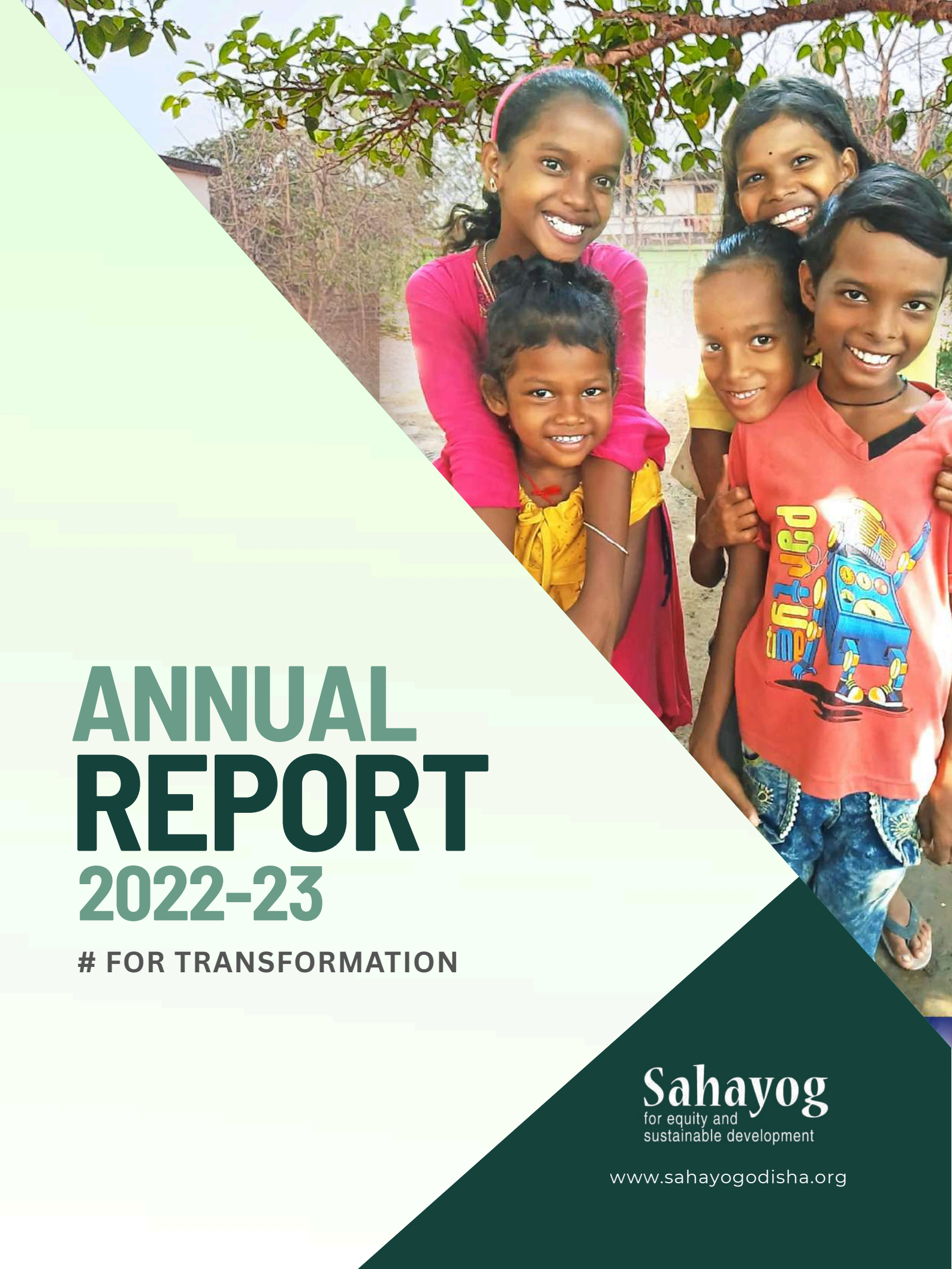




ANNUAL REPORT 2022-23

FOR TRANSFORMATION

Sahayog
for equity and
sustainable development

www.sahayogodisha.org

VISION

The culturally rich society where all are healthy, progressive and prosperous.

