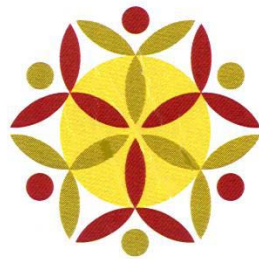


Annual Narrative Report

2009 – 10



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Chinmaya Organisation
For Rural Development

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CORD Training Centre, Sidhbari

Annual Narrative Report April 2009-March 2010

Introduction:

CORD is an integrated, participatory, and sustainable rural development programme for the poor and marginalized in rural India. CORD's work is based on empowering people through development rather than temporarily helping them through welfare interventions. It enables and encourages communities and individuals in villages to empower themselves through programmes driven by themselves. CORD believes in achieving this goal through its Community Based Organizations (CBOs) of women, men, youth, adolescent girls and children by harnessing their potential by mobilizing them in Mahila Mandals(Woman's Groups), Men & Youth Groups, and Adolescent Girls Groups, Children groups etc. CORD envisions these CBOs as the driving force towards establishing a 'process' of participatory integrated and sustainable development work. However, this is easy to preach and write on a piece of paper but difficult to practice at the ground level in reality. CORD believes that there are no short-cuts for building such work except persistent and consistent efforts in the right direction with the right vision, focus and thrust. In spite of many challenges and failures, success is inevitable in such people oriented endeavor addressing multiple issues affecting poor people's lives.

During the reporting period, CORD enhanced and strengthened its efforts by focusing in 24-28 Panchayats (a unit of local self-governance) referred to as "*Khas Panchayats*" besides other 190 Panchayats referred to as "*Non-Khas Panchayats*, under the extended support programme. This was done to harness people's potential by extending work coverage so as to reach out to many more not covered earlier in these Panchayats by roping-in their potential and linking them to the already existing CBOs or forming new ones.. This way CORD presented choices and enabled voices for even the most marginalized beneficiaries by making them integral parts of its various programme components as per their needs and demands through their active participation.



During this period, CORD Training Centre, Sidhbari, conducted one programme on 'Revisiting the Roots - CORD Culture' during Dec.'09 – Feb.'10 in phased manner and stages. The objective of this programme was to revisit our roots through journey into our past where we had faced and overcome multiple challenges, appreciate and admire successes and taking our failures as stepping stones for our future endeavors with least errors and building efficient strategies. In this programme, team members were accompanied by their family members to share their thoughts, feelings,

developments, and growth that have been nourished in the CORD team members and their family since being a part of CORD. This programme was able to manage its spirit of service by giving back to society more than what



we take by reflecting and lighting a lamp in the heart of team members as well as their families by looking at changes that happened within themselves and the changes they enabled outside by linking their cords with CORD. Team members also updated themselves about various activities of Chinmaya Mission under the guidance and dynamic leadership of Pujya Swami Tejomayananda.

Community Based Organization (CBOs):

Community Based Organizations are the fulcrum of practicing comprehensive integrated and sustainable rural development in the community by harnessing and enabling empowerment of social capital to address their issues in more comprehensive and participatory way. This leads to convergence and consensus at Up-Gram Sabha and Gram Sabha for sustainable changes through local Self governance of Panchayati Raj Institutions. This is to create a process of change to make democracy more people-oriented, people-friendly and people-centric. CORD conducts participatory grading with these CBOs from grade 'A' (best performing CBO), to grade 'D', (poor performing CBO). This reflection, based on certain parameters of self-reliance, enhanced their capacities and helped them to work further towards their sustainability. These CBO's, and their activities during the reporting period are given below:

Mahila Mandals (Women Groups Programme):

Mahila Mandals or Women's Groups are formed by CORD at the village level in a Panchayat to strengthen and empower women socially, politically, and economically. They are the heart and soul of all CORD programmes, implementation of which is at the community level in coordination with other CBOs of men, youth, adolescent girls and children in their community. CORD worked with 512 Mahila Mandals during the reporting period who are nurtured and strengthened by regular monthly meetings and capacity building trainings of its leaders and of over 20,000 members. These Mahila Mandals act as fulcrum for various issues related to women empowerment in the villages through their individual and collective group efforts.

Highlights of the major activities of the reporting period:

- 540 cleanliness drives of the Bawdies, footpaths, and local temples were organized by Mahila Mandals in different villages.
- Members of different Mahila Mandals celebrated Dr. Ambedkar Jayanti, Ravi Das Jayanti, Gandhi Jayanti, at their level and presented dramas on different issues on these occasions. These events were attended by local Members of the Parliament, and other Govt. Officials.

- On 8th March 2010, International Women’s Day was celebrated in all the 28 Khas Panchayats of CORD solely with people’s contribution besides in 03 Non-Khas Panchayats. 11,644 women actively participated in the several informative programmes that were organized on the occasion based on themes of female foeticide, women empowerment, alcohol, sanitation and hygiene, domestic violence and income generation activities.



- Mahila Mandals were evaluated by CORD team members, and received feedback about their strengths, weaknesses, opportunities and threats by conducting participatory SWOT analysis. They were further guided to strengthen their work and team spirit.
- In this period, a total of 242 Mahila Mandals participated in follow-up programmes in which they discussed about different issues like HIV/AIDS, Female Foeticide, Ekal Nari (Single woman), Sanitation, Panchayati Raj etc.
- August 7 was embarked as the Breast Feeding Day. Organised by Jogipur Panchayat, 126 women from different 27 Mahila Mandals participated along with the CMO from the Health Deptt.
- One day pickle training camp was organized in Kuthman village of Rait block with the help of Smt. Kavita from Kisan Vigyan Kendra (KVK), Kangra. A pickle manufacturing entrepreneur, Kavita trained 45 women in this programme and taught how to make pickle, Muraba and salty items (like mixture etc.) in their own homes.
- 15 SHG groups were formed in different Panchayats under the “Doodh Ganga Pariyojna”, a scheme of NABARD (National Bank for Agriculture and Rural Development).
- Of the total 793 identified Village Volunteer Resource Persons (VVRPs) 566 VVRP’s from Khas Panchayats received training at the field level. 118 VVRP’s received training on Yuvati Samuh, 142 on Balvihar (Children’s group), 120 on HIV AIDS, 146 on Female Foeticide, and 40 on the issue of Ekal Nari (single woman).
- 3600 members of Self Help Groups (SHG) were given training in their respective Panchayats to upgrade their skills in writing minutes of meetings and accounts keeping.
- We facilitated the formation of 130 new SHG’s in the reporting period with their 260 Pradhan (President) and Secretaries too undergoing training for maintenance of their registers and accounts and on writing the minutes of the meeting.

