



**FOUNDATION FOR RURAL
RECOVERY AND DEVELOPMENT**

Annual Report 2023-2024



Restored Pyne, Hilsa, Bihar

ORGANISATION OVERVIEW

The Foundation for Rural Recovery and Development (FORRAD), established in 1980, is a public charitable trust working in the field of water conservation, sustainable agriculture, girl education and community health. FORRAD facilitates and supports grassroots initiatives that address issues of sustainable natural resource management and human resources development. FORRAD's work intersects with issues of social justice, empowerment, and employment generation.

Over the last 44 years, the organisation has undertaken a wide range of initiatives relating to irrigation, drinking water, agriculture, housing, forestry, land development, alternative energy, health care, education and livelihoods in rural Uttarakhand, Jharkhand, Chhattisgarh, Bihar, Odisha, Madhya Pradesh, Rajasthan, Uttar Pradesh, Andhra Pradesh, Karnataka, Kerala, and Tamil Nadu.

FORRAD's focus in recent years is to highlight the interconnectedness of all aspects of its work in the field including at present, health care, sustainable agriculture, water security and girl education. This is accompanied by a strong commitment to participatory, transparent and sustainable processes.

The organisation believes and recognizes that rural women, particularly those belonging to marginalized communities bear the greatest burden created by climate change, depleting natural resources and environmental degradation. The prevailing norms and values, however, deny these groups voice and visibility. FORRAD strives for inclusiveness and ensures that women's opinions are prioritized and that women and other vulnerable sections are a part of and fulfil decision-making roles in the planning and implementation of all projects.

FORRAD is committed to the strengthening of community based organisations and village institutions in the implementation of all its projects. Its work at present emphasizes the interconnectedness of health, sustainable agriculture, water conservation and livelihoods.

CURRENT WORK

Our current operations are focused in two geographical areas, each representing a different approach to rural development:

| GEOGRAPHICAL AREA | Projects |
|---------------------------------|---|
| TIRUVALLUR DISTRICT, TAMIL NADU | Integrated Community Health Programme |
| NALANDA DISTRICT, BIHAR | A learning centre for girls in Kaliyachak Water, Agriculture, Nutrition Security |

Integrated Community Health Programme



From left to right: Amulraj (Physiotherapist), Munuswamy (Driver), Sangeetha (Community Health Worker), Saranya (Community Health Worker), Mubeena (Community Health Worker), Navya (Doctor [June 2023-till date]), Thanmayi (Doctor [June 2022-June 2023]), Lakshmi (Nurse), Tamil Selvi (Communication Coordinator), Sasi (Health Worker Coordinator), Ranjini (Community Health Worker), Radhika (Community Health Worker), Saravanan (Communication Coordinator)

The Mobile Medical Unit (MMU) project continued to build on its existing work in the area to deliver quality in situ primary health care and services in Michelin India's CSR operational area. This comprises 31 villages and hamlets around the SIPCOT, Thervoy Kandigai site in Thiruvallur district, with a population of approximately 30,000 people. In particular, this initiative aims to address the lack of knowledge of healthcare, constitute lifestyle changes, and treat and bring awareness about chronic non-communicable diseases specific to the

community such as diabetes, hypertension, malnutrition, anaemia, respiratory disorders, orthopaedic conditions, and mental illness. The MMU provides basic diagnostic services, treatment for chronic diseases, emergency care, house calls for immobile patients, and health communication to the village communities. The health team aboard the MMU comprises of a doctor, a nurse, a healthcare coordinator, a physiotherapist, a driver. They are supported by six community level health workers.

The MMU functions from 9:00 to 16:00, Monday to Friday, and a half day on Saturdays. Saturday afternoons are reserved for coordination meetings, weekly reviews, and health-worker training. Each working day, the MMU visits one of 19 designated stops, with each stop administering to the surrounding villages. 10 of these stops are in smaller, interior villages inaccessible by the bus and the team transfers to an auto that transports medicines and collapsible tables that are then unpacked at the selected location.