MISSION

To facilitate equitable and improved health, education of marginalized and vulnerable groups. Promote innovative livelihoods opportunities, necessary changes in the behavior, and practices with a gender sensitive growth of a culture of solidarity, cooperation, justice and peace.

CORE VALUES

Socially responsible actions carried out with Efficiency, Transparency and Accountability.



Forewords

Warm greetings from SAHAYOG to all friends who share in our joys and sorrows!

SAHAYOG, a grassroots organization, has encountered numerous hurdles and barriers while striving to realize its cherished vision. Despite the obstacles, our team remains dedicated to our mission and vision for expansion. However, funding partners have become more cautious, making it difficult to secure new initiatives. The prioritization of corporatization and professionalism has overshadowed the importance of social activism, often leading to funders focusing on large organizations with high overhead, and less on grass roots level work. Nevertheless, hope prevails through the support of networks, forums, and individuals such as VYK, CommonHealth, Jan Swasthya Abhiyan (People's Health Movement), and philanthropic donors who continue to stand behind SAHAYOG.

We hope to overcome prejudice against small organizations and for funders to recognize the grassroots impact and real needs of those working in various domains such as maternal child and adolescent health, providing nutritional support and prenatal education, tuberculosis patients and families, providing healthcare access and community support, education and child development, and gender justice. It takes time to build a professional organization and secure budgets.

We appreciate the support of our well-wishers, partners, and networks in SAHAYOG's work on maternal child, and adolescent health, tuberculosis patients and families, education and child development, and gender justice. Thank you to all our primary stakeholders. With sincere intentions and optimism for a successful year ahead, we are pleased to share the **Annual Report-2022-23** with all our esteemed well-wishers.

To learn more about how you can support our efforts, please contact us at sahayog.odisha@gmail.com or visit our website at www.sahayogodisha.org

Best regards

Bijayalaxmi Rautaray

Secretary

SAHAYOG

About Us

Founded in 2008, SAHAYOG – a value-driven voluntary organization is dedicated to promoting participatory initiatives in the fields of health, education, and livelihoods for equitable development. One of the approaches is to concentrate on the mandate to strengthen the alliance and network building in issues influencing and impacting on common man's life. Notably among them are Jan Swasthya Aviyan (JSA), Common Health, National Alliance For Maternal Health and Human Rights (NAMHHR), Voice of Patient (VOP), Wada Na Toda Aviyan (WNTA), Partnership for Maternal & New Born Child Health (PMNCH), SAMA for gender health, UJAS Coalition, Stop TB Partnership, Partnership for TB Care & Control (PTCC), MSF Access Campaign, RTE Forum, 9 Is Mine Campaign, & PRATYeK, etc.

Program in brief 2022-23

While health is commonly acknowledged as a basic right and a crucial aspect of the right to life, the healthcare sector predominantly centers around medications, healthcare professionals, and diseases. Despite governmental emphasis on health and well-being for all, the predominant focus on illnesses and specific programs hinders the adoption of a more comprehensive approach to health. Embracing a holistic perspective that encompasses physical, mental, and social well-being, SAHAYOG has persistently directed its efforts within its primary focus area by implementing specific strategies this year, including community health education programs and mental health support initiatives, addressing social determinants of health such as poverty and lack of access to clean water. Recognizing that systemic transformation requires collective action, the organization acknowledges the significance of collaborative networks and movements in effecting meaningful change. By fostering a culture of collaboration and a shared mindset, the organization has actively participated in various forums, groups, and networks as mentioned earlier.



MATERNAL & CHILD HEALTH PROMOTION:

SAHAYOG adopted a three-pronged strategy to promote maternal and child health, aiming to enhance the overall well-being of the community, specifically targeting pregnant women, new mothers, and families with young children.

Awareness Building on Maternal & Child Health:

SAHAYOG is committed to improving women's sexual and reproductive health, maternal and child health, addressing gender-based violence, and raising awareness for the well-being of marginalized women and essential service providers, including frontline workers who play crucial roles in their lives. Enhancing maternal health is vital not only for women but also for their families and communities. A mother's health significantly affects her ability to care for her children, leading to improved child health outcomes. This year, SAHAYOG conducted 10 awareness programs, reaching 725 women in the Khordha district of Odisha, focusing on the right to safe abortion, contraception, family planning, nutrition, and child health.

