

SHALINI MEMORIAL SEWA SANSTHAN
Support
We need your help!



SHALINI MEMORIAL SEWA SANSTHAN ANNUAL REPORT 2021-2022



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1. ABOUT US

SHALINI MEMORIAL SEWA SANSTHAN was established in 2013 with a group of committed youths for the purpose of social development. We focus on raising awareness and community Mobilization activities including awareness of Education, health and hygiene to the underprivileged section of society and to inculcate knowledge among them so as to make them responsible citizens and for the betterment of their future.

We (Shalini Memorial Sewa Sansthan) have run a campaign for the underprivileged children in rural/ slum areas with the goal of providing quality education to more and more children and enhancing their intellectual awareness by learning, critical thinking and communication. We also provide classroom support to these children.

With the help of the contributions of many generous people, the dream of many girls to be educated and to do something in their lives has become a reality. It will help children flourish in life, both personally and professionally. With help from this campaign, we have a common service center.



2. TARGET SDGS GOALS BY THE SHALINI MEMORIALS SEWA SANSTHAN

SUSTAINABLE DEVELOPMENT GOALS (SDGs)

The Sustainable Development Goals (SDGs), also known as the Global Goals, were adopted by the United Nations in 2015 as a universal call to action to end poverty, protect the planet, and ensure that by 2030 all people enjoy peace and prosperity.

The 17 SDGs are integrated—they recognize that action in one area will affect outcomes in others, and that development must balance social, economic and environmental sustainability.

Goal 1- Good Health and well being

Good health is essential for sustainable development and the 2030 Agenda reflects the complexity and interconnectedness of the two. It takes into account widening economic and social inequalities, rapid urbanization, threats to the climate and the environment, the continuing burden of HIV and other infectious diseases, and emerging challenges such as non-communicable diseases.

Shalini Memorial Sewa Sansthan educates students as well as their parents on the importance of education, good health and hygiene. We provide classroom support program and counselling sessions to the children and take care of their health and hygiene and keep a regular check on the same.

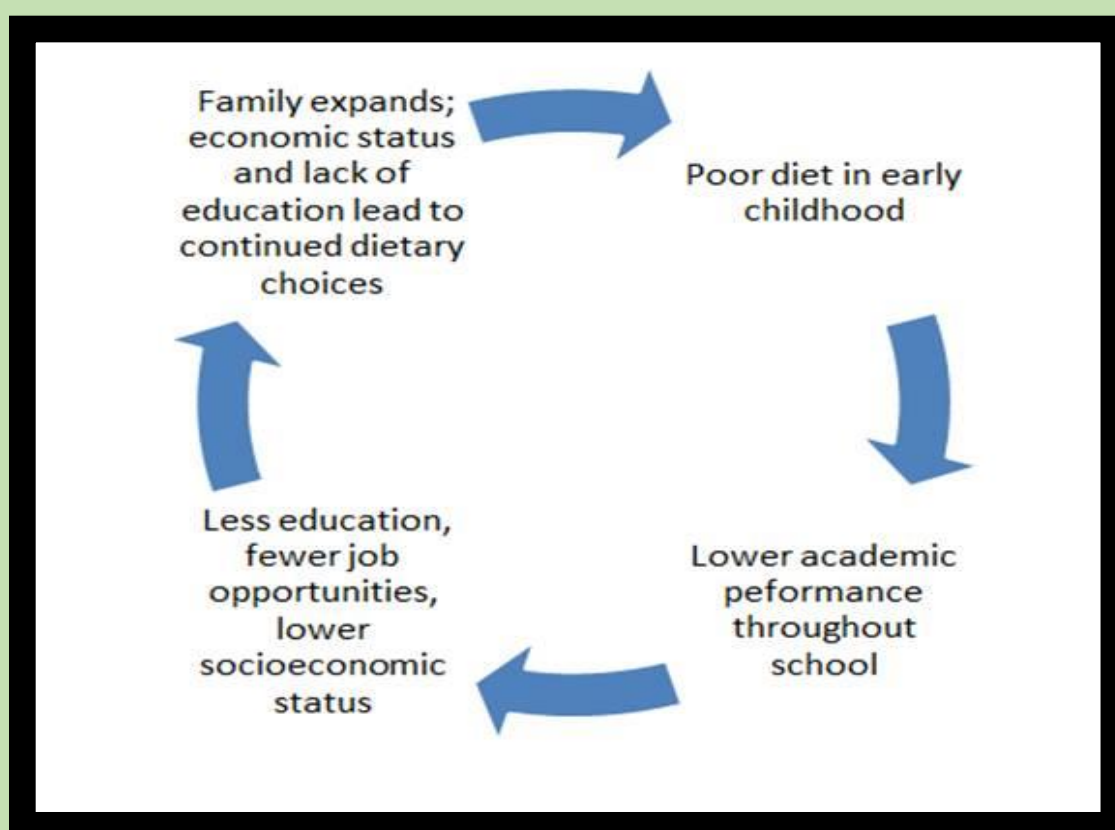
Goal 2- Quality Education

Goal 2 is about quality education; the full title of SDG 2 is "Ensure inclusive and equitable quality education and promote lifelong learning opportunities for all".

