

ANNUAL REPORT
APRIL 1 2024- MARCH 31 2025



CONTENTS

ORGANISATION OVERVIEW.....	3
CURRENT PROJECTS.....	4
PROJECT PROFILES	
1. TAMIL NADU.....	5
1.1. Integrated community health.....	5-7
2. BIHAR.....	8
2.1. Girls' School in Kaliyachak.....	8-11
2.2. Water, Agriculture, and Nutrition Security	12-15
3. MADHYA PRADESH.....	16-17
3.1. Action Research for Restoring Food Diversity.....	16
BOARD OF TRUSTEES	18
COMMUNITY BASED PARTNERS	18
DONORS	19
BALANCE SHEETS	20-21

Organisation Overview

The Foundation for Rural Recovery and Development (FORRAD), established in 1980, is a public charitable trust, presently working in the interconnected fields of water conservation, sustainable agriculture, nutrition security, girl education and community health. FORRAD facilitates and supports grassroots initiatives that address issues of sustainable natural resource management and human resources development.

Over the last 45 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.

The organisation believes and recognizes that marginalized communities and particularly rural women belonging to these 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 persons belonging to 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.

PROJECT PROFILES

TAMIL NADU

CURRENT WORK

GEOGRAPHICAL AREA	PROJECTS
THIRUVALLUR DISTRICT, TAMIL NADU	Integrated Community Health Programme
NALANDA DISTRICT, BIHAR	A Learning Centre for Girls in Kaliyachak, Water, Agriculture, Nutrition Security
ALIRAJPUR AND BARWANI DISTRICTS, MADHYA PRADESH	Action Research for Restoring Food Diversity of the Satpuras in Neemad Region of Western Madhya Pradesh

INTEGRATED COMMUNITY HEALTH IN THIRUVALLUR DISTRICT

The health programme continued to build on its existing work in Thiruvallur district both in the field of health care delivery and preventive health in 31 villages and hamlets around the SIPCOT (Small Industries Promotion Council of Tamil Nadu), Thervoy Kandigai site in Thiruvallur district. 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. A mobile clinic provides basic diagnostic services, treatment for chronic diseases, 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 seven 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 a car. Physiotherapy and ECGs are not available in situ to these smaller villages and patients are requested to visit the bus at the closest stop.



Photo 1 From left to right: Munuswamy(Driver), Amulraj(Physiotherapist), Radhika (Health Worker) Lakshmi (Nurse) Priya (Health Worker), Renjini(Community Health Worker), Sangeetha (Health Worker), Rajeshwari (Health Worker), Saranya (Health Worker), Sasi (Health worker coordinator), Oviya (Health Worker), Saravanan (Communication Coordinator), Navya (Doctor)

Table: Patient numbers

Month	Consultations	New Registrations	Physiotherapy Consultations
April 24	420	20	58
May 24	617	35	134
June 24	337	11	40
July 24	501	17	70
August 24	575	34	103
September 24	415	27	54
October 24	485	36	144
November 24	474	29	59
December 24	548	36	96
January 25	495	29	64
February 25	575	32	96
March 25	420	20	58
Total	5862	326	976



Photo 2: Venkat leading the movement class in Vetakamedu along with Saranya

Health Communication Sessions

35 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

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 with a total of 276 participants were held in the various villages.

School Sessions

This initiative was introduced in response to increasing complaints of abdominal pain by children and complaints by their guardians that they were not eating at home. Upon further investigation, it was observed that the consumption of chips, fried snacks, and packaged sugary drinks is alarmingly widespread. To address this, sessions were organised in schools to discuss the harmful effects of these snacks. Alternative, healthier options like chikkki (peanut and jaggery), simili (ragi and jaggery), and other locally prepared home snacks were encouraged. In place of bottled juices, children were advised to bring fresh lemon juice with a pinch of salt or sugar to stay hydrated and cool off.

Additionally, the importance of handwashing with soap and bathing immediately after school was emphasized, especially due to the rise in tinea during the rainy season. The students (and their teachers) have been very enthusiastic so far, with a lot of questions and opinions. Eight sessions have been held so far.

BIHAR

SHIKSHA SETU, KALIYACHAK- EDUCATION

JB Singh Kanya Shiksha Setu – A learning centre for girls in Kaliyachak, Nalanda district

The learning centre, running since 2017 aims to bridge the learning gaps that students face and help students achieve learning levels commensurate with their age.

Class	No. of students enrolled	Teacher name
1	42	Sinku Kumari
2	27	Tarawati Kumari
3	24	Shailendra Kumar
4	22	Shravan Kumar
5	14	Sweta Kumari (Head-teacher till Sept)
6	6	Ranjeet Kumar (Head-teacher from September)
Tailoring	24	Rajesh Tanti

The student strength fluctuates through the year either due to dropouts or because enrollments continue all year round at the learning centre as well as at the tailoring unit. The figures given above are of the months of April – May 2024

FORRAD held a half-day session with the teachers on 6th March to introduce them to the basic food groups, their primary function and sources. The session also included discussions on what constitutes a balanced plate. Only one of the teachers was familiar with the food groups and none of them were clear on the functions each group performed or their primary sources. Instinctively though, many of the teachers knew what a balanced plate should look like though predictably enough, carbohydrates were prioritized and potatoes were considered vegetables. The teachers found the session engaging and they shared what they learnt with their students.



