



**निष्ठा**  
n i s h t h a

rural health, education & environment centre

## Programmes

### Daily clinic:

maintaining medicine stock records & patients record cards, special help for the very poor, free/subsd. medicines, hospital visits assistance, acupuncture clinic, Night attendance at clinic, In-patients/hospice care, Gynecological & dental camps, herbal medicine preparation.

### Public health Programmes:

- Individual patient advice
- School toilet maintenance & training
- Oral hygiene training
- Clean water campaign
- Eco-san toilets
- First Aid training
- Rabies awareness/dogs clinic
- Body literacy for girls

### Women's Programmes:

- Single women's programme
- Girls stitching training
- Women's sewing enterprise
- Wenlido/self defence training

### Children's Programmes

- Daily school food/fruit supplements
- School toilet construction & maintenance, water filter and washing area
- Children's shoes/sweaters, books.
- Children's fun club, outings, tuition

### Youth programmes:

- Youth club meetings & outings
- Film shows, Sports programme
- Organic agriculture, Vermiculture
- Herbal gardening, Tree planting
- Literacy project, provision of study books
- Cultural programme: music & dance
- Theatre training, English lessons
- Computer training, internet access
- Knowledge Centre: information, media
- Disaster management/social service
- Environmental awareness/waste management, sustainable development.

**Events:** Women's Day programme, Rakkar Village fair, stall, Environment Day Rally

## 2008-9 Annual Report

The ever increasing range and outreach of our projects and programmes has been the main feature of our work at Nishtha during 2008-9. As well as providing our regular medical services to the local people, particularly women through our daily primary health clinic, we work to ensure that otherwise unobtainable medical services such as dental and gynaecological consultations reach the very poor. We provide free or subsidised medicines to those who cannot afford essential treatments while striving to offer a unique, holistic level of care and attention to our patients.

The community centre offers a wide range of need-based programmes to women and young people in the form of trainings in wenlido, first aid, stitching, the use of computers and sports. Environmental awareness and public health projects such as the dogs health programme and maintaining our water filters are very much appreciated by the community. We are striving to extend our outreach, effectiveness and variety of activities available for young people and children through collaboration with our sister organisation, Jagori Grameen.

Nishtha's input into school children's nutritional enhancement has been adjusted this year to fit in with the newly implemented Government school meals programme and is now being run directly through the school. We are now able to enhance the school workers very low salaries to run our programme rather than employing a specific worker ourselves. Whilst the school toilets built last year have been in use since last May, we are embarking on a new programme to build dry composting, urine diversion eco-san toilets for the very poor who are unable to comply with the Government requirement that all households should have a functioning toilet, and to pioneer a practical technology to conserve water.

2009 calendar focuses on our work with single women as part of the Himachal Pradesh Ekal Nari programme. This important work reaches the most deprived and disregarded section of society. Alongside, our women's self-help sewing group produces bags which also advertise our work and assists in fund raising.

We are particularly grateful this year to our many invaluable individual donors and to our main donor agencies who have not only funded a very wide range of programmes but have also enabled us to build up our corpus fund which is earning good interest in long term fixed deposits, to guarantee the ongoing functioning of our programmes in these uncertain times. In appreciation of the invaluable assistance of our main funding agencies Aktion Regen (Austria), Nishtha UK Trust (UK) and Tulsi Seva Trust (UK) and the very many individuals who donate through them, this report highlights their aims and objectives in helping us and the programmes which they support.

Please visit our website: [www.nishtha\\_hp.org](http://www.nishtha_hp.org)



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Bank a/c no: 3725200 I. Bank (Projekt Indien) IBAN AT 302011100003725200 BIC: GIBAATWW

AKTION REGEN (Action Rain) is an Austrian aid organization founded in 1989 by the Viennese gynaecologist and development aid worker Dr. Maria Hengstberger. With the support of many small donors "raindrops" they focus their activities on the establishment of health centres and clinics in developing countries and in supporting special projects for women, particularly disseminating natural methods of contraception. Dr Maria's renowned birth control rosary enables women to calculate their fertile periods both to assist conception as well as to control fertility.