We have worked in the education sector from the month of February with the goal of educating more and more underprivileged children including minorities by equipping them with schooled background and enhancing their intellectual awareness by encouraging them to learn, use critical thinking and communication and because of this contribution the dreams of numerous girls to get an education and do something meaningful in their lives has come true.

3. HOW ARE GOOD HEALTH AND NUTRITION RELATED?

Nutrition is a critical part of health and development. Better nutrition is related to improved infant, child and maternal health, stronger immune systems, safer pregnancy and childbirth, lower risk of non-communicable diseases (such as diabetes and cardiovascular disease), and longevity. Healthy children learn better. People with adequate nutrition are more productive and can create opportunities to gradually break the cycles of poverty and hunger. Malnutrition, in every form, presents significant threats to human health. Today the world faces a double burden of malnutrition that includes both undernutrition and overweight, especially in low- and middle-income countries. Good nutrition is important for your body and processes. It is important to have a balanced diet rich in all nutrient to ensure that no deficiencies or hormonal imbalances are created in the body. Nutrition is also important for you to boost your immunity and give it the ability to fight against diseases.



4. VISION AND MISSION



VISION	MISSION
Work as a reactant in bringing sustainable change in the lives of underprivileged Children and women with the help of Quality education and good health.	SHALINI MEMORIAL SEWA SANSTHAN will function as an NGO to ensure provision of proper health delivery services and propagate awareness among the underprivileged children for nutrition, health and education and their importance as well as Women empowerment. We're working With young girls to help them develop Skills in digital media & storytelling.

4. SAMARPAN AND SAMADHAN

WE CARE

It is our initiative dedicated to securing the future of the underprivileged children on the three pillars of nutrition, health and education. "We must teach our children to dream with their eyes open"- Harry Edwards

Shalini Memorial Sewa Sansthan is an NGO that ensures the delivery of adequate health services; promoting awareness among underprivileged children for nutrition, health and education and its importance.

"SAMARPAN, we care" is an initiative dedicated to ensuring the future of underprivileged children by doing all that is possible for them. It is an initiative devoted to welfare and development of children and women. Our interdisciplinary team of professionals provide neuro-developmental and psychological evaluations, and treatments for children, adolescents and their



5. Brief introduction about Nutrition, Health and Education - The Three pillars

HEALTH

Health is defined as "A state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity." It is the ability to perform work, and community roles and to deal with physical, biological, psychological, and social stress smoothly.

Children's health is the foundation of all growth and development. Children's health, or paediatrics, focuses on the well-being of children from conception through adolescence. It is vitally concerned with all aspects of children's growth and development and with the unique opportunity that each child has to achieve their full potential as a healthy adult. Children's health includes more than physical growth. Some important parts of a child's health include their cognitive (learning and thinking) development, social and emotional growth, and mental health. All aspects of health and development work together to form child's overall well-being.



"To ensure good health: eat lightly, breathe deeply, live moderately, cultivate cheerfulness, and maintain an interest in life." -William Londen

NUTRITION

Nutrition is the science that interprets the interaction of nutrients and other substances in food in relation to maintenance, growth, reproduction, health and disease of an organism. The diet of an organism is what it eats, which is largely determined by the availability, the processing and palatability of foods. A healthy diet includes preparation of food and



storage methods that preserve nutrients from oxidation, heat or leaching, and that reduce risk of food borne illness. “Investing in early childhood nutrition is a sure-fire strategy. The returns are incredibly high”- Anne M. Mulcahy

To increase teenagers’ nutrition knowledge is an important target and has the potential to improve their dietary habits and lifestyle while reducing incidences of obesity-related non-communicable diseases throughout the whole lifespan.

Nutrition is important at every age. Children need proper nutrients to stay and grow up healthy and strong. Nutrition for children can also help establish a foundation for healthy eating habits and nutritional knowledge that children can apply throughout life. A healthy nutritious diet is an essential component in the growing years of children. It aids in building a strong foundation in the child with regards to staying healthy and imbibing good eating habits right from childhood.

