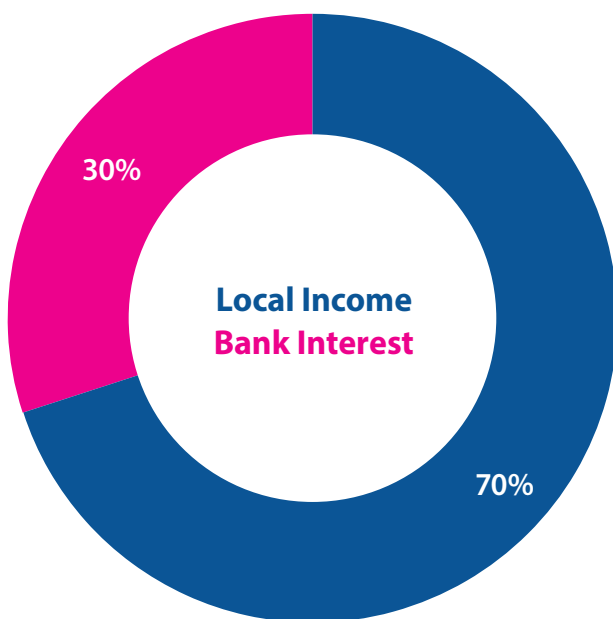
Income and Expenditure 2017-18



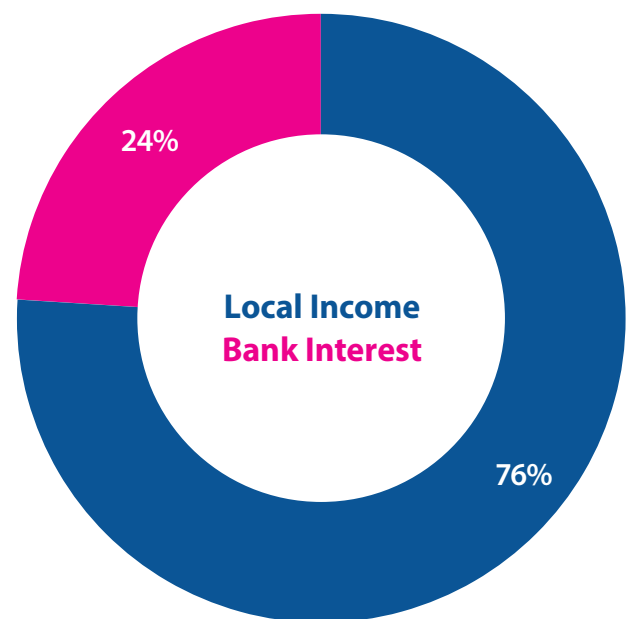
Foreign Income
Total: Rs. 7,729,427.61



Foreign Expenditure
Total: Rs. 6,866,607.42



Local Income
Total: Rs. 595,332.00



Local Expenditure
Total: Rs. 602,623.25

**Nishtha Rural Health,
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