Micro Banking through Self Help Group (SHG):

- As a Resource Centre for NABARD, this year CORD worked with a network of its 1,344 Self Help Groups with 20,777 members spread over 11 Blocks in District Kangra.

- CORD trained 390 people in 14 SHG training programmes for Bankers (from Punjab & Haryana), Govt. Officials from DRDA (District Rural Development Agency), Himachal Pradesh, including grass-root level workers.
- As a Business Facilitator with the State Bank of India, CORD linked 109 Groups with mobilization of loans up to Rs 1,38,15,200. Rs 88,71,908 were recovered from the defaulter groups during this reporting period.

Adolescent Girls Groups (Yuvati Samuh):

Yuvati Samuhs or Adolescent Girls groups are Community Based Organizations (CBOs) of unmarried girls above the age of 12, and are used as a platform to discuss adolescent's girl's issues. The main objective of the Yuvati Samuh is to empower these girls with knowledge and confidence to make their own decisions and inspire them to grow up into empowered women who would like to earn on their own too.

CORD has facilitated a total of 82 Yuvati Samuhs during this year (Every year similar number of adolescent girl's groups' graduate under this programme of CORD).

Highlights of the major activities of the reporting period:

- A total of 14 follow-up programmes of Yuvati Samuhs at the centre and at field level were organized during this period with 372 adolescent girls attending the same.
- 20 Girls received training in making soft toys from Krishi Vigyan Kendra, 7 girls on painting and crochet and 5 girls on SRI techniques and Jalagam .
- Krishi Vigyan Kendra, Palampur, with our facilitation, provided watershed training programme to 10 girls for 7 days.
- Anemia, Leucorrhoea, menses cycle and other health-related issues were discussed with great emphasis along with family planning.
- Social issues like gender discrimination, HIV/AIDS, caste issues, total sanitation, and female foeticide, domestic violence have also been discussed in the meetings of these groups. Special meetings and discussion on 5th June, the World Environment day, also took place. 40 Yuvati Samuhs took out different rallies for cleanliness, plantation and systematic garbage disposal.
- 7 Yuvati Samuhs with their 59 members took part in local self governance by participating in Gram Sabhas and Upgramsabhas.



- Regular sessions of self unfoldment were held in these groups and many social services were done. 250 members from 25 yuvati samuhs took part, at different times, in the cleanliness of the footpaths, and the Bawdies.

Bal Veer or children's Programme:

- Bal Veer is one of the beautiful programs of CORD. Through this program CORD is working with children aged between 6-14 years in rural areas of district Kangra for the dynamic growth of children. In this program, CORD also makes efforts to protect our holy traditions and culture in the midst of modern education ushering in a new modern generation. The program earlier known as Bal Vihar was changed by me in early 2009 to a more motivating and energetic name 'Bal Veer' with the suggestion of H.H. Swami Tejomayananda. Facilitated by us, presently this program is spread over in 32 Panchayats (including 4 non khas panchayats) with a total of 3034 Bal Veer members in district Kangra. Total Bal Veer Groups in 28 Khas Panchayats are now 137 with 2897 children members.

Highlights of the major activities of the reporting period:

- 54 new resource persons from 20 different villages were identified and trained in Bal Veer activities. The total of VVRPs for this programme has reaches 138.



- CORD team members facilitated the celebration of Krishna Janmashtami, Nav Ratri Pooja, Festival of Lights, (Diwali) Lohri, Shivratri, with 2147 Bal Veers participating with great enthusiasm and devotion.
- On 14th November 2009, 1685 children observed Children's Day in their respective groups and villages.
- Village Cleaning Program was conducted across 21 Panchayat by 513 Bal Veers.
- 50 Bal Veers took part in the sanitation programme in Kand and Dhaloon. Sanitation rallies took place in Bagli and Massal village.
- All the Bal Veer Groups observed Environment Day on 05th June 2009.
- 25 Bal Veers from 03 groups participated in the 'Get Together Programme', to get to know one another.
- 35 Bal Veers from 03 groups took part in the 'Awareness Programme' on the precautions and safe methods to be taken for celebrating Holi.

Men & Youth Integrated Programme:

Harnessing male population in the community is a big challenge due to their non-availability during day time because of their jobs, labor work and migration to nearby cities temporarily or permanently. CORD had worked earlier, through its youth programme, with over 220 youth clubs in its area of operation. We have now merged our youth programme into Men's and

Youth integrated programme, Purush or Kisan clubs. This programme of CORD is working to facilitate active participation and involvement of male population in the communities through regular monthly meetings, individual door to door interactions, keeping in touch with the women groups, Panchayat representatives, and retired members of the community. This programme's team mainly gives thrust to following areas:

- Purush and Kisan Clubs
- Farm and Allied Sector Activities,
- Strengthening Panchayati Raj Institutions.

Purush and Kisan Clubs:

Like Mahila Mandals, men too need to be organized on a common platform; hence, a Purush Club is required to rope in men in transforming the village. Also, it is observed, that men do not come together unless their group has a livelihood agenda. Agriculture is a common and important activity occurring in every household of the village. Consequently, CORD decided to merge the Kisan Clubs with Purush Clubs. CORD has facilitated 28 Purush and Kisan Clubs in its Khas Panchayats with 471 male members. As we know, majority of our actual farmers are women; hence, in these CORD facilitated clubs, Presidents and Secretaries of local Mahila Mandals in the area participate and thus represent their Mahila Mandals.