Patient Care Statistics

The impact of our work is clearly reflected in the comprehensive patient care statistics we maintain:

| Month | Consultations | New Registrations | Physiotherapy Consultations |
|--------------|----------------------|--------------------------|------------------------------------|
| April 23 | 510 | 26 | 105 |
| May 23 | 489 | 38 | 100 |
| June 23 | 462 | 34 | 113 |
| July 23 | 639 | 33 | 164 |
| August 23 | 481 | 40 | 124 |
| September 23 | 525 | 40 | 101 |
| October 23 | 565 | 56 | 134 |
| November 23 | 546 | 26 | 130 |
| December 23 | 417 | 28 | 80 |
| January 24 | 537 | 46 | 76 |
| February 24 | 573 | 47 | 96 |
| March 24 | 485 | 21 | 114 |

Health Communication Sessions

32 health communication sessions were held in the various project villages on the risk factors, symptoms, complications, management and prevention of diabetes and hypertension, introduction to mental health, and the identification and treatment of anaemia. The sessions were conducted by the respective health worker of the village and overseen by the doctor and the nurse. A total of 813 persons participated.

Cooking for Health Competitions

Innovation in health education led us to develop an engaging and culturally appropriate approach to nutrition education through cooking competitions. These events combine entertainment with education, creating memorable experiences that translate into lasting behavioral change.

The Millet Challenge: A series of cooking competitions was introduced in the villages from the month of February 2023. These competitions were centred around the preparation of various millet- based dishes with a key emphasis on nutritional and environmental benefits of incorporating millets into the daily diet. Each competition centred around one variety of millet – foxtail, barnyard, finger, barley and kodo were featured.

The Balanced Plate Challenge: The series of cooking competitions has continued with a broader theme. Initially focused on millet-based dishes and highlighting their nutritional and environmental benefits, the theme shifted in February to ‘The Balanced Plate.’ This aims to educate participants on creating an ideal plate using locally available food items. 19 cooking competitions were held in the various villages. A total of 276 women participated.



Photo: Awaiting the arrival of the judge (the doctor) at the cooking competition in Soolaimeni

JB Singh Kanya Shiksha Setu – A Learning Centre for Girls in Kaliyachak, Nalanda District

The school is now a learning centre

The year began with the decision to convert the school to a Learning Centre. This was done for the following reasons:

1. All the girls coming here are now enrolled, and most are attending, classes in the government schools.
2. While their enrolment in the state school is essential and desirable and will help them with their future, the need for our centre however, continues, as the education provided by the schools is as yet inadequate and as most students attending the Centre have not attained learning levels commensurate with their age.
3. Most students of the centre are first generation literate and do not have an environment that facilitates learning at home. The centre provides a space to prepare them and their parents for school.



Photo: Class in Session, Std VI

The school now has an enrolment of 141 girls with approximately 120 children attending every day. The increase is significant as the year began with an enrolment of 80 with 60 students attending each day.

The class-wise distribution of students is as under. The teachers move classes according to the subject they teach but are each also assigned responsibility for a specific class.

| Class | No. of Students | Teacher Name |
|-----------|-----------------|---|
| 1 | 47 | Sinku Kumari |
| 2 | 31 | Tarawati Kumari |
| 3 | 19 | Shailendra Kumar |
| 4 | 14 | Shravan Kumar |
| 5 | 14 | Sweta Kumari (Head-teacher till Sept) |
| 6 | 16 | Ranjeet Kumar (Head-teacher from September) |
| Tailoring | 24 | Rajesh Tanti |

Parent Teacher Meetings

Two Parent Teacher meetings were held during the course of the year to apprise the parents with what was happening in the school and to get their involvement in ensuring their wards came to school regularly and on time.

