

Action Related to the Organization of Education,
Health and Nutrition

AROEHAN



ANNUAL REPORT

2018-2019



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Vision: To bring sustainable change to the lives of tribal communities and rural poor such that they are empowered to access and utilize their resources to the optimum, keeping in mind the principles of social justice and human dignity.

Mission: To create an empowered cadre of tribal and rural youth who will initiate and sustain efforts of change in their communities, upholding the values of personal integrity, tolerance, and justice.



Foreword

The Annual Report of Aroehan for the year 2018-19 gives a bird's eye view of the Programmes and Financial status of Aroehan. In keeping with the Vision of the organization, I would like to inform you that we have moved a few more steps ahead in bringing about sustainable change in the lives of a number of families in our target villages (in Mokhada, Jawahar, Dahanu and Palghar talukas) in Palghar District.

The efforts made by our staff in the area of Health and Nutrition, indicates the progress Aroehan has made in reaching out to more than 10,000 pregnant and lactating mothers and in promoting health seeking behaviors by way of education and regular follow-up visits, thus impacting around 7000 infants, children and adolescents. Moreover, ever mindful of the need for sustainability in all these interventions, our efforts have included capacity building and collaboration with AWWs, AWHs, ASHAs and ANMs, even as we got the communities themselves involved by setting up and engaging with a large number of Mata Samitis in these areas.

In the field of Education our endeavor has included efforts to improve the quality of education in a number of Ashram and ZP schools, activating School Management Committees in the area, constructing/refurbishing a large number of Sanitation units in schools, and spreading awareness of child rights.

Through its Livelihoods programme, Aroehan has reached out to around 700 farmer households, through exposure to various better agricultural practices, creating water harvesting structures, bringing agricultural land under direct irrigation, setting up solar-based irrigation units, supporting diversification of crops (including Jasmine, vegetables, fruit cultivation), plantation of over 25000 saplings with a 60% survival rate.

However, empowering people, such that they are able to sustain themselves and negotiate their own lives over a period of time is our ultimate goal. And therefore Aroehan's core competence is in the area of building capacities of the local community such that they function proactively in engaging with duty bearers, taking up issues of local relevance and effectively managing shared resources. This has included setting up and strengthening over 200 Village Health Committees, and over 40 Pada Samitis and over 80 PRIs.

We are also very happy to inform our readers and well -wishers that the majority of our staff are locals and have an innate knowledge of the pulse of the people in the work area.

For all this we are extremely grateful to our partners - those who have helped financially, helped with their expertise and good will. I hope you will enjoy reading the report and support us in whatever way you can.

In Solidarity,



Prof Helen Joseph

Chairperson

I ntroduction

AROEHAN has its presence in the Mokhada tahsil of Palghar district since 2006. An autonomous non-profit organization, with its expertise spread across the thematic areas of Health, Education, Livelihood, and Governance; AROEHAN was initially a field action project of the College of Social Work, Nirmala Niketan, primarily formed to address the issue of malnutrition deaths of tribal children in the region. In the last decade, AROEHAN has increased its footprint across Mokhada, Jawhar, Palghar, and Dahanu blocks of Palghar district and established credibility in the area especially for its work in water conservation, health and nutrition, solar-based irrigation and for introducing farmers to second cropping during the Rabi season for growing vegetables and engaging in floriculture.

In the recent past, the organization has strengthened its existing policies, systems, and procedures. As a result, the practices in the field, as well as management and administration, have improved significantly. As we grew from a project-based initiative to an autonomous entity, there was an effort to recruit talent at all levels of the organization. While most of our staff is local youth, there are a few in the top management cadre who have joined to contribute their expertise to strengthen our interventions.

We as an organization believe that lasting change cannot be realized without targeting the underlying causes of the problem, thus we continue to work with an integrated approach. Similarly, AROEHAN's work in the last year has been mainly around people-centric planning and strengthening local governance.