“Diet is the essential key to all successful healing. Without a proper balanced diet, the effectiveness of herbal treatment is very limited.” – Michael Tierra

EDUCATION

Education is the process of facilitating learning, or the acquisition of knowledge, skills, values, beliefs, and habits. Education methods include storytelling, discussion, teaching and training. Education is very essential for children to be able to achieve high levels of economic growth.



Education in society helps people to be more active in their struggle for a better quality of life. As the citizens' understanding of the world around them grows, the entire society strives towards more efficient solutions to problems and the advancement of everyday life. This is an important mission for the whole of humankind, and it is crucial that each individual should have opportunities for personal advancement and making their own contribution.

Children are like buds in the garden that need to be carefully nurtured, as they are the future citizens of tomorrow. Education acts as the wind beneath the wings for children to grow as healthy and prosperous adults in the future. Education plays a pivotal role in a child's life to think and analyze critically, enhance their imagination and thought processes. This platform exposes them to new ideas and helps them to achieve success through their dream careers. A child plays a vital role as they unfold the door to the success of a nation, and education plays a significant role to unlock the success of a child. A nation achieves its growth and success only when a child succeeds.

"Education is the most powerful weapon which you can use to change the world"

– Nelson Mandela.

5. DURING THE YEAR 2021-2022

Work for “Poshan Jan Abhiyaan”



Rambhau Mhalgi Prabodhini (RMP)’s ICAN - India Co-Win Action Network has planned to contribute to Government of India’s Poshan Abhiyaan through its Project “Strengthening ‘Poshan Abhiyaan’ through Active Engagement of Civil Society for Poshan Jan Abhiyaan in selected districts of Uttar Pradesh in India”. The envisaged

project is being driven and guided by Niti Aayog and RMP is implementing it, in collaboration with the National Alliance for Swaach Bharat (NASB), a Lucknow based NGO. The initial six months of the project activities are being supported by Tata Trusts and Marico India.

Shalini Memorial Sewa Sansthan under the Poshan Jan Abhiyan Mission in collaboration with Rambhau Mhalgi Pradbodhini organised a program at Barkhera block, Pilibhit district on 23rd June, 2021 to raise awareness on the importance of nutrition. The main objective of our program was to understand the problem of malnutrition at the ground level and bring about awareness so that the perspective of the people about nutrition can be changed for the better future of their children. Under this program we distributed masks and sanitisers to the children and encouraged them as well as made them aware about the Covid 19 virus and how they can protect themselves as well as others around them through various precautionary methods like social distancing, proper mask usage and regular sanitisation.

Apart from this the main focus was to guide men, women and children to maintain a proper nutritional diet in their daily life so that they can have a better chance at a good future.

GOAL

The overall goal of the project is strengthening of Government’s “Poshan Abhiyaan” in the selected districts by inducing behavioural change through raising community awareness on malnutrition, building capacities of concerned stakeholders, creating a cadre of champions and volunteers, and convergence of

the efforts at the local level. Efforts will be directed at increasing the demand through raising awareness and ensuring increased utilization and continuity of interventions.

The focus of the project for the first 6 months was on awareness and knowledge generation activities.



- Awareness about the government schemes and interventions (Knowledge),
- Utilization of services provided by these schemes by Demand Generation (Attitude)
- Compliance with programme interventions (Practice)

On 12 January, 2021 on the occasion of Swami Vivekanand's Jayanti, under honourable Basant Kumar's president ship, Poshan Jan Abhiyan Program was started. In this program, all 15 partner representatives participated. Shalini Memorial Sewa Sansthan started its contribution in the program from 13th January, 2021.

People were made aware through their Gram Poshan Mitras that our body needs necessary nutritional elements and how we should regularly take these nutrition in a balanced diet.

The statistical data on women who were suffering from malnutrition was collected by Poshan Mitras in their individual zones by Aanganwadi Asha.



A workshop was also conducted, in which the Block's distinguished personalities were present. The workshop was to counsel pregnant women, girls and mothers about malnutrition and how can it be eradicated; what kind of nutrition a growing child needs and about free vaccination, cleanliness, its importance, regular check-ups, and the fixed dose of IFA.

A list of detailed data of pregnant woman, travelling women, 0-6 years of children who were suffering from malnutrition were made and provided to Block Coordinator.



On the auspicious day of Guru Govind Singh Jayanti, all Poshan Mitras made the children and pregnant women promise that they will take an iron rich diet and iron tablets regularly for better nutrition and as a diet supplement.