The meetings also served as educational opportunities for parents, many of whom are themselves illiterate or have limited formal education. We used these gatherings to explain the importance of education for girls, discuss how parents can support learning at home, and address cultural or economic barriers that might prevent regular attendance.

Sports Day Celebration

125 children were present on sports day and every child participated. Aside from the students and teachers there were around 55 spectators. A variety of races were held including 200m, 300m, marble and spoon, needle and thread, match the letters. There was also a long jump event. The day began at 9 am and closed by 2:30 with the prize distribution ceremony and refreshments of samosas and jalebis. The teachers observed that the students were far more confident and competitive this year compared to the previous year.

Educational Excursion

This was for the students of class 6 and 10 girls were able to come. Two teachers accompanied them. They visited some of the famous landmarks in the city such as Golghar (The Granary), the Bihar museum, the zoo, Patna airport, a Gurudwara and the Mata Patan Devi temple. This was the first time that the students were visiting these places and it was a memorable adventure for them.

Nutrition Program

The provision of the snacks encourages the parents to send the girls regularly to the centre. Significantly, the nutrition provided to the girls has helped them achieve parameters of height and weight as per their age. A recent malnutrition assessment of 45 children conducted by FORRAD in the hamlet of Saristabad showed normal readings only for 5 children, 2 of whom were being breastfed and 3 who come to our learning centre

Health Interventions

The centre had a visit from FORRAD resident medical officer from Tamil Nadu, Post the visit, the students were put on a deworming regimen and were administered B complex vitamins for 3 months.

Tailoring Classes

The tailoring classes had two consecutive 6 month long batches of 10 students each. The classes lasted from 11 am to 1 pm. This basic six month course taught the cutting and sewing of all clothes for daily wear for women, men and children. A new machine was purchased this year.

Water, Agriculture, and Nutrition Security

Pyne Restoration

The mechanical excavation of 16 km of the proposed 23.2 km of pynes was completed between August – October of 2023. The balance of 7.28 km was completed post-monsoon, by March 2024. The total length of 23.2 km serves a command area of 2980 acres. Although the monsoon this year was not particularly good and the seasonal rivers did not flood, the pynes did fill with rain water collecting 300 million litres of rainwater.



Pyne Restoration, Nanand Village, Bihar

To ensure the long-term functionality and accessibility of the pyn system 10 culverts were installed as required.

Climate Resilient Agriculture

During the rabi season, we supported mixed cropping on 328 acres in Hilsa and 92 acres in Silao, for a total of 420 acres under improved agricultural practices. Multi-cropping in the rabi season in this region involves sowing 2-5 crops together, creating diverse agricultural systems that provide multiple benefits.

The crop combinations we promoted include yellow and black mustard, which provide oil seeds and improve soil fertility; Bengal gram, which fixes nitrogen and provides protein-rich food; flax seed, which offers both nutritional and economic value; coriander, which serves as both spice and cash crop; grass pea (khesari), which provides protein and improves soil health; peas, which offer fresh vegetables and soil improvement; and red lentil, which provides protein and enhances soil fertility.

This approach to mixed cropping provides multiple advantages over monoculture systems. It reduces risk by diversifying crops, so if one crop fails due to weather or pest issues, others may still succeed. It improves soil health by combining crops with different nutrient requirements and contributions. It provides diverse nutrition for families, addressing malnutrition through dietary diversity. It creates multiple income streams, reducing economic vulnerability. And it builds resilience to climate variability by including crops with different tolerance levels for drought, flooding, and temperature variations.

Access to Government Schemes

During the year, we supported 452 farmers in applying for welfare programs and schemes such as old age pension applications, fasal bima (crop insurance), Ayushman cards, and farmer registration.