Furthermore, to inspire new thinking, bring efficiency, foster partnerships, and facilitate dialogue for stakeholder development, our continuous efforts are in partnering and networking with government, non-government and private service providers. These initiatives proved to be effective in bringing a collective action and influencing the system.

Our Thematic areas

Health and Nutrition

Our programs have always been linked to sustainable development goals (SDG). Good health and well-being stated as one of the key goals to sustainable development, The Early Childhood Care Project spanning over 616 Anganwadi centres in Palghar Taluka and 18 AWCs in Mokhada Taluka focuses on maternal and child health and nutrition in the first 1000 days of a child's life.

Right from creating a beneficiary list and profile in a mobile based software app, the project focuses on interventions like home visits , counselling on behaviour change, growth monitoring and promotion at the Anganwadi Centre (AWC), appropriate referral and linkages along with strengthening health care delivery systems.

In our constant pursuit towards sustainability, we have identified, activated and trained members of the Mata Samitis and Village Health Nutrition and Sanitation Committees (VHNSC) to form support systems for both the beneficiaries and the front line health functionaries (AWW and ASHAs); we have also formed adolescent groups and identified and trained peer educators to sensitize these girl groups on life skills including reproductive and sexual health.

The Mata Samitis meet regularly every month to support the Anganwadi worker in her endeavor to register all the pregnant women, motivate them for a minimum of 4 ANC checkups and follow improved health and nutrition practices. The VHNSC members monitor the immunization activities, help in better sanitation and hygiene practices and also mobilise the community towards adapting positive health seeking behaviour.

Regular training and capacity building of staff, health functionaries and front line workers on 1000 days, Community Management of Acute Malnutrition (CMAM) and Infant and Young Child Feeding (IYCF) guidelines is an important feature of this project.

The Accredited Social Health Activists (ASHA) as they are called, are really a hope for the community; especially the mother and child. With the objective of early diagnosis of pregnancy and maternal high risk signs like anemia and high blood pressure, AROEHAN has equipped each of them with an early detection kit and trained them on their utility.

Outreach



5474 Pregnant women visited and counselled on ANC reached



100 Peer educators trained



4664 Lactating mothers sensitized on IYCF practices



612 Mata Samitis made functional



1756 Adolescent girls sensitized on life skills and RSH



212 VHNSCs were made functional



102 Frontline workers trained on CMAM, IYCF guidelines



40 ASHAs trained and equipped with early detection kits for UPT, BP monitoring and Hb estimation



1000 practical sessions on Hand washing held in the community



600 sessions on age appropriate Complementary feeding held during half year birthdays of children

Outcome

74% pregnant women have undergone minimum four ANC (ante-natal) check-ups

85 % new born were breast fed within ½ hour of birth



Age appropriate complementary feeding was initiated in 87% infants



97% of deliveries were conducted in institutions



208 children who were graded underweight as per Weight for Age growth charts attained normal nutritional status

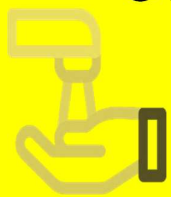




A nutritious recipe competition for Anganwadi workers held during the Mata melava at Palghar



Inauguration of the Ultrasonography centre Rural Hospital, Mokhada



**600 Anganwadi centres ensured
good hand wash practices
through rallies**

E^{ducation}

We at AROEHAN believe that *“Education is the most powerful weapon that one can use to change the world”* and *“Children must be taught how to think and not what to think.”* This year through the ASHA project we reached out to 6 Ashram Schools and 10 Zilla Parishad schools in Mokhada taluka with the objective of improving quality of education through initiatives such as betterment of infrastructure and study environment, creating awareness on child rights and entitlements, experimental learning of Science through Science, Technology, Engineering and Math (STEM) kits and incorporating better governance through School Management Committees (SMC).

The teachers and students were introduced to experimental learning through the use of STEM kits. Children could perform various experiments in science with the help of visual learning and this helped out of the box thinking in various situations.