Highlights of the major activities of the reporting period:

- ☞ Total 28 Kisan Clubs were formed, of which 19 are functional and in growth process. Balance nine are not functioning but efforts are on to revive them.
- ☞ During the reporting period, a total of 152 Purush & Kisan club meetings were facilitated.
- ☞ CORD facilitated the distribution of 1330 KG paddy seeds, 10 KG of Urad seeds, and 16 KG of Wheat seeds to 344 farmers in 10 Panchayats and facilitated 170 farmers of 11 Panchayats for adoption of SCI (System of Crop Intensification) process, through the Himachal Pradesh Agriculture Department.
- ☞ 5 trainings were conducted on Soil testing with 170 farmers participating.
- ☞ Total of 38, both president and secretary of Purush & Kisan clubs, were trained on the proper methods for writing minutes of the meetings.
- ☞ Of the 150 farmers who were motivated for Polyhouse scheme to promote off-season vegetable growing, 25 applied to the Agriculture Department for the construction of same.
- ☞ Feasibility of installation of solar street lights was discussed. Water pump and electricity bill problems were resolved in Ghorab village benefiting 25 villagers including farmers.

- ☞ Team members of the programme underwent 3 trainings at the centre to reflect on their reports; do analysis on their attitude, efficiency, time management, the achievements and for better facilitation in their field.

Farm and Allied Sector and Participatory Natural Resource Management:

In addition to CBOs, Community Based Livelihood, (both Farm and Allied sector and Non Farm and Service sector), is a major component of CORD. It targets the most underprivileged section of the community by providing micro credit through the self help groups. Its goal includes sustainable practices to manage and nurture natural resources, promote various feasible activities in farm and allied sector and maximize land use through different methods and also integrate non-farm sectors activities into its program in order to meet the family's needs through out the year.

Highlights of the major activities of the period:

- CORD's demonstration to 30 farmers for low cost Polyhouses motivated 15 of them to construct such structures.
- We facilitated the building of 1800 Vermin Compost pits with the participation of the community including the 30 basic low cost pits, demonstrations of which were given by our team.
- Our team collaborated with block level offices in 10 blocks of Kangra District and arranged nearly 500 kg seed paddy, 50 kg black gram, 5 kg Mandua for the farmers to demonstrate crop intensification.
- CORD is doing field level practice on Green Pea production under the SCI programme with 62 farmers in 8 Panchayats of Distt. Kangra.
- We provided three day livelihood training in fishery to 14 persons from 3 Panchayats with the collaboration of the HP Fishery Department.
- 05 farmers from Khas Panchayats received training on growing Mushrooms from Indo-Dutch Mushroom Training Center in Palampur.
- 23 demonstrations were done for educating 750 farmers on preparing organic liquid manure like Panchgavya, Amrit Jal and MatkaKhad.
- CORD approached the Agricultural department and distributed 2,750 Kg of Vermin Culture in 10 Panchayats with 550 farmers benefiting and 1,600 Kg of Vermin Compost to 60 farmers through the department in 04 Panchayats,
- Our team gave 18 demonstrations to a total of 225 farmers on Vermin Compost.
- Under the System of Wheat Intensification (SWI) programme, CORD has facilitated over 200



farmers in 28 Panchayats of district Kangra. 25 training programs with 900 participants were also organized in different villages on the methods of SWI and on its implementation.

- We organized 8 training camps with a total of 813 participants in 5 Panchayats where the Agriculture & Horticulture department's experts gave their technical inputs with information about different Govt. schemes. In this Camp, 55 Kg of Seeds and 2400 plants of Cauliflower, Tomato, Brinjal and Radish were distributed.
- Our Farm and Allied Sector Team organized 10 Camps in selected Panchayats to mobilize the people for promoting Domestic and low cost Bio Gas Plant with the help of Bio-Technology Department, H.P University, Palampur, to reduce environmental pollution and the expenses of fuel in domestic use. Of the 589 Member participants in these camps, 12 members from different villages got ready for Bio Gas Plant.
- A total of 20 Dhingri (variety of Mushroom) trainings were conducted with 183 bottles distributed to 228 beneficiaries. The output was 720 Kg.

Strengthening Panchayati Raj Institutions through Local Self-Governance:

CORD is working through its Comprehensive Integrated and Participatory Rural Development Programme in 28 focused Gram Panchayats of District Kangra. We also have been working here to ensure that Panchayati Raj Institutions (PRI's) function as instruments of local self-government. To demonstrate significant results, CORD has been focusing on these Gram Panchayats to ensure that all the wards in a Gram Panchayat have at least one Community Based Organization (CBO) so that each Ward in the Panchayat begins to conduct effective Up-Gram Sabha (UGS) and Gram Sabha for active participation & involvement of the whole village community.

Highlights of the major activities of the reporting period:

- CORD facilitated 110 Up-Gram Sabhas (UGS) with the help of CBO's, mainly Mahila Mandals, Purush and Kisan Clubs.

- We organized a two days, October 5th and 6th, 2009, Kangra Division 'Panchayat Mahila Shakti Sammelan' programme with the objective to address and find potential solutions to the problems of Elected Women Representative (EWR's). This programme was attended by about 177 participants including 113 Elected Women Representatives of Panchayati Raj Institution's three tier system from three districts of HP, i.e. Kangra, Chamba and Una. The programme was sponsored by District Administration, Kangra (H.P.). Sh. Ravinder Singh Ravi, Hon'able Minister for Irrigation and Public Health (IPH), HP Govt., inaugurated this programme and shared his thoughts on the



empowerment of EWRs besides listening to their issues, concerns and challenges they face in their day-to-day work of Panchyati Raj. These EWRs also appraised the Hon' able Minister with their demands related to their capacity building from time-to-time and execution of various schemes at Gram Panchayat level like the 'Mahatma Gandhi National Rural Employment Guarantee Act' (MGNREGA).

- We facilitated discussions and decisions in 63 Gram Sabhas in two blocks of Kangra District specifically on the issues of Total Sanitation Campaign and to make the areas ODF (open defecation free).
- We Provided training to 45 VVRP's (Village Volunteer Resource Persons) in 28 focused Panchayats on important aspects of Panchayati Raj concept and their roles and responsibilities on facilitating Up-Gram Sabha (UGS) and Gram Sabha (GS), raising questions and facilitating dialogues/ discussions and solving them by building common consensus.



- 2750 people from the community including the Elected Representatives (ERs), and 45 VVRP'S through Community Based Organizations were made aware of Panchayati Raj issues with special sensitization on the importance of working with Panchayats to make MGNREGA a success. Several Social Audit exercises for this were facilitated in the Panchayats, where a

significant people have attended and given their contribution in the successful implementation of this Central Govt. Scheme.