Therapeutic Nutrition for Children

In 2023, FORRAD piloted a therapeutic nutrition initiative for children in Bihar. The initial assessment of 128 children aged 2-12 years revealed alarming levels of malnutrition that demanded immediate action. Among the 47 children under age 5, we identified 2 children with Severe Acute Malnutrition (SAM) and 2 with Moderate Acute Malnutrition (MAM). We also found 2 severely underweight children and 10 moderately underweight children. Most concerning, 21 children (44%) were stunted, indicating chronic malnutrition that affects long-term development potential.

In the 5-12 age group, comprising 81 children, we identified 14 underweight children and 15 stunted children.



Children Health Assessment, Nanand Village, Bihar

In response to these findings, we initiated a community-based therapeutic nutrition pilot program serving 300 children. This program represents an innovative approach that combines clinical nutrition knowledge with community-based delivery systems, ensuring that interventions are both effective and sustainable.

GOVERNANCE

Board of Trustees

FORRAD's governance structure reflects our commitment to diverse perspectives, professional expertise, and community accountability.

| NAME | POSITION |
|---------------------------|--------------------|
| Dr. Ms. Jyotsna Chatterji | Chairperson |
| Mr. Sanjit (Bunker) Roy | Trustee |
| Ms. Mythily Jagannathan | Trustee |
| Ms. Kanika Satyanand | Trustee |
| Mr. Soumya Swaroop | Trustee |
| Ms. Neelam Singh | Managing Trustee |
| Ms. Susan Abraham | Director (Invitee) |

Auditors: SMS & Associates

PARTNERSHIPS AND COLLABORATIONS

FORRAD's work is strengthened by strategic partnerships with local organizations that share our commitment to community-driven development. These collaborations ensure that our interventions are grounded in local knowledge and sustained by community ownership.

Samaj Kalyan Mandal

Samaj Kalyan Mandal is a society registered since 1981, based in village Kaliyachak in the Hilsa Block of Nalanda district, Bihar. It is dedicated to the effective empowerment of socially, economically and politically marginalised people to ensure their inclusion in mainstream society. It looks to raise literacy levels of the community, mobilise resources for economic and social development, promote agriculture, animal husbandry, village industries and health services and develop village infrastructure with regard to natural resource management.

Contact Information:

P.O- Kaliyachak, Via- Hilsa, District- Nalanda, Bihar - 801302

Ph: 06111-680589, +91-9835052933, +91-9430601043

Email: samajkalyanmandal@yahoo.co.in

Secretary: Bhola Nath Singh

Seva Mandal

Seva Mandal is a society registered under the Societies Registration Act XXI of 1860, since 1985 in the Silao block of Nalanda district. It addresses issues of agricultural intensification, natural resource management, women's empowerment, vocational training, non-formal education, preventive health and sanitation. It has initiated a number of awareness programmes such as a workshop to inform women about MNREGA, PDS Gram Sabha, JSY, agricultural marketing processes and facilities.

Contact Information:

At Bhawani Bigha, P.O. Nanand, District Nalanda, Bihar - 803115

Ph: +919431982307, +91-9572300499

Email: sevamandal@yahoo.co.in

Secretary: Ram Vishnu Prasad

GRANTS AND DONATIONS

FORRAD's work is made possible through the generous support of individual donors and organisations.

Funds Received During April 2023 – March 2024

| Donors | Project | Grant Received (INR) |
|--------------------------------------|--|-----------------------------|
| Michelin Corporate Foundation, Paris | Integrated Community Health, Tiruvallur District, Tamil Nadu | 1,37,00,800.00 |
| Friends of Tilonia Inc. New York | J.B. Singh Girls', Kaliyachak, Bihar organisational support | 6,90,146.55 |
| Michelin Global Foundation | Medical Mobile Unit, Tiruvallur District, Tamil Nadu | 1,29,063.00 |
| Donation from Individuals (FCRA) | J.B. Singh Girls', Kaliyachak, Bihar organisational support | 5,00,000.00 |
| Donation from Individuals (Indian) | J.B. Singh Girls', Kaliyachak, Bihar organisational support | 3,43,000.00 |
| Total Received | | 1,53,63,009.55 |