The school management committees (SMC) play an important role in the planning of school development. Most of them are registered on paper, but are not functional as they lack clarity of their job roles and responsibilities. We have put in our efforts to activate and train members of 9 SMCs and make them functional in the schools in our project area.

Every child has one thing in common - their rights. Education cannot be realized in isolation, rather it needs children to be aware of their rights and entitlements. This year we organized 9 events in the schools to spread awareness on 12 child rights with more stress on quality education, health and nutrition, safety from abuse, and clean drinking water and WASH infrastructure.

Good WASH infrastructure is a mandate to improve on absenteeism and school dropout rates. Keeping this in mind AROEHAN refurbished / rebuilt 78 sanitation structures according to norms.

outreach



Intervention for quality education in 6 Ashram schools and 10 ZP schools



78 Sanitation Units
Constructed / Refurbished



STEM learning centers in 6 Ashram
Schools in Mokhada



9 SMCs made functional



40 Teachers Trained on 'How to use STEM
kits'



9 Child rights campaigns undertaken



Livelihood

Any successful development must consider the social, cultural, economic, environmental, and geographic realities that shape the lives of people. The current approach to development has ignored inclusion of all the above realities towards holistic development of any community. Lack of livelihood in existing villages compel the villagers to migrate with or without their families, post monsoon; thus affecting education and health and nutrition of the household as well. At present, we are implementing livelihood development initiatives in Mokhada and Dahanu Block of Palghar District. Moreover, the geography also faces the issues of erratic rain pattern and hilly terrain which causes water to run off quickly leaving no time for groundwater recharge. This makes farmers struggle to cope and adapt to climate-induced shocks. While adapting the action learning cycle approach we realized that the sectoral approach is not efficient to tackle the complex issues of rural development where various factors influence each other. Therefore a focus on Social, Ecological and Economic dynamics is essential.

Water security is another important point of focus in difficult terrains such as Jawhar and Mokhada. While access to electricity remains a dream for many households in the intervention area, AROEHAN stresses upon the need for alternate energy and connects its stakeholders to its resources.

A study was conducted to assess the water stress situation in the taluka and it was found that almost 50% of villages are under high water stress. To mitigate the issue of water stress, we expanded our interventions to 13 villages.

Outreach



4 Water Harvesting Structures built



2 Solar water lifting units for irrigation



1690 households reached through various livelihood interventions



25510 Saplings planted

Outcome



1.25 mn liters of water saved from the runoff



35 acres of agricultural land under direct irrigation



178 farmers adopted floriculture for the first time



60% rate of survival

Ms. Soman was just an ordinary housewife engaged in household work. However, since last two years, with regular training and follow up by the AROEHAN team, she started cultivating and selling vegetables. This year she was able to generate an income of Rs 60000 by sale of produce. Moreover, due to availability of fresh vegetables for household consumption, the nutritional needs of the household are also being met



The women face a triple burden of economic poverty, caste and gender that excludes them from productive work and thus from realizing their economic independence. However, our systematic intervention of introducing vegetable farming reportedly targeting the above factors has an empowering effect on the women.

We continue to work towards augmenting incomes of rural poor through various community-based measures that train and equip people with diversified and resilient agriculture practices. During this monsoon, 25,510 saplings were planted, and as per recent counting 60% of the plants have survived despite water scarcity in the area.

This year, in agriculture AROEHAN has supported 178 farmers for Jasmine cultivation, 362 for vegetable farming, and 194 for fruit cultivation. Furthermore, more than 700 households were benefitted from on-farm demonstrations, exposure visits and on-farm visits by agriculture experts.





*Water Conservation Efforts
Check dams in Mokhada*



Governance

AROEHAN firmly believes that for any change to be sustainable, there needs to be a robust interface between people and governance systems. Unless local Panchayat Raj Institutions become people-driven, reflect the issues and dreams of the people, and function in a transparent and accountable manner, interventions will remain transitory.