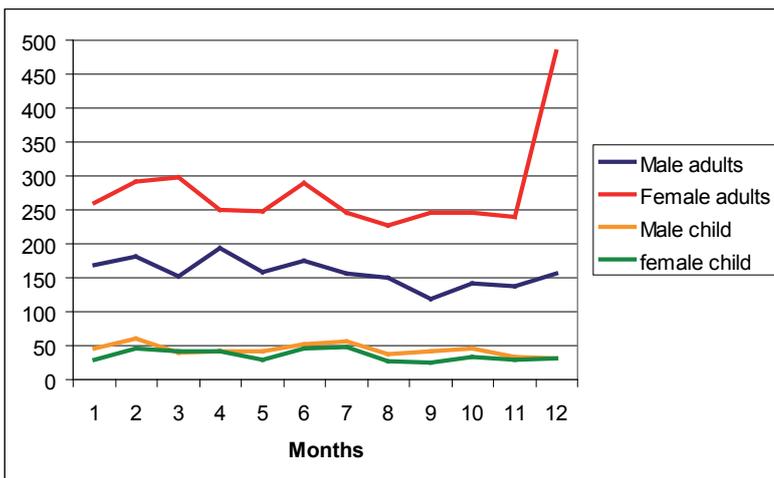
Aktion Regen has run programmes in Siberia, Ethiopia, Rwanda, Nicaragua, Mexico and India. In most cases, they take full responsibility for maintaining the whole programme, but with Nishtha they have a very special co-operation agreement which enables them to support our work but also allows them to act as an umbrella funding agency for us. Funds raised by Dr Barbara herself in Europe are channelled through the Aktion Regen account to support our health and social programmes.

### Funds Received for Clinic Support

Administration	82,000.00
Doctor	142,128.00
Dispenser	98,040.00
Clinic assistant	83,232.00
Project Officer	86,820.00
Driver/assistant	83,232.00
Night Watchman	39,276.00
Clinic cleaner am	28,344.00
Clinic Cleaner pm	18,000.00
Medicine Purchase	48,000.00
Destitute Fund	24,000.00
Vehicle expenses	24,000.00
Utilities & office	24,000.00
Building maintenance	15,000.00

The funds received through Aktion Regen ensure the running of the clinic: paying the staff, the utility bills and maintenance costs. A core fund is provided for medicines and to give special assistance the very poor, particularly widows. Dr Barbara and Dr Kusum, her long time medical assistant together with Ram Chand the clinic dispenser and his assistant Suresh Kumar are the backbone of the Clinic. Two cleaners, Rasma and Goodie keep the facility clean and manage the kitchen, Subhash drives the jeep and helps out in the clinic and Azad is our night attendant. The overall administration is managed by Philippa but the bulk of the day to day book keeping and accounts is done by Mohinder who also keeps up the data base records of the patients demography and medical presentations.

### Number of Patients Month-wise



Most of our patients come from the local area but we also receive many, often chronic cases, from far away. The chart above shows the number of patients month wise, revealing that more women come to us than men and that there are substantially fewer girls than boys. Whether this is because of the uneven boy/girl ratio or because people bring their boy children to see a doctor more frequently is something we are investigating. In order to give greater access to working women, we have also started opening evening clinics.

Nishtha clinic holds a full pharmacy of allopathic, homeopathic and ayurvedic medicine, some purchased locally and some donated through the Austrian Red Cross. We also make frequently used remedies including cough mixtures, laxatives and calendula ointment out of locally sourced herbs. Nishtha destitute fund ensures that the very poor are provided with consultations, treatment and medicines free of charge and the less poor at greatly subsidised rates.

A total of 22 patients received direct benefit from our destitute fund by having their medications or treatments prescribed from specialist doctors paid for through Nishtha destitute fund. Many of these are chronic patients with heart or psychiatric problems or with diabetes or TB.

Aktion Regen also covers the cost of running the vehicle which is used as an ambulance when needed, and enables patients and participants to reach Nishtha for consultations and programmes.

Nishtha clinic – a welcoming space for women to seek medical care



Dr Nirmal Gupta together with Drs Barbara and Kusum holding gynecological consultations for local women, including Tibetan nuns.