- Good networking was established with Panchayat Samities of three development blocks i.e. Nagrota Bagwan, Kangra and Bhawarna.
- Pawan Kumar attended a workshop on Training Need Assessment (TNA) in Himachal Pradesh for ER's to learn about methodology of TNA. Organized by PRI Deptt. it was hosted by GTZ

Two research studies were conducted on following themes:

These studies were conducted by CORD in district Kangra, Himachal Pradesh, for 'India Natural Resource Economics and Management' (INREM) Foundation and 'Institute for Rural Management Anand' (IRMA), Gujarat. IRMA is working on Status of Panchayati Raj Report (SoPR) for Ministry of Panchayati Raj (2008-09), Government of India.

1. Panchayats & Water:

Objective of this study was to understand the current status of devolution of roles and responsibilities with regards to water for the Panchayati Raj Institutions in the State of Himachal Pradesh.

2. Representation and participation:

The objective of this study was to find out the degree of participation by elected representative of Panchayats from marginalized groups i.e. Women,

Schedule Caste (SC), Schedule Tribes (ST), Other Backward Class (OBC) to understand the trajectory of their efforts and identify institutional/organizational constraints and opportunities.

Community Based Livelihood (CBL) Non Farm & Service Sector (NFSS):

This programme focuses on helping & strengthening individuals in the community to find alternate means of income generation through inherent and acquired skills. Be-side building capacities of the beneficiaries associated with this programme, team members facilitate trainees with the process of procuring raw material to marketing of the finished product including qualitative and quantitative aspects.

CBL NFSS, as it is commonly referred to, its actual challenge lies in the building of the rural woman's ability to respond to market forces with her skills and products from her village home in the midst of her diverse work such as domestic chores, livestock, and agriculture.

Highlights of the major activities of the reporting period:

- Main thrust of the programme has been shifted to capacity enhancement and increased production with around 15 enterprising beneficiaries becoming 'Udyamis' (Entrepreneurs) taking the not so enterprising independent women under their wing.
- Skills in Kangra Miniature Paintings, stitching, embroidery, HL weaving and hand knitting were upgraded.
- Training highlight has been the integration of Differently Able into income generation activities with emphasis on 'Earn while you Learn'.
- 4 months residential training in Kangra Miniature painting was imparted at the center for a youth with Muscular Dystrophy.
- A six-day residential training in hand and machine embroidery was given to 4 young girls with different disabilities.
- A total of 206 young persons were trained both in the center and the field for Sewing/Embroidery, HL weaving, hand knitting and crochet, Kangra Miniature Painting.
- 11 exposure trips were organised and a total of 60 trainees were taken to different markets for procuring raw materials and visit different local Melas (fairs) and State level exhibitions.
 - These include 2 beneficiaries trip to Delhi for 'Chinmaya Haat' exhibition cum sale of different wares of skilled Artists from all over India. They visited 'Delhi Haat' too for knitted products.
 - 17 young girls including 06 physically handicapped girls were given exposure to a Boutique and local market for both hand and machine embroidery.



- In all, about 1,010 beneficiaries have been followed-up for supervision and evaluation of activities that took place both at the centre and in the field.
- 8 Mentally Challenged young persons were given training for Marble Dip Cards which medical professionals from the Indian Society for Pediatric Adolescent Endocrinology (ISPAE) bought resulting in an income for them.
- A Mentally Challenged young girl had been given special training in stitching of pouches and certain products from strips of waste material.
- 6 Kangra Miniature painting youth artists pursuing traditional approach effect were given 3 day training in Delhi to give a modern touch and effect to the existing traditional approach.
- Through the sales outlet for all our facilitated SHG's, 'Guru Dhara SHG', our team has successfully managed to link the Kangra Miniature Paintings of hearing and speech impaired youth to the corporate sector.
- We facilitated, under NABARD sponsored Skill Development Initiative, 14 days Hand and Machine Embroidery training for a batch of 17 girls including 6 Differently Able girls (Physically handicapped and mentally challenged).
- NABARD has also sponsored a six months Kangra miniature painting trainings for 10 hearing impaired and physically challenged rural youth which will come into effect in June 2010.



Chinmaya Yuva Se Yuva (CYSY):

This programme is an integrated part of CORD's Youth programme in which education awareness/career development issues are discussed through a process of counseling beside computer literacy. Basic computer training, for three and six months, is given under this Programme. In the reporting year, a total of 62 students were enrolled, out of which 17 dropped out due to their personal problems and 18 students completed their basic course. NABARD has sanctioned and sponsored a six month Skill Development Initiative in computer education for 24 students (6 students each in 4 batches) under CORD facilitation from Jan.2010.



Community Based Health Programme:

CORD's Primary Health Care Center was initially the primary focus of the programme and treats several patients at its center. It also has several

rehabilitation programmes at the center. Several visiting physicians in various specialties contribute to the clinic.

Highlights of the major activities of the reporting period:

- A total of 8,842 OPD patients including children were treated at the clinic for different illnesses. 36 antenatal mothers were treated under RCH (reproductive child health programme). Immunizations were also given to 249 children and 2620 condoms were distributed to 262 couples.
- Dr Anju Virmani, an endocrinologist from Delhi assisted by Dr Anjali Chavan from Dr. R.P Medical College, Tanda, volunteered at the centre. They counseled 35 patients on diabetes beside their treatment and management. Regular follow up of these 35 along with another 10 patients was done by our team.
- Mr. Sanjeev Kumar attended a training workshop at Shimla for understanding and reviewing the International Commitment for Population Development (ICPD). Mrs. Neena Bhushan also attended an Integrated Counseling & Testing Centre (ICTC) programme at Dharamshala and collected 7 blood samples while working with Himachal Pradesh State AIDS Control Society's (HPSACS) programme.
- CORD facilitated HPSACS in its center for HIV testing and 70 of our workers underwent this test.
- 12 CORD workers donated blood at the donation camp organised with association of TI programme of CORD.
- 2 Pulse Polio campaigns were held in which a total of 405 children in the age group of 0 to 5 years were vaccinated.
- Team members from CORD helped Rano Devi, who is bedridden, by cleaning and disinfecting her house and helping her and her son, also bedridden, with their personal hygiene and tried to motivate the villagers to help them on regular basis.
- A total of 185 Hemoglobin tests were done on CORD team members and others and iron tablets were dispensed with.
- District level discussions were held with Dr. Sneh Sood and discussions were also held with MPW (F) on health program at the district level.
- Like every year, a 'Get Together Programme' of all batches of MPW(F)s was held at CORD Centre on the evening of Jan 25 till Jan 26, 2010 with 121 of them actively participating. This year, 2nd batch of MPW(F)s took the responsibility of this function including the financial expenses.
- Family planning counseling was done with 2 Copper-T) implanted by our community health nurse to demonstrate to women the ease and comfort with which this method can be adopted.