The involvement of villagers in community decision-making and active participation of all stakeholders in the Gram Sabha becomes key to strengthening democratic processes at the village level. There are several mandatory committees at every Gram Panchayat (GP) that need to be formed/activated and strengthened to take charge of village transformation. We attempt this through the formation of Pada Samitis. Currently, there are 46 Pada Samitis functioning robustly and taking up issues of local relevance. Prominently, these samitis also establish community governance over the infrastructure created in the village.

Furthermore, we work with numerous statutory committees and village bodies to improve village governance. We build their capacities to function effectively, this year we have trained 89 members of Panchayati Raj Institutions in community-based management of malnutrition. This has improved the referral network and awareness on health seeking behavior among the communities.



PADA Samiti bringing collective action for the management of shared resources which includes operations and maintenance of infrastructure

N

etworking, Research and Documentation

Bringing sustainable Transformation to Mokhada - A people's Report

Scaling up from the existing interventions, AROEHAN with its valuable donors decided to conduct an extensive study of Mokhada block which may capture the perceptions and priorities of the people. Reputed academic institutions such as Indian Institute of Technology and College of Social Work, Nirmala Niketan lent their expertise to conduct this study. The final report titled Bringing Sustainable Transformation to Mokhada - A People's Report was published in January 2019. This report depicts the true picture of Mokhada and people's vision for their development.

In this study 227 habitations were surveyed, and 18 stressed categories were defined. The study found that more than 50% villages are under high water stress category. 153 habitations stated the need for sustainable livelihood sources.



F

inance and Administration – make over

Finance and administration plays an equally important role in implementing successful programs and maintaining stable donor relationships in any organization.

This year AROEHAN with the technical expertise of a finance consultant, Mr. Khurshid Kapadia, brought about a sustainable transformation in the HR and finance set up of the organization.

New HR policy and procedures have been introduced, finance and audit systems have been incorporated for procurement and payments in order to maintain uniformity and transparency in all our dealings.

Capacity building of the team is a common feature at AROEHAN. This year too, the team was trained in different HR and financial processes, program implementation techniques.

In order to smoothen the functions in the organization, Community Development and Infrastructure & Supplies teams were introduced each headed by a Project Manager.

A Planning and Review Committee (PRC), and an Audit Committee (AC) have been formed and meet regularly once in every quarter to discuss the program planning and budget utilization as well as financial status of the organization.

Installation of HRMS is in process to help with the field level attendance and other processes of salaries and leave.

Financial Highlights

Schedule VIII
Vide Rule 17(1)
Balance Sheet as at 31st March, 2019

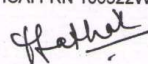

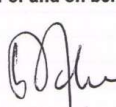
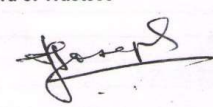
Name of the Public Trust	Action Related to the Organisation of Education, Health and Nutrition (AROEHAN)	
Trust Registration No.	F 62330 (Mumbai)	

Particulars	Note No.	Rs.
Fund and Liabilities		
Trust Fund or Corpus	BS-1	10,000
Other Earmarked Funds		-
Loans (Secured or Unsecured)		-
Deferred Capital Grants		8,00,942
Liabilities	BS-2	3,09,25,362
Income and Expenditure Account (Surplus)	BS-3	-
Total		3,17,36,304
Property and Assets		
Immovable Properties		-
Investments		-
Fixed Assets	BS-4	8,00,942
Loans (Secured or Unsecured) : Good / Doubtful		-
Advances	BS-5	3,56,195
Income Outstanding	BS-6	11,25,343
Cash and Bank Balances	BS-7	2,90,94,991
Income and Expenditure Account (Deficit)	BS-3	3,58,833
Total		3,17,36,304

TRUE

See accompanying notes forming part of the financial statements	1, 2 & 3	The above balance sheet to the best of my/our belief contains a true account of the funds and liabilities and of the property and assets of the Trust
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As per our report of even date attached.