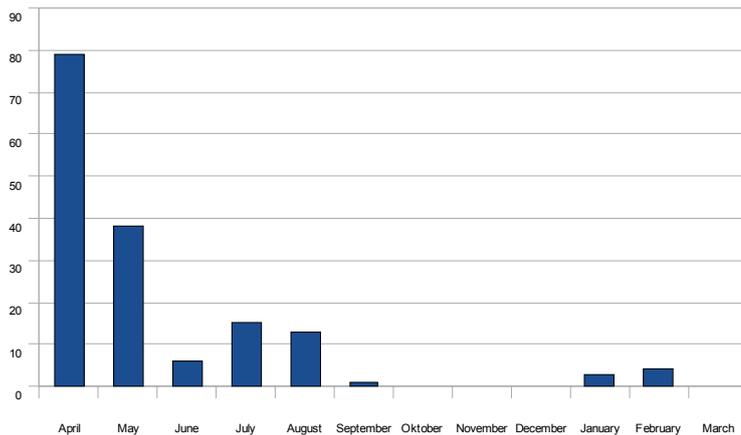


Two dental camps were held this year. *Right:* the team of dentists from Germany who also supplied the equipment. *left:* Dr Michael from England. Together they gave nearly 300 treatments to local people and made 17 dentures.



Nishtha in-patients facility provides for both short and long term patients

Bed occupancy



## Community Centre Funding

Utilities and maintenance	12,000.00
Broadband connection	18,000.00
Housekeeper	44,400.00
Volunteers expenses	10,000.00
Women's Programmes:	
Single women's programme	100,000.00
single women's co-ordinator	60,400.00
Sewing training	30,000.00
Women's Day Programme	12,500.00
playground	30,000.00
School toilets	15,000.00
Tuition	10,000.00
School Nutrition Programme:	
School helper/cleaner	24,600.00
School nutrition	149,000.00
2008 calendar production	30,000.00
Gifts/shopping bags	5,000.00
Contingency	20,728.00
Corpus Fund	602,000.00



Aktion Regen provides a fund for building maintenance and running expenses for the both the clinic and the community centre, including the salary of the community centre housekeeper Mishru Devi who particularly looks after the stitching training and bag making programmes as well as the refuge. A fund is provided to pay the expenses of our Austrian volunteer workers who stay with us for a year at a time, helping the administration and working with our youth and children's programmes.

Nishtha Community Centre runs a stitching centre for new married brides and girls who have finished their school education and are not going on to college. During 2008 we provided a one year course to fourteen village girls taught by Sudha and Maya Devi who also work with the bag making project. During these courses Dr Kusum gives weekly health education sessions to the girls, during which they are able to learn more about their bodies and have the opportunity to ask questions. They also participate in first aid training, wendlido and all the activities going on in the community centre.

The new school toilets, built by Nishtha with funds received through Aktion Regen were completed and handed over to the school in September 2008. Since the village children are not used



to using a toilet - most children go outside in the fields - we held

a practical session in toilet use and hygiene with the children in small groups. Nishtha pays one of the women already employed by the school to check the toilets twice a day during school times to make sure they are kept clean in order to set a high standard of hygiene so that the children get familiar with using clean rather than dirty toilets.



## Single Women's programme:

In the last two years, we have been steadily expanding our programme to work for the cause of Single Women's rights and empowerment in co-operation with SUTRA, the nodal agency for the single women's programme in Himachal Pradesh. The vast majority of the women contacted through this project are widows and the rest are unmarried, separated or, very occasionally, divorced. As women without a man, they suffer numerous economic and social difficulties as well as emotional and physical abuse, particularly from village and family members, and consequently require tremendous strength and courage to negotiate the challenges of their daily lives. Many of the issues that we are finding through contact with these women can be addressed most effectively through the creation of a space for single women to discuss their collective concerns. Nishtha provides this by organising regular meetings in the villages and encouraging women to become involved in our programmes and activities.

By March 2009 our four programme workers: Deepa, Ravinder, Radha and Kummo were working with 937 registered women, of whom 436 are fully signed up members of the Single Women's Organisation.

From 1st to 3rd April 2008, a padyatra (march) to the state capital, Shimla was organized in order to highlight the problems of single women and to hand a list of their demands to the state government. 3,500 women participated in this 3 day march of whom 320 were organised by Nishtha from our area. Following this momentous event, we have held meetings in the villages to encourage the women to talk about their thoughts and feelings about the padyatra and to share it with other women in the villages.

On the 23rd June 2008, National Widow's Day, a group of 60 single women went to the district office in Dharamsala to remind the government of their promises and to ensure that they will implement them as soon as possible. In July and August we held a series of joint meetings in the villages with participants from three to four panchayats which Dr Barbara also attended.