- We have been working with 'DOTS' (Direct Observer Treatment) since last five years. In the reporting year, 3 patients were treated for same and given 3 treatment boxes.

Alcohol Abuse Awareness (AAA) Programme: The objective of CORD's Alcohol Abuse Awareness program is to help alcoholics stop drinking through the Sinclair method and publicize this method of treatment as widely as possible.

- 18 new patients started treatment during this year. Of these, two patients have stopped drinking, 08 changed to social drinkers, and 02 patients are still being treated and other six patients have stopped taking medicines, or in other words, quit the treatment.
- Regular follow-up visits for existing patients were conducted throughout the year.
- Till the inception of this programme, a total of 103 patients have been treated so far. Out of these about 24 patients have quit their drinking habit (social drinkers included) and another 10-15 are under treatment. Hence, success rate of this method is above 25%.



Target Intervention Programme (TIP)

CORD has been working in close collaboration with Himachal Pradesh State AIDS Control Society (HPSACS) since August 2008.



The objective of the programme is to prevent the new infection of HIV amongst identified injection drug users of this area and provide necessary care and support services to those who are HIV positive. CORD is focusing in Dharamshala and its surrounding areas under this prevention programme. During the reporting period, we had identified 172 drug users.

Highlights of the major activities of the reporting period:

- To achieve the target we keep contact with HRGs (High Risk Groups i.e. IDUs) on a regular basis. During the reporting period, our project staff outreached and interacted personally through interpersonal communications (IPC) with 172 HRGs.
- 401 Participants in 49 groups attended the group meetings and received the message of safe behavior.
- During the period, 168 HRGs were counseled by our counselors.
- Total twenty-two Health Awareness camps were organized by CORD for mixed groups of 721 Participants inclusive of five HRGs.

- 40 advocacy meetings with different stakeholders (like- Police, PRIs, Mahila Mandals, health departments etc) were organized. 825 Participants attended the meeting.
- CORD organized 4 community events (Two 'Get together programmes' at CORD, a 'Marathon race' from Mcleodganj to Bhagsu, and a 'Cricket match' at Sidhbari) with 168 participants.
- 16,472 condoms were provided to HRG's and 35,953 Condoms distributed through the outlet.
- 19 DIC meetings were organized and 323 HRG,s discussed their issues and gained knowledge of proper behavior.

Sanitation & Hygiene Programme:

Safe water and sanitation are necessity of human development. CORD works on the issues of sanitation and hygiene. In this program we not only motivate people to construct low cost toilet structures, but also work towards improving overall health and sanitation through personal hygiene education. As we know, 80% of diseases affect people due to bad sanitation habits. Proper excreta disposal is the first step towards total sanitation. To achieve this target, CORD is convincing and motivating different organizations, government agencies, PRI and CBOs to build toilets and use them properly.



Highlights of the major activities of the reporting period:

- Progress of Total Sanitation Campaign (TSC) was reviewed twice by Ram Prasad Sharma, Block Development Officer, with CORD and Panchayat Secretaries of 4 Gram Panchayats.
- Orientation program was organized for stakeholders of eight Panchayats, the main issue being to stop open defecation, garbage management, construction of soakage pit, plastic kit management and organic fertilizer etc.
- Field motivators visited 512 NREGA sites and talked to a total of 4,135 (including 3,124 women) villagers about the Total Sanitation Program.
- Detailed demonstration of low cost toilet construction was given at 148 venues. 76 masons were given construction training. 1,078 villagers who participated in the training acknowledged the fact that it is an economically viable and requires minimum efforts to build.
- A motivational movie on total sanitation issues (Parivartan Ki Lahar) was screened in 16 different villages attended by 357 villagers.
- Community Led Total Sanitation (CLTS) organized 45 exercises where



798 children and 449 others from the villages (total 1247) participated and pledged to stop open defecation at the earliest.

- A total of 59 awareness rallies were organized with the school children and other villagers through the Mahila Mandals, Panchayati Raj Institutions and Yuva Mandals. There were a total of 449 villagers and 798 school children participants.
- A total of 241 meetings were attended by our Motivators with PRI's at Gram Panchayats.
- Motivators and field coordinators attended 214 Gram Sabhas and sensitized 11,472 people towards better health care and bad effects of open defecation.
- Inter Personal Communication (IPC) tools were used to visit 1,60,144 households who do not have toilets in 73 Gram Panchayats to modify personal behavior.

TSC workers attended at total of 1,892 Mahila Mandal meetings and got an opportunity to interact with 17,856 village women. CORD formed 25 Yuvati Samuh groups in different Panchayats to discuss benefits of toilets in the house.

During this reporting period, we have been successful in mobilizing 8,929 households to complete toilet construction and start usage .All these toilets have been built at the cost of the beneficiary. CORD mobilized their funds through SHG's and bank linkages too to help families build toilets. toilets.

- 4,733 family's toilets were under construction by the end of the reporting period, expected to be completed by June 2010.

To ensure this CORD trained 106 village masons too to build toilets

Community Based Rehabilitation (CBR) for Persons with Different Abilities:

The Community Based Rehabilitation (CBR) Programme of CORD, Sidhbari, believes that the differently-able persons can significantly contribute to their own, to communities and to India's development. CORD has been providing services for the rural community in the Kangra Valley for many years. CORD's CBR programme encompasses education, rehabilitation, vocational training, and empowerment for the differently able. CORD also works to ensure that they receive holistic rehabilitation and trainings on various aspects to enable them to become responsible citizens contributing in their communities and Panchayats.