FINANCIAL STATEMENTS

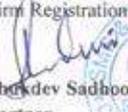
FOUNDATION FOR RURAL RECOVERY & DEVELOPMENT

BALANCE SHEET AS AT MARCH 31, 2024

| As at March 31, 2023 | Rs. | Rs. | Schedule | Rs. | As at March 31, 2024 |
|--|-----------|--|----------|-----------|-------------------------|
| Rs. | Rs. | Rs. | Schedule | Rs. | Rs. |
| SOURCES OF FUNDS | | | | | |
| 15,50,539 | | Capital Fund for Fixed Assets | | | 13,51,415 |
| 14,03,565 | | PF Fund | | | 20,14,559 |
| 10,58,830 | | Gratuity Fund | | | 12,61,608 |
| 62,94,819 | | General Fund | A | | 65,16,278 |
| 44,991 | | <u>Current Liabilities</u> | | | |
| | | Accounts payable and accrued liability | B | | 21,591 |
| <u>1,03,52,744</u> | | | | | <u>1,11,65,451</u> |
| APPLICATION OF FUNDS | | | | | |
| | | <u>FIXED ASSETS</u> | C | | |
| | 18,22,260 | Gross Block | | 15,90,539 | |
| | 2,71,721 | Less: Depreciation | | 2,39,124 | |
| 15,50,539 | | Net Block | | | 13,51,415 |
| <u>CURRENT ASSETS LOANS AND ADVANCES</u> | | | | | |
| 85,55,428 | | Cash & Bank Balances | D | | 96,38,308 |
| 2,46,777 | | Loans & Advances | E | | 1,75,728 |
| <u>1,03,52,744</u> | | | | | <u>1,11,65,451</u> |

Notes forming part of the Financial Statements-I

As Per our report attached.

For SMS & Associates
Chartered Accountants
Firm Registration Number:018687N

Shikdev Sadhoo
Partner
Membership No. 084188


For FOUNDATION FOR RURAL RECOVERY & DEVELOPMENT

 Executive Director  Managing Trustee  Governing Body Member

Place : New Delhi
Date : 16.09.2024



FOUNDATION FOR RURAL RECOVERY & DEVELOPMENT

INCOME AND EXPENDITURE ACCOUNT
FOR THE YEAR ENDED MARCH 31, 2024

| Year ended March 31, 2023 Rs. | | Schedule | Year ended March 31, 2024 Rs. |
|-------------------------------------|----------------------------------|----------|-------------------------------------|
| | <u>INCOME</u> | | |
| 1,82,54,842 | Grant Received | | 1,72,20,889 |
| 1,46,999 | Interest & Other Income | F | 3,04,873 |
| <hr/> | | | <hr/> |
| 1,84,01,841 | | | 1,75,25,762 |
| | <u>EXPENDITURE</u> | | |
| 1,11,80,278 | Project Expenses | | 1,71,32,628 |
| 2,71,721 | Depreciation | C | 2,39,124 |
| <hr/> | | | <hr/> |
| 1,14,51,999 | | | 1,73,71,752 |
| 69,49,842 | Surplus/Deficit for the year | | 1,54,010 |
| <hr/> | | | <hr/> |
| 69,49,842 | Balance carried to Balance Sheet | | 1,54,010 |

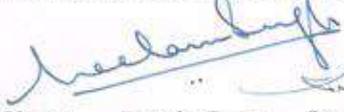
Notes Forming part of the Financial Statements-I

As Per our report attached to the balance sheet

For SMS & Associates
Chartered Accountants
Firm Registration Number: 018667N
Shukdev Sadhoo
Partner
Membership No. 084188

Place : New Delhi
Date : 16.09.2024

For FOUNDATION FOR RURAL RECOVERY & DEVELOPMENT

 Executive Director Managing Trustee Governing Body Member