In August, SUTRA organized a 3 day leadership training, with 5 women from each block. In October we celebrated the foundation of the Single Women's Association in Himachal Pradesh. Women from Una, Nahan, Solan, Rajasthan and Jharkhand came in order to celebrate with us. Around 350 women participated in this event, which was organized by Nishtha and held on Rakkar sports ground. This event was funded by a donation from Gavin Leeb. Ginny Shrivastava from Asta, an organisation working with single women in Rajasthan, addressed the audience.





More than 60 single women connected with the single women's programme were able to benefit from the dental and gynecological camps held at Nishtha clinic this year. Our workers mobilised the women and Nishtha paid their travel expenses so they were able to come from all the outlying villages. Most single women are seriously medically neglected.

In November, Nishtha's Single Women Workers, Deepa, Ravinder, Kummo and Radha took part in a workshop organized by SUTRA about how to deal with families in which domestic violence is going on. As in most societies, violence in the home is often covered up so being able to see the warning signs is fundamental to being able to address this problem. In December and January, we then organized 20 x 2-day village workshops where we talked about this issue, explaining the government domestic violence act which is written to protect women. Four of these meetings were held together with mahila mandal (village women's groups). The resulting report was written and posted with SUTRA. in February.

In March a team from SUTRA came to meet 25 women from each block and to talk about the domestic violence act with those women who took part in the December and January workshops. in order to get feedback on the previous workshops. This meeting took place in Nishtha CC.

A Workshop for the Single Women's Workers to work out strategies to enhance the effectiveness of village level meetings effectiveness was held in the community centre on November 10th & 11th. The facilitators Dhivvya, Mohinder & Philippa worked with the participants: Deepa, Ravindra, Kummo Devi and Radha to explore the difficulties in carrying out village level meetings and together look for ways to ease these problems and make the meetings more effective. We discussed meeting management strategies, mobilisation & presentation skills, how to prepare proposals and document activities and prepared guidelines for meetings.



## 8th March is International Women's Day

A day of celebration for girls and women all over the world. Many single women from came to join us in our programme of speeches, plays and dances held on Rakkar village sports ground at 3.0 pm. In the evening we held a silent candle light march against violence, from the Fatepur Mandir to the new mandir constructed by the Rakkar ground So long as even one woman in the world is unable to claim her dignity, safety and equality, we will continue to celebrate this day to renew our struggle for this right. On this day, we specially appealed to all boys and men to pledge to end violence against women.



## School programme:

Our relationship with the local government school, has been running since Dr Barbara realised that the children's health and achievement was severely compromised by poor nutrition. Since there are so many private schools opening up locally, the government school is a self selected catchment of the poorest and most deprived children of the area. As well as health care, we have been providing daily nutritional supplements in the form of fruit, vegetables and protein rich foods. We have also installed a water filter in the school and hand wash basins, soap, toilets and tuition classes for those about to take important exams.

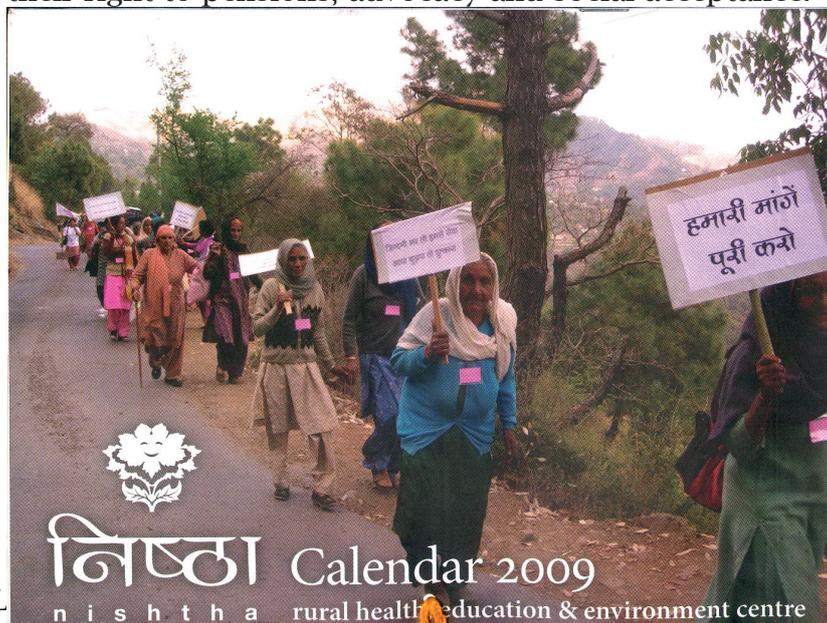
Since August 2008, the government has undertaken to provide a midday meal for both primary and middle school children. This consists of a specified amount of rice, dal, oil or ghee, onion and so forth per child. The resulting kejee is unappetising as well as containing very little nourishment. Therefore, while continuing the daily fruit per child per day, instead of giving a separate snack at lunchtime, we have undertaken to supplement the school cooked lunch with additional ghee, milk, curd, pickle, vegetables dried fruit and so on .