Photo 3: The glass bridge was a thrill

A Day Trip to Rajgir

18 children from classes 4, 5, and 6 went on a day trip to Rajgir and the surrounding areas on 21st February. They were accompanied by 4 adults. They toured the remains of Nalanda University – one of the oldest and most revered universities in the world; they visited the zoo as children must, and experienced the natural wonder of the hot springs. One of the biggest thrills of the trip was the walk across the glass bridge, the first of its kind in India and a definitely a very special treat for them (and the teachers). Rajgir holds cultural, religious and historical significance for the country. It is also of ecological significance. Just an hour and a half from Kaliyachak – this was the first time that any of the students had visited any of the sites. We are sure the memories will remain.



Tailoring classes

The tailoring classes had two consecutive 6 month long batches of about 10 students each. The classes last from 10 am to 2 pm from Monday to Saturday. This basic six-month course teaches cutting and sewing of all clothes for daily wear for women, men and children.

The tailoring class continues to be a popular choice for students who graduate from school and young women. Two additional sewing machines were purchased this year to expand the sewing unit and offer additional opportunities for the older girls. 30 girls enrolled this year for the 6-month course. There are currently 15 trainees doing the course. The sewing unit successfully completed an order of 300 cloth carry bags for an artisan enterprise, Baragaon Weaves in Delhi. We hope to get more such orders so that the sum earned is distributed among the girls, who are good at sewing and volunteer their time for the same.

English as a second language

In response to the teachers requests to learn spoken English as they felt it would help them feel more confident, FORRAD approached Inlingua a Delhi based institute specialising in teaching English as a second language. They organised classes especially for this group. The teachers have completed 2 levels this year one hour a day for 80 hours in all. Their understanding of sentence construction and conversation skills have improved and they now have some confidence to help the girls at the Centre as well. It will be up to them to practice and stay in touch with the language. If their interest sustains, more advanced courses will be organised next year.

WATER, AGRICULTURE, AND NUTRITION SECURITY

I. Pyne Restoration

The primary objective of this initiative was to enhance surface water availability within the pynes while also improving groundwater sustainability. This was achieved by reducing groundwater exploitation and facilitating groundwater recharge. 23.2 kms of pynes were restored to a depth of 5 ft, width of 10 ft at base, and 16 ft at the top created a standing storage of 133 million litres. As a consequence, 2980 acres of farmland in Hilsa and Silao blocks now have improved access to irrigation.

The restoration of pynes, undertaken the previous year, significantly improved surface water availability during the monsoon in 2024, with the pynes in Silao block filling up nearly to capacity, twice. With a standing storage capacity of approximately 70 million litres, this equated to an estimated rainwater capture of 110 million litres. A portion of this stored water was utilized to irrigate 1,810 acres of the command area using lift pumps during dry spells between rainfall events. The remaining water percolated into the soil, replenishing the groundwater table. Additionally, the pynes provided a valuable source of fodder for livestock during and after the monsoon season. Clear evidence of groundwater recharge was reported by local leaders. In Dharhara panchayat, groundwater levels were recorded at 65 feet, whereas in Nanand panchayat, where pynes were restored, groundwater levels had risen to 35 feet within the first year alone.

While initial improvements in soil texture and moisture retention were primarily observed in and around the pynes, the long-term incremental impact will be more widespread, leading to enhanced water security in the coming years.

2. Promotion of Low External Input Sustainable Agriculture

i. Inputs for Climate-Resilient Farming Practices

Hybrid rice (Kharif) and hybrid wheat (Rabi) are the predominant crops in this region. During a farmer meeting, discussions highlighted that traditional crops such as cheena (proso millet), madua (finger millet), Srihanti rice (a short-duration, more water-efficient red rice variety), and indigenous corn were widely grown in the village 40–50 years ago. These crops require fewer inputs and significantly less water compared to modern hybrid varieties.

As part of the initiative, selected farmers agreed to cultivate some of these traditional crops instead of hybrid rice during the Kharif season in 2024. Although Srihanti rice seeds were unavailable, Shatia rice was grown instead. Shatia is an heirloom, upland, short-duration rice variety that requires less water and fewer inputs compared to hybrid rice. Additionally, indigenous varieties of corn, madua, and til were already being cultivated in nearby areas and were included in the project. Cheena was expected to be grown during February–March 2025, but due to unseasonal rains during this period, it could not be cultivated.