Expecting women were made aware about what all they should eat to stay healthy. They were told to have one extra meal in their diet, and to take proper rest during pregnancy,

pre-delivery and post-delivery check up on regular intervals.

In Gram Agyari, through Poshan Mitras, all villagers were made aware especially the expecting women that they will be getting government facilities and services for delivery, check-up and medicines.

With the help of Poshan Mitras of Barkheda District, many children were given polio drops in polio booth and with the guidance and support of Block coordinator, the polio centre successfully completed its task.

The process adopted to achieve these activities were the 10 focus points. For Pregnant women it was recommended to take a variety of nutritious foods containing iron and vitamins daily, one IFA red pill daily, from the fourth month for 180 days. To take a prescribed dose of calcium and Albendazole tablet in the second trimester. To drink only pure water covered and placed on a high surface. Four ANC's before delivery check-ups should be done. They should get their delivery done at the nearest hospital or medical centre, take care of personal hygiene and wash their hands with soap before eating. For Midwife it was told, to take a variety of nutritious foods containing iron and vitamins daily and to drink milk, take essential oils and iodized salt, to take one IFA tablet daily from delivery till 6 months (180 days) and take the prescribed dose of calcium. To drink only pure water and start breastfeeding new born babies within one hour of birth and give the babies their first yellow thick milk.



Poshan Mitra giving information about nutrition in various vegetables with the help of charts to Village women

The mother's first yellow thick milk is the baby's first vaccine. The mothers should take care of the personal hygiene of their child and wash their hands with soap before cooking and eating food and always wash their hands with soap after disposing off the baby's defecation. They should always use the toilet for their child's toilet disposal. For Teenagers: Daily nutritious diet containing iron and

vitamins should be fed to adolescent girls, so that the deficiency of iron from the bleeding during menstruation can be overcome. To drink milk and take essential oils and iodized salt; to take one IFA blue pill once a week and to take care of their personal hygiene and menstrual hygiene and to avoid stomach worms they should take one tablet of Albendazole twice a year. They should drink only pure water and be sure to wash their hands with soap before and after eating and defecation.



There was a discussion between the Poshan Mitras on what all should be there in the right diet in the Aanganwadi Centre.

- Block coordinator gave suggestions to the Poshan Mitras to collect data through family register and inform the families about vaccinations. The families should also be made aware about the Poshan Abhiyaan and its benefits.
- With the help of Family Register, door to door Google form filling was made possible by the Poshan Mitras.
- In the Aanganwadi Training, with the support of the Poshan Mitras, the people were made aware about Poshan Jan Abhiyaan and what all should be included in a proper diet for their daily routine.
- On the occasion of National Deworming Day, in Block-Barkheda, District Pilibhit, an event was organized in the Block community centre and Aanganwadi Centre. In this event 1 to 19 years of age children were made aware about ways to prevent worm infection. They were informed about curing the worms in their stomachs. Children were to be given medicine 2 times in a year and follow the hand wash technique regularly.
- Shalini Memorial Sewa Sansthan distributed fresh fruits on the occasion of National Deworming Day and explained to the children the benefits of eating fruits.



Children taking Polio drops in Pulse Polio Abhiyan, Aamdar Gram Panchayat

- Block coordinator gave a brief introduction to the Aanganwadi workers about the food items they should eat during pregnancy, which healthy foods are to be consumed during this time and how teenagers and midwives can keep themselves protected from Amenias and other diseases. They were also told about the medicines for stomach worms; about iron, folic acid and filaria tablets- their benefits and importance.
- In Gram Daulatpur, Gram Ranbojha and Gram Prathvirpur, Survey CTO Form Training was done and the Midwives were told about the importance of children's vaccination with the help and support of Aanganwadi workers.
- Registration of expecting women was done and they were made aware on the essential components of a healthy diet and how to get rid of malnutrition.
- All Poshan Mitras did thorough research on Survey CTO and Poshan Vatikas in detail.



- Baseline Survey was done on the selected Gram panchayats, through Survey CTO app

In march, the first task was to get the Poshan Mitras and Poshan Doots trained for the proper functioning of the survey.

- In this training, 44 Gram Panchayat's Poshan Doots were selected and form filling was done. Poshan Vatika's work for every Poshan Mitra was made according to the 6 Poshan Vatikas.
- The land for the Poshan Vatikas was demarcated.
- The help needed for better seeds, fertilizers, water and labour was provided.
- 40-50 Google form were filled approximately.
- Every Aanganwadi having pregnant women had an elected community leader among them.
- With the help of Basic Education, SHG, TRI, CDPO, Poshan Doots were selected.