Since we no longer need to employ a specific worker for the school feeding programme - Padam Nab took retirement in August 2008 - we instead supplement the very meager income of the staff employed by the school to prepare the meals. In this way we are able to ensure that the preparation of the meal and the washing of the plates and cooking pots is done properly.



## Nishtha 2009 calendar

This years' calendar focuses on the issues of single women seen primarily through the lens of Dr Barbara herself. 900 copies were printed and sold or distributed providing much needed publicity for our work. The front cover (below) shows the women marching to Shimla for their right to pensions, advocacy and social acceptance.





## Nishtha UK Trust

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Bank sort code 30 97 41 a/c no: 00118802. BIC: LOYDGB21063; IBAN:GB82 LOYD 3097 4100 118802

Nishtha UK Trust was set up with a group of friends of Nishtha India as trustees and was registered with the Charity Commission UK in January 2007. The work of the trust is undertaken by the trustees, all volunteers, and administered with very little overhead cost. The aim is to provide and allocate the funds required for specified programmes undertaken by Nishtha Rural Health, Education and Environment Centre based in Himachal Pradesh in India, that can advance education, promote and protect good health and relieve sickness within the surrounding community.

Nishtha UK 2008-9 Funding Received GBP 6,400  
= Rs. 473,404 ( @ Rs. 73.96)

Clinic support	61,000.00
For destitute patients (TB case)	
For clinic special services	
Community Health Programmes	24,500.00
Health education trainings/first aid	5,000.00
Dog welfare camps	2,500.00
clean water: filter/solar system maintainance	15,000.00
EM hygiene	2,000.00
Development of playground	81,000.00
Wenlido training programme	54,000.00
Publicity Projects	19,000.00
2009 calenders (200)	11,500.00
Nishtha UK bags (50)	7,500.00
Office computer replacement	22,000.00
Knowledge centre Programmes	54,000.00
computer training courses	24,000.00
Computer maintainance/equipment	18,000.00
Library books periodicals & DVDs	12,000.00
Youth and environment Programmes	73,500.00
meetings, events & outings	10,000.00
Sports programmes	10,000.00
Cultural training	15,000.00
Children's Club equipment	3,000.00
tuition classes	20,000.00
Environmental awareness campaigns/posters	5,500.00
Organic & herbal gardening events & trainings	10,000.00
Corpus Fund	84,404.00

### Clinic support

Through a grant from Matthews Wrightson Trust (UK) via Nishtha UK Trust we were able to provide essential special needs based support for the clinic. This year we have been able to provide funding for 3rd line TB medicines to local patients. We were also able to fund two dental camps. In October a 10 day dental camp in the clinic was organised with the help of two experienced German dentists along with two dental assistants. 280 local and Tibetan patients and 40 school children were provided extractions, fillings, tooth cleaning (including the distribution of toothpaste and brushes) and advice on dental hygiene through the presentation of an impressive play about caring for your teeth. A programme of oral hygiene education will be repeated with the school children at regular intervals.



**Community health programmes** funded through Nishtha UK Trust include the First Aid trainings. In October the St John's Ambulance team conducted a two day intensive first aid training workshop with 20 local young people. Many questions were raised about managing accidents which are common in the slate mines and on the steep mountain sides in this area. On 10th Feb '09, Mohinder organized a First Aid Training for a group of 22 village women. He designed this day long session to make it very relevant to village people, keeping in mind their day to day lives and the geographical area. Accidents were discussed along with other issues like heart attacks which the women were particularly concerned to learn about. They also talked about traditional methods of treatment using locally grown herbs.



**The Wenlido programme** is run by Deepa Gurung and Ravinder Kaku who have almost completed their first year as fully qualified trainers. Their programmes this year included six three day workshops, six introductory workshops, four practice workshops, one one-day workshop and one trainer's network meeting. 195 girls were protected by this training this year. These included not only young unmarried women but also older women, particularly single women who are so very vulnerable in their homes and in the community.