Highlights of major activities of the reporting period:

- Outreach services were provided for 406 disabled individuals.
- Inclusion of 13 new member parents in several areas like women's groups, SHG's, and for CBL work.

- Inclusion of differently-able women, youth, and men in SHG's, youth groups, mainstream education and CBL.
- Aids and appliances were provided to 13 persons through government agencies. Bus passes were also provided to 14 through welfare office. 03 persons were helped to gain access to government pension.
- CBR workers accompanied 15 children to 'Rajender Prasad Medical College and hospital' in Tanda for medical treatment and counseling.
- Rama Devi, a physically handicapped girl, representing Himachal Pradesh, facilitated by CORD, won a gold in Hand knitting in the North Zone Abilympics competition held in Delhi.
- Sponsored by State Resource Centre and Medical College and Hospital, Tanda, CORD organized six awareness camps for disabilities issues, for schemes and facilities and the functioning of SRC with its activities, in six Panchayats of Nagrota Bagwan block. A total of 270 persons participated.
- CORD facilitated 3 Community Awareness Camps. Of these, 2 programmes, supported by the National Trust on their activities and schemes, were in the remotest Panchayats, i.e. Darini, Khanyara and Bhated Panchayat of Rait, Dharamshala and Nagrota Suriyan block of District Kangra. The third camp was sponsored by "UDAAN", a State Nodal Agency Centre, H.P. A total of 191 people, including disabled persons, their parents, villagers and Panchayat representatives, participated in these 3 camps.
- CORD distributed three scientifically designed Cerebral Palsy (CP) chairs to 03 persons suffering from Cerebral Palsy. This has helped them to correct their posture and improve their sitting endurance.
- CORD provided nutritional diets for twelve differently able people suffering from Muscular Dystrophy, Spinal Cord injury, and from Cerebral Palsy under 'Heart and Hand for Handicapped' programme. The team members also distributed nutrition to 200 young disabled children in their respective fields.
- With the help of Chinmaya Umang (a forum of disabled persons, their family and friends), World Disability Day, on December 3, 2009, was celebrated in Hatwas Panchayat with great enthusiasm by about 250 persons. Several skits, singing and dance performances were performed by differently-able persons entertaining all present with their tremendous talent. Hatwas and Bhuned Panchayats had taken the responsibility for organising the programme.
- A two day state level workshop on "Disability and the Law" was held at CORD from June 13 to June 14, 2009. The workshop was organised by 'Human Right Law Network', New Delhi. The workshop was attended by about 60 participants.



- A total of six general body meetings and five executive committee meetings of Chinmaya Umang were held at CORD, Sidhbari, to discuss disability issues and to resolve the same on their own and working out different strategies amongst themselves including writing of applications and approaching different Govt. bodies for their issues
- Formation of 'Mini Chinmaya Umang' in a few Panchayats is taking shape. The aim is to have one each in the Khas 28 Panchayats for it to act as supportive advocacy group for the main' Chinmaya Umang '

Social Justice and Informal Legal Cell Aid Programme:

CORD's legal cell helps those individuals in the community who are either ignored or have faced social injustice by the society at large. This includes both women and children. Individuals are often referred to CORD's legal cell by several community organizations, the main being the Mahila Mandals. Intervention by our legal cell has helped several individuals get legal justice.

CORD believes no society can be developed if the basic rights of the individual are not protected by the society/ state. This year, we focused on Domestic Violence, Right to Information, Property, and Maintenance to the aggrieved as well as to create awareness among community about their legal rights in which we were successful to a large extent. We also utilized the government's free legal Aid Services which comes under the directive Principles of State under Article 39-A of Indian Constitution.



Highlights of the major activities of the reporting period:

- We prepared 22 Domestic Incident Reports and submitted to appropriate Courts through Protection Officers
- 72 new cases were registered and 29 cases resolved during this period
- 10 cases were sent through E-Samadhan/on-line complaint (State Govt.'s online grievance service).
- Additional Superintendent of Police visited CORD and heard victim's complaints.
- Legal Cell succeeded in helping several women get justice either through legal channels or through compromise with the accused.
- An HIV victim got justice under 'Protection of Women against Domestic Violence Act 2005' by getting back her room and land from her In-Laws.
- One of our Mahila Mandals won a case against Municipal Corporation, Dharamshala, for having polluted the environment by disposing garbage in an open place near their village.
- 20th of every month being our Legal Cell Day, we get many stakeholders to come and counsel the people on legal matters including property related issues. All the year round we had Advocates and HRLN(Human

Rights Law Network) officers visiting along with a day's visit by the Additional Superintendent of Police and 2 visits by senior Revenue Officers.

Volunteers/Interns:

During this time, 32 people from different countries (USA, Canada and India) volunteered at CORD centre, Sidhbari. All volunteers came to CORD keen for sewa work in different programmes of CORD. On being assigned to the different components of CORD, they were very interested in learning the ins and outs of how major field level activities are conducted in rural areas of India. They also discussed with us and gave some valuable suggestions for improving the efficiency of CORD's work.



Ms. Kriti Jain has worked as a volunteer in CORD's different programme components for about 5 months. Like every year, Dr. Odile Voinchet from France came to CORD and helped English/French learning classes for our workers and other beneficiaries. She also took interest in our OPD and gave services there. Volunteers from USA, Dr. Dipti and her son, Mr. Rishi worked in the CBR Programme during their fifteen-day stay at Sidhbari. Mrs. Rupa Makecha from USA worked with Balvihar team for 5 months. Ms. Usha Rao from USA worked with Mr. Narender Paul and helped us in various documentation & reports writing. Two Chinmaya Yuva Veer Ms. Sumi Roy and Ms. Hiranmoyee Das have joined CORD's comprehensive integrated rural development work. Neha Kumar, a dentist from Nagpur helped in writing reports and other documentations. Ms. Garima Capoor (medical student) from India and Ms. Nupur Gulati from the USA worked and helped the CBL Deptt in the computer compilation of reports and case studies..