To engage participants effectively, SAHAYOG implemented diverse strategies, such as using informational materials (IEC), along with games and storytelling techniques. The organization also celebrated significant days to further enhance its outreach and messaging.



International Day of Action for Women's Health:

On May 28, in honor of the International Day of Action for Women's Health, SAHAYOG led a comprehensive initiative. The event included both a social media campaign that reached over 1,000 people and a physical campaign. A community sensitization program was held at Bhusandpur, PWD IB, with 65 female participants. The meeting was organized by Madhusmita Jena, the local volunteer of SAHAYOG, focusing on essential women's issues and the importance of women's bodily autonomy, meaning a woman's right to make her

body and healthcare. Mental health, a gray area that is often ignored, was also discussed, and information related to free mental health services was highlighted. Informational, educational, and communication (IEC) materials were distributed during the event. Through the dissemination of IEC materials, women were equipped with vital information on healthcare, rights, and access to services, empowering them to make informed choices about their well-being. As the event ended, a sense of unity and determination prevailed, inspiring all attendees to persist in advocating for women's health and rights in their communities.

Breast Feeding Week, Safe Motherhood Day, National Nutrition Week were observed to spread message on the utility:

With the increasing rates of cesarean sections (CS), there are growing concerns that the initiation of breastfeeding and the transfer of the mother's first breast milk to infants are being affected. This year, SAHAYOG undertook extensive efforts to raise awareness in line with ICMR guidelines, which recommend an energy increase of 600 Kcal for the first six months and 520 Kcal for the following six months. Additionally, it is essential for lactating mothers to maintain a balanced diet, which can be achieved through the regular consumption of locally available whole grains, pulses, dals, vegetables, roots, tubers, and fruits, such as millet, lentils, spinach, and sweet potatoes. SAHAYOG conducted community-level awareness sessions with young women and elderly women, who hold significant influence in child-rearing practices within families, to ensure consistent and effective messaging. We reached more than 200 women through direct physical meetings and distributed more than 1000 leaflets, along with a social media campaign.

Safe Motherhood Day and National Nutrition Week highlight the significance of women's health, their nutrition, and the evolving dietary practices for children, all of which greatly impact their well-being. During National Nutrition Week, the focus shifted to educating families about balanced diets, emphasizing the importance of incorporating a variety of nutrients to support children's growth and development. These observances also remind us of the social and economic factors influencing women's health, such as poverty and limited access to healthcare. By advocating for improved healthcare policies and greater access to nutritious food, these events aim to create a healthier future for everyone. Follow-up surveys showed a 15% increase in breastfeeding initiation rates among women who attended the workshops. These events successfully increased community awareness about maternal and child health."



Access to Safe Abortion is a Health Right

"Safe Abortion Day: Two programs were organized on the eve of Safe Abortion Day 2022. On September 27, 2022, a community-level awareness program was conducted at the Bali Sahi Community Hall in Ward No. 8 of Jatani Municipality. And the very next day on September 28, 2022, a state-level consultation was held under the theme "Safe Abortion is 'Her' Right to Health." This event featured the release of IEC (Information, Education, and Communication) materials, including pamphlets and posters, detailing the legal provisions and safe procedures under the Medical Termination of Pregnancy (MTP) Act, along with a signature campaign to advocate for improved access to safe abortion services. Key discussions during the consultation focused on improving access to safe abortion services, addressing stigma, and advocating for policy changes. Follow-up surveys conducted one month after the community program showed a 25% increase in women's awareness of their legal rights regarding abortion. The state level consultation led to the creation of a task force to address the issues raised. These programs successfully raised awareness and advocated for improved access to safe abortion services in the region."

Visits from Other Organizations:

The SAMA team, an organization focused on gender and health, visited our field to explore more about gendered violence, including domestic violence and increased vulnerability, during the COVID-19 pandemic and how it impacts women's health, such as mental health and access to healthcare. They discussed with different groups, service providers, and community people of different age groups in Jatani and Tangi Block of Khordha district. The SAMA team's findings highlighted the increased rates of domestic violence and the negative impact that the pandemic had on women's access to reproductive health services."