For Mohan M Pathak & Co. Chartered Accountants ICAI FRN 106522W  Mohan Pathak Proprietor Membership No. 039658		For and on behalf of the Board of Trustees   Trustees
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Place: Mumbai	Place: Mumbai
Date: 07/09/2019	Date: 07/09/2019

UDIN:- 19039655 AAAAAN1833

Schedule IX

Vide Rule 17(1)

Income and Expenditure Account for the year ended 31st March, 2019

Name of the Public Trust	Action Related to the Organisation of Education, Health and Nutrition (AROEHAN)
Trust Registration No.	F 62330 (Mumbai)

Particulars	Note No.	Rs.
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Income

By Rent		-
By Interest	IE-1	4,10,721
By Dividend		-
By Donation in Cash or Kind	IE-2	24,93,221
By Grants	IE-3	3,32,93,861
By Income from Other Sources	IE-4	1,42,345
By Sundry Credit Balances Appropriated		-
By Transfer from Reserve		-
By Deficit carried over to Balance Sheet		3,16,666
Total		3,66,56,814

Expenditure

To Expenditure in respect of Properties		-
To Establishment Expenses	IE-5	10,87,651
To Remuneration to Trustees		-
To Remuneration (in the case of a math) to the head of math, including his household expenditure, if any		-
To Legal and Professional Expenses (including to reimbursement of expenses to Professionals)		14,24,797
To Audit Fees		77,000
To Contribution and Fees		-
To Amount written off	IE-6	12,92,142
To Loss on Sale of Fixed Assets		-
To Depreciation	BS-3	1,71,954
To Amount Transferred to Reserve or Specific Funds		-
To Expenditure on Object of the Trust		3,26,03,270
(a) Religious		-
(b) Educational		-
(c) Medical Relief		-
(d) Relief of Poverty		-
(e) Other Charitable Objects	IE-7	3,26,03,270
To Surplus carried over to Balance Sheet		-
Total		3,66,56,814

TRUE

See accompanying notes forming part of the financial statements

1, 2 & 3

As per our report of even date attached.