Ms. Divya Pandit and Ms. Kajori Bhatnagar (both from India) did their internship in our Social Justice and Informal Legal Assistant Cell for about one month each. Nicole Ward from Canada has done her three months internship with CORD during September 09 till December 2009. Three students from S.P. Jain Institute of Management & Research, Mumbai did their six-week internship programme in our community based livelihood programme.

Networking, Training and Workshops: Inter/National Level

- Mr. Balbir and Anand participated in a workshop on 'Working deaf and blind children' from 10 -23 May, 09 at NAB Regional learning Centre, New Delhi.
- Mr. Sunil Kumar Mishra Participated in a workshop on 'National Consultation on Child Labour & Law' from 22-25 May, 09 at Indian Social Institute, New Delhi.

- I have participated and presented CORD's presentation in the 'Pan IIT Conference' in Chicago in October 2009.
- Ranjana, Partap Singh and Veena participated in a workshop on 'Deaf blindness' from 23-27 May, 09 at NAB Regional learning Centre, New Delhi.
- A state level 5 days Residential Orientation cum interaction training cum exposure visit to CORD for 8 executives from MP Rural Livelihood Project, Govt. of Madhya Pradesh was facilitated by us from 22nd June to 26th June '09'. The exposure was fruitful for both of us with special focus on Community Based Livelihood programme of both Farm and Non Farm and Service Sector.
- Mr. Sanjeev Gupta, Rahul Kumar and Praveen Kumar participated in a 'National coaching camp for Aquatic and cycling' from 17-27 July, 09 at Jabalpur, MP.
- Mr. Anand & Monika participated in 'National Badminton Championship Special Olympics Bharat' at Sri Ganagnagar, Rajasthan, from 27 August-03 Sept, 09.
- Mr. Sanjeev Kumar with Sonika & Rajni (Chinmaya Umang representatives) participated in 'National Convention for the Federation of Person PWD' at Delhi from 17-20 Sept, 09.
- Ms. Kusum Mahajan attended a 3 days workshop on 'Management Training for NGO,S', organized by SP Jain Institute of Management and Research, Mumbai from 24th to 26th September, 09. She took short courses in Strategic Planning, Cost Management, Effective Communication and Monitoring and Evaluation
- Mr. Narender Paul and I participated in 'National Trusts workshop' in Delhi in the month of September 2009 as Resource Persons on CBR.
- Ms. Kusum Mahajan attended a workshop on 'Rural Tourism-Programme on Financing of Rural Tourism', from 26-28 October 2009 at Sikkim.
- Mr. Narender Paul attended a two days 'National Consultation on Disability Act 1995' on 28-29th October, 2009, at Delhi.
- Mr. Narender Paul attended two day 'Training on Financial management of NGO's and Autonomous bodies' at Institute for costs and work Accountants of India.
- Ms. Kusum Mahajan attended and did a Power Point Presentation in Dec.2009 on 'Experience sharing workshop on the Promotion of Micro enterprises' at NBSC, Lucknow, organized by NABARD'S MCID for all the Mepa members.



- Mr. Sunil Mishra attended a workshop on ‘Umbrella Programme by NABARD on Natural Resource Management and orientation workshop for NGOs’ on 27th December, 2009, at Lucknow.
- Mr. Sanjeev Kumar attended a 3 days ‘North Regional Consultation on New Law vs. Ammendment of PWD Act’, from 28-30th January, 2010 at New Delhi.
- Ms. Kusum Mahajan and Mr.Vinod Pathania attended the ‘First Entrepreneurship and Employability Skills Training The Trainers’ 4 days workshop in end Jan.2010. in Dehradun. Organized by ‘I Create’ NFTE.
- Mr. Rajeev Bisht attended phase I of ‘Ganga Bachao Abhiyan’ at New Delhi from 8-10th February, 2010 and then phase II ‘Ganga Sangram’ at Haridwar, from 10-15th March, 2010.
- Ms. Kusum Mahajan attended ‘Uttarakhand Conclave-2010, Skill Development and Livelihood Summit’, as speaker, from 19-21st February, 2010, at Dehradun.
- Mr. Sanjeev Kumar attended a two day ‘SNAC (State Nodal Agency Centre), SNAP (State Nodal Agency Partner) and ZTRT (Zonal Technical Resource Trainer) meeting of National trust’ from 24-26th February, 2010, at New Delhi.
- Mr. Sunil Mishra participated in ‘National Consultation on the Protection of women from Domestic Violence Act, 2005’ in Mumbai.
- Mr. Narender Paul attended Inter-country meeting for Promotion of Inclusiveness in Education, Employment, Health and well being of persons with disability’ in South-East Asia Region, organized by Amar Jyoti Charitable Trust in collaboration with Rehabilitation International, World Bank, UNICEF, UN ESCO and Government of India at New Delhi.
- Mr. Narender Paul attended ‘Round Table on Disability and Census 2011’ at New Delhi.



State Level

- Mr. Suneel Kumar, Vijay Kumari, Rajani Kumari, Indu & Anjana participated in a ‘refresher course under water quality monitoring and surveillance programme’ from 23-27 June, 09 at DIET, Bilaspur.
- Mr. Salamudeen participated in a workshop on ‘Targeted Intervention Project (TIP) for IDUs’ from 22-25 July, 09 at Shimla.
- Mr. Anand with four disabled people participated in ‘State Level Badminton tournament’ at Mandi from 11-13 August, 09
- Mr. Narendra Paul and Pawan Kumar participated on ‘institutional capacity for PRI capacity building in the H.P state’, organized by Panchayati Raj Department at Shimla.
- Mr. Bhavnesh Singh participated in a workshop for ‘Master Training on Total Sanitation Campaign’ at PTI Mashobra, Shimla from 07-12 Sept, 09.