Nishtha UK Trustee talking to the Wenlido trainers

### Nishtha UK funds calendars and Bags -

Nishtha has been holding stitching trainings since 2003 so the best stitching girls and ladies are enrolled in our cloth bag making programme. This programme is providing part time employment to 8 women. The Center provides the material and the facilities and the women get paid on a per bag basis. The programme is organized by Mishru Devi, the Community Centre house-keeper who keeps track of what bags have been made by whom and how many have been sold. This is a non-profit programme to enable local women to gain an income. The bags are for sale to tourists and are used as gifts for donors. Orders for specialised bags are taken and the women make the bags we use for our Women's programmes and on special occasions.



From 15th to 20th July 2008 Deepa and Ravinder attended the Wenlido Milan (All India Trainer's Network Meeting) in Kanchipuram in Tamil Nadu. The main focus of the workshop was on domestic violence and sexuality. They found it very interesting to hear the experiences of other women from different areas of India. They learned a lot of advanced techniques and practised the older ones. An interesting discussion about how to link with all the existing wenlido programs throughout India was held. The girls have now created an advertising flyer and have been circulating it around local schools and colleges with a view to extending this valuable skill to more girls.

## Computer equipment & Training:

In August 2008 the office computer which had been running in slowly evolving incarnations for the past 10 years finally gave up it's hard drive. The mother board was also thought to be suspect and various other features were not working well. Luckily most of our material was backed up, though our more recent work was lost causing considerable inconvenience. Through a Nishtha UK Trust grant we have been able to replace the computer and in addition purchase a small digital recorder with which to enable Mohinder to convey his essays on local tribal folk lore which he has written out in Hindi, orally in English, onto the computer.

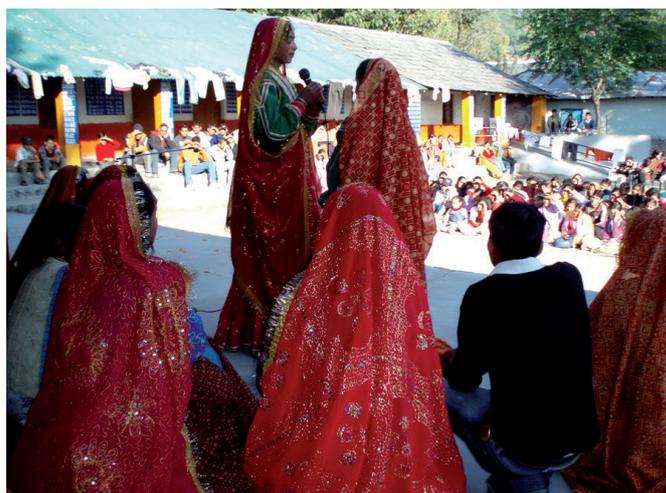


Nishtha community Centre runs computer training courses and maintains an active computer centre and library stocked with daily newspapers and magazines, study books and competition magazines as well as a range of Hindi and English fiction and non-fiction. Activities have included Computer training, English classes, children's programmes and film clubs and making radio programmes in collaboration with Jagori Knowledge Centre. We provide broadband internet and have upgraded the computer equipment through the purchase of 2 Unlimited Power Supplies, fused power strips & adaptors, headphones, an optical mouse and a 2nd hand monitor and other improvements for the old computer which moved down from the office, as well as a printer for the computer centre. This very active centre is a source of inspiration and self improvement for the local women and youth.

## Youth & environment Programmes

include regular meetings, events & outings for Nishtha Youth Club members who now total 180. Up to 60 youngsters can be seen playing on the village ground each evening. Nishtha provides equipment and helps to organize sports competitions with local village teams on Sundays and other holidays. In the school recess, children enjoy playing football, frisbee and badminton. They are assisted by our volunteers through the Austrian government National service scheme.

A sports and cultural festival from the 25th - 31st December has now become a standard event in the sports club calendar. It is an event which successfully builds friendship with sportsmen from other villages and provides a stage for athletes and artists from the local area. This year sixteen teams from 12 different villages comprising 60 athletes including girls, 6 football teams, 6 badminton teams and about 20 performing artists took part in this programme. On the 31st December a cultural and theatrical programme of four plays were performed on various social issues and cultural and dance performances were given by 10 individual artists. It is a very effective way to bring the village together and is totally organised by the Youth Club.