For Mohan M Pathak & Co.
Chartered Accountants
ICAI FRN 106522W

Mohan Pathak

Mohan Pathak
Proprietor
Membership No. 039658



For and on behalf of the Board of Trustees

[Signature] *[Signature]*

Trustees

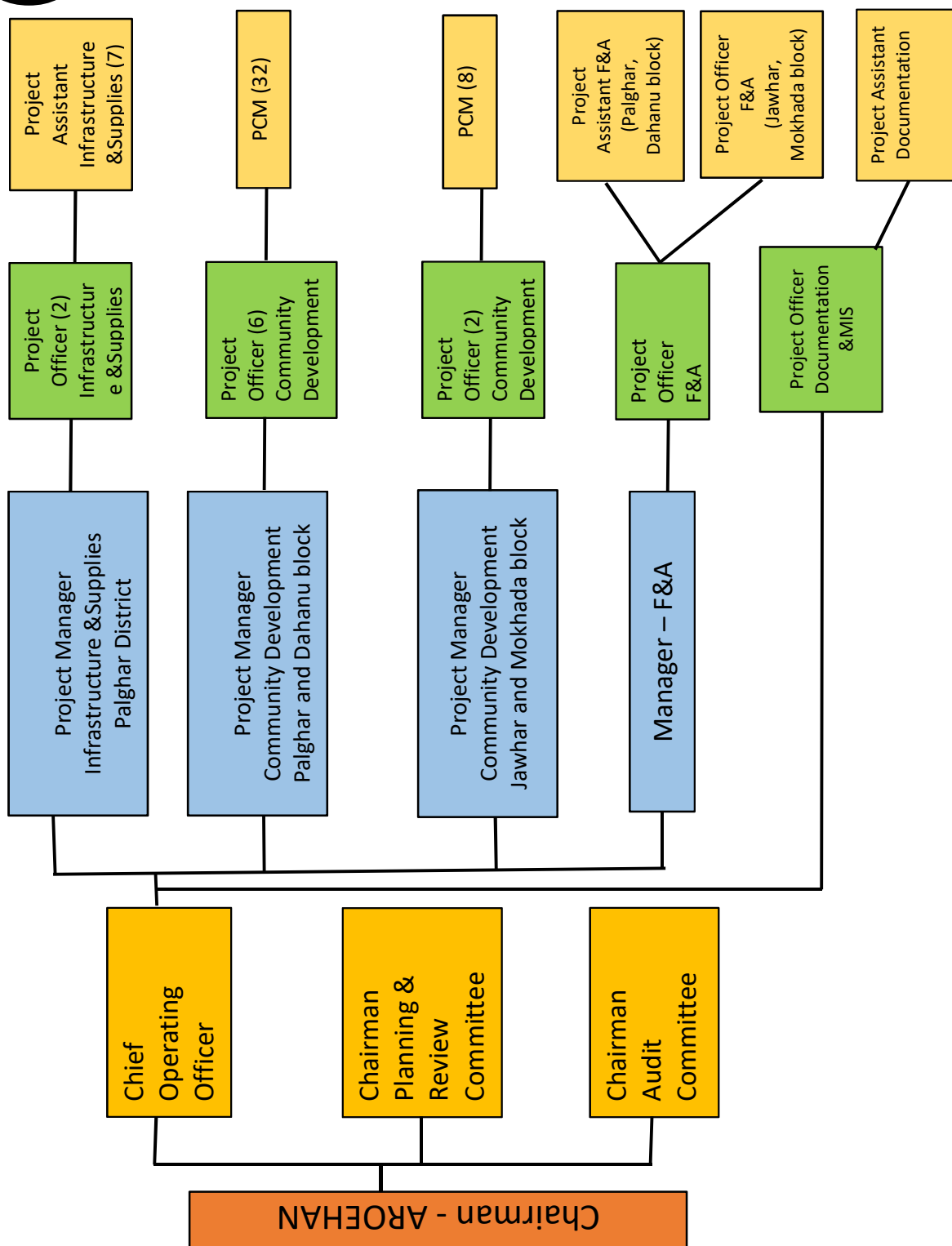
Place: Mumbai

Place: Mumbai

Date: 07/09/2019 UDIN:- 19039658AAAAAN1833

Date: 07/09/2019

Organisational structure



AROEHAN - Board

Name	Age	Status	No. of year (s) as Governing Body Member	Qualification	Current Work
Prof. Helen Joseph	65	Chairman	4	Ph.D.; (Social Work)	Retired Professor. College of Social Work. Currently engaged with NGOs, Academic Institutions and Hospitals as Member of Board/ Consultant/ Expert on Ethics Committees
Dr. Purushottam Kulkarni	40	Secretary	4	Ph.D.; (Eng.)	Professor; IIT, Mumbai
Mr. Dinesh Ahir	59	Treasurer	4	B.Com., FCA, BGL, DISA	Chartered Accountant
Ms. Anjali Kanitkar	63	Member	4	M. A. (Social Work)	Retired Associate Professor; on contract with Government of Maharashtra as Director, Social Audit
Ms. Meenal Gandhe	36	Member	2	M.A. (Social Work)	Project Manager, Population First, Mumbai
Mr. Johny Joseph	53	Member	2	M. A. (Social Work)	Director, Creative Handicrafts, Mumbai
Mr. Vivek Patwardhan	69	Member	1	B.Sc. MLW (Master of Labor Welfare)	Retired as Vice President, Asian Paints; currently HR advisor to several corporates, faculty TISS; Rotarian
Mr. Satyadev Pandey	56	Member	6 months	B.A LLB	Advocate, High Court
Members of General Body					
Mr. Abraham Antony	62	Member	4	M.A. (Social Work)	Retired Associate Professor, Social Work
Ms. Nisreen Ibrahim	55	Member	2	M.A. (Social Work)	Director, Rangoonwala Foundation, Mumbai

AROEHAN - Human resources

Management Team:

Dr. Shubalakshmi Iyer, Chief Operating Officer
 Hrishikesh Gadekar, Manager F&A
 Anita Pagare, Program Manager (Community Development)
 Nitesh Mukane, Program Manager (Infrastructure & Supplies)
 Kaustubh Gharat, Program Manager (Community Development)
 Lalit Patil, Project Officer (MIS & Documentation)
 Swati Kamat, Project Officer (F&A)

Field Team:

Madhuri Mukane, Project Officer (Community Development)
 Vandana Maurya, Project Officer (Community Development)
 Ganesh Sarode, Project Officer (Infrastructure & Supplies)
 Ankita Patil, Project Officer (Community Development)
 Jaishree Paikrao, Project Officer (Community Development)
 Rohini Waghmare, Project Officer (Community Development)
 Vaishali Awere, Project Officer (Community Development)
 Vaishali Gawli, Project Officer (Community Development)
 Balchandra Salve, Project Officer (Community Development)

Aarti Harishchandra Patil
 Abhimanyu Arjun Ghatal
 Apeksha Bipin Patil
 Asha Raghunath Vighne
 Atul Baban Dangate
 Avani Amul More
 Chetna Chetan Patil
 Dhanshri Dhiraj Patil (A)
 Dhanshri Dhiraj Patil (D)
 Dikshita Jayesh Jadhav
 Disha Atul Shelar
 Ganesh Devram Gangurde
 Harshada Pankaj Patil
 Hemant Laxman Shingade
 Hemanti Hanumant Bhusare
 Kajal Chetan Desale
 Krunali Pradip Mukane
 Lila Ashok Dalvi
 Madhukar Ganpath Shinde
 Mahesh Vitthal Dagale
 Manjula Baraku Choudhari
 Mansvi Manoj Thakur
 Minakshi Ganpat Khirari
 Mitali Mukesh Girane
 Nikita Nilesh Patil
 Nilam Ganesh Gavitt
 Nilesh Devram Salve

Pooja Mohan Bhomte
 Poonam Vijay Wade
 Pramila Mukesh Watas
 Pranali Bhavesh Divekar
 Pranali Kalpesh Gharat
 Pratibha Ram Bhoje
 Priya Prashant Patil
 Priyanka Ramesh Karabat
 Pundlik Sakru Dhodi
 Rajaram Bhau Shinde
 Ramchandra Vitthal Gangoda
 Sakshi Sachin Patil
 Sakshi Sandeep Patil
 Santosh Janu Ghoshe
 Sarita Kiran Choudhari
 Sayali Bhulesh Gharat
 Shantaram Magya Bhoje
 Snehal Sachin Gharat
 Suchita Santosh Bodale
 Sudhir Shankar Ghatal
 Sunita Ashok Warghade
 Trupati Chandrakant Patil
 Varsha Sachin Gharat
 Vasant Shivram Hilim
 Yogita Amol Patil
 Yogita Pandu Rathod

Acknowledgment

We acknowledge with immense gratitude all our donors who worked with us with the same zeal and gave us the hope and strength to continue with determination towards our vision and mission.

-  Siemens India Limited
-  DHFL-Changing Lives Foundation
-  ACG Cares Foundation
-  QAPL
-  Edelgive Foundation
-  H T Parekh Foundation
-  HEAD Foundation
-  Tata Power
-  All Cargo
-  And a host of individual donors

We also acknowledge the support of our technical partners- Natural Solutions, and IIT Mumbai for handholding our team in all our water harvesting projects which have brought much relief to the many parched habitations in the area.

We would also like to thank the State Government of Maharashtra, Department of Women and Child Welfare; Department of Public Health and Family Welfare; Department of Tribal Development; Palghar District and Block Administration; Project Officer-Tribal Development for their continuous support.

We would like to express our gratitude to Mr Khurshid Kapadia (Consultant- Finance and HR) for extending his expertise to AROEHAN.











Action Related to the Organisation of Education, Health and Nutrition

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Taluka: Jawhar, District- Palghar

Pin code: 401603

Email: contact@aroehan.org

Website: www.aroehan.org