Eastern Region Meeting of CommonHealth:

This year, on 21st and 22nd January 2023, SAHAYOG organized, along with other CommonHealth members, the long-awaited Eastern Region Partner's Meet of CommonHealth, where 36 members from Assam, West Bengal, Odisha, Jharkhand, and Chhattisgarh participated at Konark Panthanivas. The meeting focused on discussing regional healthcare challenges and strengthening collaboration among partner organizations. Key outcomes included the development of a shared advocacy strategy and the establishment of working groups to address specific health issues."

Information, Education, and Communication (IEC) Materials:

Developed and disseminated updated IEC materials in Odia, covering topics such as contraception, safe abortion, and STI/RTIs, in collaboration with local health professionals. These materials have been highly effective in one-on-one counseling, community health worker training, and overall community knowledge enhancement.



Evidence Building: Woman-Centered Maternal Health Framework:

Contributed to the CommonHealth MH Discourse Building study, focusing on creating a woman-centered maternal health framework.

Utilized grassroots engagement with the Shabar tribe, incorporating in-depth interviews and participatory methods, to ensure cultural sensitivity and evidence-based results.

Reinforced commitment to high quality respectful care.

Looking Forward:

SAHAYOG remains committed to improving women's health through collaborative efforts and advocacy, ensuring that all girls and women have the opportunity to thrive."



Adolescent-Sexual & Reproductive Health Rights Program:

Improving Adolescent Sexual & Reproductive Health Rights in the Digital Age The pandemic has changed how people live, leading more individuals to explore the digital world. Unfortunately, the internet can expose young minds to inappropriate content, such as sexually explicit material and misinformation about relationships, which can lead to negative outcomes such as early marriage, infatuation, entanglement, cheating, and violence.

To address this issue, education, and knowledge are crucial. To that end, SAHAYOG recently organized four sensitization drives in the Tangi and Jatani Block of Khordha districts, which included workshops on online safety, healthy relationships, and access to reproductive health services, and aimed to educate 200 girls about sexual and reproductive health rights and how to navigate the digital world safely.



Menstrual Hygiene and Cleanliness:

SAHAYOG on 28th May 2022 conducted a drive in Angarpada Gram Panchayat, aimed at raising awareness about menstruation and fighting against the stigma that surrounds it. The campaign highlighted the importance of recognizing it as a natural and healthy process and encouraged girls to be treated with respect and dignity. The initiative was in line with the theme of Menstrual Hygiene Day 2022, which focused on "Making menstruation a normal fact of life by 2030". Follow up surveys indicated a positive change in attitudes regarding menstruation among the participants. These programs have increased education, and improved the lives of the young girls involved."

Empowering Adolescents in the Digital Realm:

- Recognizing the increased vulnerability of adolescents to online misinformation and harmful content in the digital age, SAHAYOG conducted four targeted sensitization drives in the Tangi and Jatani Blocks of Khordha district.
- These workshops equipped 200 girls with essential knowledge on online safety, healthy relationships, and access to reproductive health services, empowering them to navigate the digital world safely and make informed decisions about their sexual and reproductive health.
- The program aimed to counteract the negative impacts of online misinformation, such as early marriage, unhealthy relationships, and violence, by providing accurate and accessible information.



TUBERCULOSIS (TB) PROGRAMME

TB has always remained a core program of SAHAYOG, be it in service delivery, network building, supporting patients, or advocacy from grassroots to national level for a more patient-centered TB care and treatment

TB Patient Support Initiative (TPSI):

The Organization has demonstrated steadfast commitment to assisting tuberculosis (TB) patients, particularly those contending with drug-resistant TB (DR-TB), since 2015. Operating in the Khordha district, they offer comprehensive support such as nutritious diets, counseling services, including adherence counseling and psychosocial support, and vital medical assistance, including facilitating access to diagnostic tests and medications. Serving as a beacon of hope for individuals grappling with this formidable disease, SAHAYOG diligently monitors and supports TB patients, ensuring they receive optimal care, including expedited hospitalization, when necessary, by advocating for timely access to critical care and follow up after completion of treatment. By empowering TB patients to confront the challenges of their illness and treatment regimen with resilience and determination, SAHAYOG emerges as a cornerstone of support in the battle against tuberculosis. Twenty TB patients were supported this year through the genuine support of individual donors. This program has significantly improved treatment adherence and quality of life for the patients it serves."