## Playground Development-

We are delighted with the result of this years generous donations from the Sumners Foundation via Nishtha UK Trust and the hard work of Mohinder and the local Youth developing the lower part of the village ground as a play ground for the younger children and girls. The area has been protected by a rough stone wall so it is no longer in danger of encroachment and the drains and pathways are in place.

Having leveled the land with a bulldozer, we had to engage rock cutters to cut around 22,000 stones. Fortunately we were able to sell 16,000 of these and thereby reap back some of our expenses which was then put into tractor loads of earth to fill the holes and level the ground. The remaining stones were used for paths and the boundry wall.

The local Dharamsala College helped us by holding a National Social Service camp for a group of 35 girls and 40 boys who worked with our local youth on the ground for 10 days in December. During that time all the cut stones were shifted and the volunteers pulled out all the weeds and levelled the ground with 8 tractors of earth which were brought in for the purpose. During the camp, the local youth joined in the work and they all had fun in the evenings together.

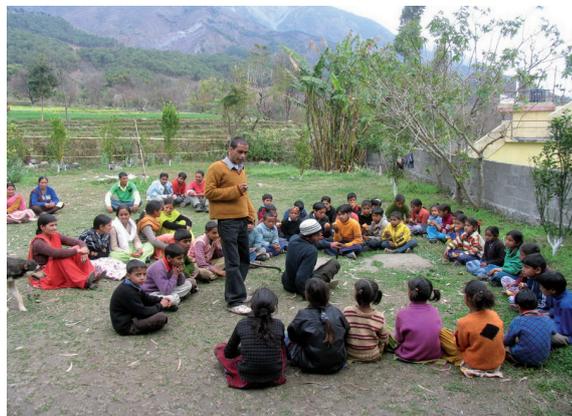
On 14th March another sports ground work camp was held with 18 youth club members who collected all the accumulated plastic waste from the village, packed it in bags and then dumped them in the final 8 feet deep pit which had been created by stone excavation. Small stones were collected and thrown into the pit on top of the waste before filling with 15 tractors of earth. The ground is now gradually

grassing over and, as you see below, is rapidly becoming a perfect play space. It is now time to plan further play equipment and to define the badminton and volley ball courts.



## Environment Programmes

In order to encourage people, both young and old to think about environmental issues, Nishtha holds monthly clean up programmes in the village with around 40 participants on each occasion. Sometimes the middle school children participate whilst other months it is done by the youth club or the Nishtha staff. After each clean up, segregation and disposal of the garbage is done in collaboration with the local rag pickers. We pressure the local village council to provide adequate collection sites, campaign against open burning, especially of plastic waste and aim to set a good standard of village cleanliness



Following the five day herbal garden training in March 2008, in June the same group of 20 young people went on a 3 day herbal search tour in the local Dhauladhar mountainside and collected and recorded about 35 varieties of herbs. Several varieties were planted in the Nishtha garden as well as in individual homes. A regular weekly herbs research and nursery growing programme was carried out over the next 3 months. About 300 herbal plants were successfully grown in the nursery and about 10 plants were grown in each individuals home garden. In August these plants were distributed to local farmers together with explanation about herbs and their uses.

In August, two environment awareness workshops were held in Nishtha community centre. In the first, 16 local children participated in games and exercises which dealt with waste management, global warming and tree plantation issues along with a drama, poster drawing and waste segregation exercises. The 2nd workshop covering the same subjects, was held with 35 youth and adults. Organic and herbal gardening issues were also discussed. A separate programme on vermi-compost was also done with the local farmers. We were able to get 250 herbal trees from the government nursery which we distributed to local farmers and the youth club helped plant them and taked to the people about the use of these medicinal trees. Planting a tree of this sort is a valuable investment for the future.



Below: Nishtha stall at the local fair, displaying our bags and information about the environment

A Nature awareness picnic was held in March for 20 local school children. The students were divided into 5 groups to look at 5 different natural habitats. All the groups collected samples from their areas and considered the effects the seasonal cycle, erosion, pollution and so on in relation to those. Garbage management and global warming issues were explored through games and art and the children had a great deal of fun.



**Tuition:** Every year Nishtha holds tuition classes for poor village children who cannot afford tuition in preparation for their exams. This year 30 students from 5th to 12th class benefited from this programme during February and March. Two local tutors were appointed to teach English, maths and science subjects. Our two volunteers, Anya and Philipp also helped teach English. We are sponsoring a poor labourer's daughter to attend school with the kind assistance of Andre Nickle of Germany.