- Mr. Anand with four disabled people participated in ‘State Level Cricket Tournament’ at Shimla from 11-14 Sept, 09.
- Mr. Praveen Thakur, Sandeep, Rinku and Anil Kumar participated in ‘an orientation workshop on early intervention and school readiness from children with sensory and multiple disabilities’ at Shimla from 13-19 Sept, 09
- Mr. Narendra Paul and Onkar Saini participated in ‘Project Advisory Committee of SRI programme’ on 18th Sept, 09 at Sundernagar, Mandi
- Mr. Shivender and Mr. Onkar Saini attended a workshop on ‘System of Rice Intensification (SRI)’, next year planning and discussion on shortfall in SRI adoption on 28th October, 2009, at Samajik Kalyan and Vikas Mandal, Karsog, Mandi.
- Mr. Shivender Katoch attended a 3 day programme of ‘Technical Support Unit (TSU) mapping and meeting with Project Director’, H.P.S.A.C.S and District AIDS Programme Officer (DAPO) from 3-5th November, 2009, at Shimla.
- Mr. Pawan, Mr. Onkar Saini, Mr. Balwinder and Ms. Bikrama Devi a farmer attended a one day State level workshop on ‘Up scaling System of Crop Intensification (SCI) for achieving food security’ in H.P., on 21st January, 2010 at Shimla
- During winter session of Himachal Pradesh Assembly at Tapovan Vidhan Sabha Bhawan in December 2009, Sh. Jai Ram Thakur, Minister for Rural Development & Panchayati Raj, HP Govt. had visited CORD and showed keen interest in the development activities of CORD.
- Mr. Neeraj Chaddha and Mukholi Ram attended a two day programme on ‘Financial and Procurement manual and Computerised Management Information System (C.M.I.S.) under Targeted Intervention Programme (TIP)’ and financial evaluation up to 31st October, 2009, from 17-19th January, 2010, at Shimla.
- Mr. Narender Paul attended 22nd ‘Annual General Body meeting of Himachal Pradesh Voluntary Health Association (HPVHA)’ from 28-29th January, 2010, at Shimla
- On Feb.24, 2010 one day programme ‘advisory committee meeting’ was organized by ‘People Science Institute’ at Bilaspur to share from SWI. Mr. Onkar Saini and Kamlesh Dhiman participated in the meeting on the behalf of CORD and shared our experiences and progress in system of wheat intensification.
- Mr. Narender Paul attended workshop of ‘Mountain Forum Himalaya’ at Shimla.



District Level

- Mr. Sanjeev Gupta along with eight differently-abled children participated in ‘district level athletics’ at Gumar.

- Mr. Sunil Kumar and Ms. Bhawana Chandel attended a 14 days' workshop on 'Gender, Democracy and Citizenship' at Jagori from December 1, 2009 till December 14, 2009.
- I am one of the members of the Lok Adalat with the District Session Judge, another lawyer and a government representative. We were able to clear quite a few cases in the fast track in the session held during this year.
- Regular Block level Block Committee (BLBC) and District Level Central Committee (DLCC) meetings were attended through out the year by our Mahila Mandal and Self Help Group team members.

Chinmaya Samaj Sevak Courses:

☞ Chinmaya Samaj Sevak Course in Oriya language, of 6 months duration, was inaugurated by H.H. Swami Tejomayanandaji on 30th November, 2009, at CORD Deuladiha in Orissa. 11 students were selected for the commencing batch. Initial orientation and training was conducted by Shri Narender Paul and me.



☞ Sh. Arvind Kumar and Smt. Kaushalya Devi from Sidhbari went to Deuladiha as trainers to these Samaj Sevak Course trainees from 26th December, 2009 to 9th February, 2010.

☞ Similar Chinmaya Samaj Sevak Course in Tamil, of 6 months duration, was inaugurated by H.H. Swami Tejomayanandaji on 22nd February, 2010, at CORD Thamraipakkam in Tamil Nadu. A total of 9 trainees enrolled for the course.

Monitoring & Evaluation visits of CORD's Centres in Tamilnadu & Orissa:

A number of monitoring and evaluation visits of CORD's centres in Tamilnadu and Orissa were held during this reporting period. CORD's Sr. level officials including Sr. Programme Manager, Sh. Narender Paul, Accountant, Sh. Vijay Singh, some senior community development workers like Smt. Kaushalya Devi, Smt. Seema Thakur, Sh. Arvind Kumar, Sh. Onkar Singh Saini and I visited these sites to monitor and strengthen the CORD work at these sites.

- Sh. Vijay Singh (Accountant), Smt. Seema Thakur (C.D.W. (Sr.) and Sh. Arvind Kumar (C.D.W. (Sr.), and I visited **CORD Thamraipakkam** and evaluated the work there from September 12th till September 15, 2009. Proper use of resources and funds



has been taught to the team at CORD Thamraipakkam. Monitoring of CBOs like Mahila Mandals, Kisan Clubs etc. and other ongoing activities was done and important inputs for improvement were given.

- The same training team monitored the work at **CORD Siruvani** from September 16 till September 19, 2009. The staff there verified the accounts, payments and expenses and other related documentation was evaluated and imparted guidance wherever required. Monitoring of CBOs and other ongoing activities was done and important inputs for improvement were given.
- I visited **CORD Lathikatta** from October 24 to October 28, 2009, along with the Trainers team from our Training centre at Sidhbari. The team including Sh. Vijay Singh (Accountant), Smt. Kaushalya Devi (C.D.W. (Sr.) and Sh. Arvind Kumar (C.D.W. (Sr.) evaluated the ongoing work and guided and gave directions to the Lathikatta staff for improving and upgrading their work.
- Again the same team that had visited Lathikatta visited **CORD, Deuladiha** centre for monitoring and evaluation from October 29 to Nov 2, 2009. Several shortcomings and discrepancies regarding accounts, maintenance of registers, attendance and leave records etc. were noticed. Necessary interventions for improvement were discussed. The staff was encouraged to participate in regular meetings and to assess their own strengths, weaknesses, opportunities and threats (SWOT).
- I visited **CORD Gajapati** from Nov 3 to Nov 5, 2009, and from Mar 15 to Mar 22, 2010, along with the team from CORD, Sidhbari of Shri Narender Paul, Smt. Kaushalya Devi, Arvind Kumar, and Vijay Singh. The team identified and surveyed possibilities of interventions and monitored methods of account keeping and record maintenance, the various purchases. Appropriate requirements were assessed and vital suggestions were imparted for implementation.
- I visited 'Chinmaya Vijaya Orphanage' at Vijaywada on 11th February, 2010. Was delighted to see the great work achieved by Dr. Sumati and Dr. Apparao at the orphanage with others from CORD.





(Kshama Metre)
National Director, CORD