Table: Acreage under Low Water Intensive Crops during Kharif in 2024

CROP	ACREAGE
Red Rice (Shatia)	16
Corn	13.5
Madua (finger millet)	2.5
Til	4.5
Total	38.5



ii. Promotion of Mixed Cropping: Enhancing Nutrition, Water Efficiency, and Food Security

In addition to promoting traditional crops in Kharif, the project successfully implemented mixed cropping across 1,120 acres in Rabi 2023 and 2024 season. Farmers adopted a combination of three or more crops in one field, integrating til (sesame), chana (gram), rai (mustard), sarson (mustard), dhaniya (coriander), matar (peas), and tisi (flaxseed), etc. Mixed cropping provides multiple benefits:

Water Conservation: Different crops have varying water requirements, reducing the overall water demand compared to monoculture wheat farming prevalent in the area.

- **Soil Health and Productivity:** Leguminous crops such as chana and matar enhance soil fertility by fixing atmospheric nitrogen, reducing dependency on chemical fertilizers.
- **Resilience to Climate Variability:** Crop diversity minimizes the risk of complete crop failure due to pests, diseases, or erratic rainfall patterns, ensuring better farm income and stability.
- **Enhanced Food Security:** By cultivating multiple crops simultaneously, farmers secure multiple sources of food and income, reducing vulnerability to crop failures.

- **Nutritional Security:** The diversity of crops ensures a balanced diet by providing essential proteins, healthy fats, and micronutrients. For instance, chana and matar are rich in protein, while til and tisi contribute essential fatty acids.

This shift towards mixed cropping not only strengthens local food systems but also promotes sustainable agricultural practices that align with climate resilience and long-term economic viability for farmers.

iii. Improved nutrition status among 500 children

A total of 300 children were enrolled at the beginning of the project, out of which 154 children have successfully transitioned out of therapeutic nutrition but continue to receive supplements of roasted chana and peanuts for sustained nutritional support. They will remain under regular monitoring. Currently, 46 children are still receiving therapeutic nutrition, while 200 new children were enrolled between January and March 2025.

Parents and community workers have reported noticeable improvements in the children's energy levels, skin, hair, and eye health. Beyond improved nutrition outcomes, there is growing awareness among parents, teachers, anganwadi workers, and the broader community about the importance of nutrition and its connection to agriculture. Discussions have also begun on enhancing household diets and reducing unnecessary spending on processed junk foods like Kurkure, promoting healthier eating habits.



Photo 6 :Two doctors assessing the progress of the initiative and examining children in new locations



MADHYA PRADESH

RESTORING FOOD DIVERSITY BARWANI AND ALIRAJPUR DISTRICTS,

Action Research for Restoring Food Diversity of the Satpuras in Neemad Region of Western Madhya Pradesh

- Farmers' trainings involving 200 -300 farmers were undertaken on importance of nutritious food and the role of organic farming and traditional foods. Consequently, many farmers took the traditional seeds and tried on their farms.
- Pilot farms were set up in four villages – Saakad, Devli, Sondwa and Paati.
- Vegetable seeds were distributed to 250 households in the monsoon season.
- About 35 different varieties of traditional seeds of jowar, bajra, maize, millets of various kinds, pulses, vegetables and wild plants were grown on the pilot farms and disseminated to farmers.
- Seed exhibitions have been made in three places. The team took these exhibitions to villages, weekly markets, and schools and to various public meetings in Bihar, Maharashtra, and Delhi.
- The field workers also maintain seed banks from where they share seeds with farmers.



Photo 7 : Sahiba Bai with seeds in Sendhwa haat

BOARD OF TRUSTEES

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)

DONORS

DONORS	PROJECT	GRANT RECEIVED INR
Michelin Corporate Foundation, Paris	Integrated Community Health Programme, Thiruvallur District, Tamil Nadu	70,76,800
Friends of Tilonia Inc. New York	J.B. Singh Kanya Shiksha Setu, Kaliyachak, Bihar and organisational support	30,00,985
Global Greengrants Fund, Boulder	Action Research for Restoring Food Diversity of the Satpuras in Neemad Region	39,50,881
AzimPremji Philanthropic Initiatives Pvt Ltd	Water & Agriculture Security Project, Bihar	20,00,000
Donation from Individuals	J.B. Singh Kanya Shiksha Setu, Kaliyachak, Bihar and organisational support	3,97,850
		1,64,26,516

AUDITORS: SMS & Associates

OUR COMMUNITY BASED PARTNERS

ORGANISATION	BRIEF DESCRIPTION	CONTACT INFORMATION
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.	P.O- Kaliyachak, Via- Hilsa, District- Nalanda, Bihar - 801302 Ph : 06111-680589 +91-9835052933 +91- 9430601043 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.	At Bhawani Bigha, P.O. Nanand, District Nalanda, Bihar - 803115 Ph: +919431982307 +91-9572300499 sevamandal@yahoo.co.in Secretary: Ram Vishnu Prasad



FOUNDATION FOR RURAL RECOVERY AND DEVELOPMENT (FORRAD)

124-A/6, 2nd Floor, Katwaria Sarai, New Delhi 110 016
+91-11-26852476 • mail@forrad.org • www.forrad.org