**Right:** Cleaning and maintenance of the solar and water filtration systems is carried out by Suresh, our clinic assistant. Water testing kits enable us to check the quality of our supply and the agency from Delhi who supplies the filters visits twice a year. Effective microorganisms are now used as the main cleaning agent in the clinic and community centre as well as in the school toilets.



Tulsi Seva Trust is a trust set up by a group of NRI doctors based in the UK. They are keen to support programmes in rural India which benefit the poor and weaker sections of society, particularly to develop health awareness in the community, to take steps to prevent disease and programmes that take up concerns such as violence in the community.

This year Tulsi Seva Trust have donated Rs 894,336.00 in order to support the following Nishtha programmes between Feb 2009 and March 2010 :

1. 12 Sustainable toilets for rural villages: the construction of eco-san toilets
2. Health subsidies and assistance for single women.
3. School children's dental hygiene programme
4. Headlice eradication programme
5. Water testing and filter maintenance and improvement.
6. Rabies awareness workshop/campaign
7. A series of workshops to promote awareness about medical facilities, procedures and medicines available in India these days.
8. Provision of a shelter cum refuge for women within the Nishtha Community Centre.
9. Outreach Programme: This programme will cover the key issues of Community mobilization and leadership building, women's health rights, the declining sex ratio (SSA) and gender sensitive

health education. It will be implemented by The Jagori expansion program in Kangra and Chamba districts of Himachal Pradesh covering 60 villages in 5 blocks.

Under the Outreach Programme we conducted a Well Women's Week from the 16th of March 2009. This eight day gynaecological health camp was jointly organised by Nishtha and Jagori Grameen. The camp consisted of several clinics based at Nishtha and two outreach clinics held in remote villages.

The clinics were run by a specialist gynaecologist from London, Dr Nirmal Gupta, along with Dr Barbara Nath Wiser and her assistant Dr Kusum and the clinic staff. A total of 188 women came from the surrounding villages and towns for check ups at Nishtha clinic. Around 40 were single women, mobilised by Nishtha single women's programme workers. Around 40 Tibetan refugee nuns who live nearby were also seen during this camp.

The women's ages ranged between 18 and 83 years and they presented with a huge variety of gynaecological health problems. Many complaints were diagnosed, treated, and/or resolved during the clinic, including concerns over pelvic pain, leucorrhoea (vaginal discharg



and uterine prolapse. There were also a handful of cases that were potentially serious and required immediate further intervention. Those women will be helped to access tests and specialised care through this programme. The village level meetings focused on spreading awareness of the importance of attending to gynaecological problems and personal health problems - an area where even middle class women are often neglected.



## Eco-san toilets:

A programme to construct 12 urine diversion, dry composting toilets has already been initiated around our immediate village area. The lack of toilets in rural areas compromises the hygiene of the environment and leads to serious safety issues for women who have to go outside to relieve themselves in the fields, even at night. The government has repeatedly attempted to assist families to construct toilets, however, in the villages less than 20% even now have functioning facilities adjacent to their homes. Therefore this year they are imposing sanctions on families who do not have toilets.

Our aim is to select below poverty line families, particularly widows and abandoned wives who are unable to find the means to construct a toilet and assist them to do so. They provide what materials they can such as sand and stones.

At the same time, we aim to address the very important issue of water use which at this time of environmental crisis is crucial. The glaciers on this side of the mountain are gone and the streams and wells are drying up. All available water is required for consumption, washing and irrigation purposes. Our programme to install eco-san urine diversion composting toilets will radically reduce water wastage and will make the valuable compost and nitrogen produced available for use on the land.



**Local account funds** are received through the clinic and community centre as contributions from patients and programme participants. These pay for the daily expenses and supplies for the clinic and community centre and for petrol and daily expenses for the vehicle. Local donations are received for bags, calendars and to help specific destitute patients or projects. This year we received funds from the government under the Public Assistance in Development Scheme to spend on the sports ground. We carried out a survey of medicines available in our local pharmacies on behalf of SUTRA who paid our expenses.

Total amount received: 548,680 Total spent: 343,877

1. preparing the cricket ground
2. a match
3. girls cricket
4. free toothbrush and paste



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Nishtha is a registered Charitable Trust:  
Tax Exemption no: N26 (Shimla)  
FCRA no: 182450048