Work in the field of Education through an online donation campaign-

During the Covid-19 pandemic, we observed that the dropout rate of students increased in India due to the lockdown that was imposed on schools and colleges, lack of proper facilities to take online classes, lack of mobiles, proper internet connection facilities and availability of electricity at their homes. The pandemic also greatly impacted the overall health of the students due to poor economic condition of their parents. Loss of livelihood during the pandemic caused many students to drop out of school and do manual labour. Some children left school and started working with their parents on farms, assisting their parents in running grocery shops or selling vegetables in the local markets. According to a government report (2021), the dropout rate at the



secondary school level in India is more than 17%, while the dropout rate at upper-primary (VI to VIII) and primary level is 1.8% and 1.5%.

So our objective for the year 2021 was to provide quality education to the underprivileged children.

When we started working in the slum areas, we realized that there were innumerable children deprived of basic education and literacy and that they needed education to gain respect, dignity and

acceptance in the society. So, we commenced our work by getting the education of the underprivileged children sponsored on a regular basis in Study Hall Education Foundation (Prerna) and Modern School (Prayas).

We aim to educate more and more children by equipping them with schooled background and enhance their intellectual awareness by learning, critical thinking and communication. This will help the children to thrive well in life, personally and professionally. We achieved this by providing a complementary curriculum within the aforesaid schools.

OUR PLAN

- In year 1, we helped 8 children by getting them education in Modern Academy (Prayas) school.
- In year 2, we increased that number to 20.
- In the year 3, we got 29 children admitted in schools and worked for their welfare as well.



- In year 4 our NGO raised the number of enrolled students to 49.
- In year 5, we increased that number to 51.
- In year 6, we increased the number by getting 57 more children enrolled with the help and support our sponsors.

WHY YOU SHOULD CONTRIBUTE

Contributing can help children lead a better-quality life and help to build a better India.

DONATE

Total fees for 26 students (9 to 12 class) annually – Rs. 3,90,000/-

Per student annually – Rs. 15,000/-

Shalini memorial Sewa Sansthan has impacted the lives of a lot of children. Kiran, Vineeta and Suman are among a few who have performed extremely well in their class 11th examinations with 81%, 82% and 83 % respectively. Shalini Memorial Sewa Sansthan is investing in a better future for children and looking forward to making more children educated and capable. We thank all our volunteers for their constant support and help and hope that they will continue to give the same support in the future.

LET'S MAKE IT HAPPEN

There are so many children in need of care and protection and our work has just touched the tip of the iceberg. With every contribution people make, it will help a child to take a step forward towards his/her goal. Let's show the children that we care. Every single contribution that each one of us makes will help in achieving our goals.

AWARENESS PROGRAM FOR SENIOR CITIZENS

Awareness- Provide awareness about the importance of health, nutrition, yoga, exercise, vaccination during the Covide-19 pandemic.

Practice- Kept separate sessions to practice yoga, meditation and exercise.

Older adults compose a great portion of the Indian population. Physiologic changes of aging that limit function and general quality of life occur at a faster rate as we grow older. There is high-quality evidence that exercise has many favourable benefits for older adults.



Old people should maintain a certain amount of steadiness in the posture without much effort or tension. Comfort and steadiness in a posture is attained through undistracted concentration of the mind on posture. The practice of asana is coordinated through regulated breathing, that is, through pranayama. Yoga promotes physical health in multiple different ways. Some of them derive from better stress management. Others come more directly from the physical movements and postures in yoga, which help promote flexibility and reduce joint pain. Yoga is as good as basic stretching for easing pain and improving mobility in people with lower back pain. Slow movements and deep breathing increase blood flow and warm up muscles, while holding a pose can build strength. Participating in yoga classes can ease loneliness and provide an environment for group healing and support. Even during one-on-one sessions loneliness is reduced as one is acknowledged as a unique individual, being listened to and participating in the creation of a personalized yoga plan.



Outcome of the sessions

They learn the importance of yoga, meditation and exercise in their daily lives. The art of practicing yoga helps in controlling an individual's mind, body and soul. It brings together physical and mental discipline to achieve a peaceful body and mind; it helps manage stress and anxiety and helps them to relax. It also helps in increasing flexibility, muscle strength and tones body. It improves respiration, energy and vitality of old people.

"A person is said to have achieved yoga, the union with the Self, when the perfectly disciplined mind gets freedom from all desires, and becomes absorbed in the Self alone."



THANK YOU