Sensitization to Advocacy to Stop TB (SAST):

Tuberculosis (TB) is more of a social challenge than a purely medical one. With access to nutritious food, adequate rest, clean water, fresh air, and a socially aware community, we can significantly control its spread. Unfortunately, in large countries like India, this is not always practical. Additionally, poor cough etiquette among the public exacerbates the issue. For various reasons, adherence to anti-TB medication remains a challenge. To address this, SAHAYOG has tailored its Sensitization and Advocacy to Stop TB (SAST) program to engage with patients and the community, connect them with services, such as diagnostic testing and treatment centers, advocate for their issues within the healthcare system, such as access to affordable medication and timely care, and collaborate with organizations, both nationally and internationally, including the Stop TB Partnership, MSF Access Campaign and local health departments. We focus on awareness programs on TB, patient education for treatment adherence employing diverse methods such as public speaking, discourse development, meaning the creation of community conversations around TB, meetings, and utilizing social media. This program has been successfully helping in increased treatment adherence, and decreased the stigma surrounding TB in the communities we serve."

Success Story: Debu's Triumph Over Drug-Resistant TB

This year, SAHAYOG extended critical support to three-year-old Debu Dalnayak (name changed), a child battling drug-resistant tuberculosis (DR-TB) from the remote Shuliapada Block in Mayurbhanj district.

Debu's journey had been fraught with challenges. For two and a half years, he endured three episodes of TB lymphadenitis, culminating in a DR-TB diagnosis. His family, already struggling with socio-economic hardship, faced further strain as Debu's illness hindered their ability to farm and his father, the primary breadwinner, was unable to work. This compounded their struggle to provide adequate nutrition for Debu, who weighed a mere 10 kilograms at the start of his treatment.

Despite receiving anti-TB injections from a local villager, the family faced financial uncertainty, with no assurance of reimbursement or support from assistance programs. The lack of resources made it impossible to provide the protein-rich diet Debu desperately needed.

Upon learning of Debu's plight, SAHAYOG, undeterred by the family's remote location, reached out to potential donors. Debasish Kumar, a compassionate businessman from Bhubaneswar, generously responded.

His support enabled SAHAYOG to provide Debu with a year of comprehensive assistance through the TPSI project, including monthly food and nutritional supplies tailored for children. SAHAYOG also addressed Debu's declining vision, ensuring he received holistic care.

Thanks to the timely intervention and unwavering support, Debu successfully completed his DR-TB treatment. He has since returned to school, thriving alongside his peers. This story exemplifies SAHAYOG's commitment to reaching even the most vulnerable, and the transformative power of compassionate support in the fight against TB.



Access to Medicine: For the Well-Being of Common People

The majority of the Odia population resides in villages, with 22.85% of the tribal community living in remote areas. This results in various socio-economic and geographical diversities, which significantly impact access to quality healthcare for vulnerable communities. Health-related poverty poses a challenge for many individuals.

According to data from 2022-23, Odisha's out-of-pocket expenditure (OOPE) on health has notably decreased, now accounting for 37.1% of the total health expenditure (THE). While the total health expenditure per capita rose from ₹3,768 to ₹5,749, the per capita OOPE fell from ₹2,693 to ₹2,133.

As a core member of Jan Swasthya Aviyan Odisha, the organization has implemented several initiatives this year, including:

- Community campaigns
- Monitoring hospital medicine counters
- Engaging with patients and their families to raise awareness about health schemes and services
- Promoting the use of generic medicines over branded options

Encouraging the rational use of medicines to avoid over-the-counter purchases and excessive use of medications.



Education and Child Development:

SAHAYOG has been actively involved in education and child development programs with the missions to empower underprivileged and marginalized children by supporting them to access quality education and enabling them to reach their full potential.

SAHAYOG Community Pathashala:

This program aims to reduce school dropout rates by cultivating a positive and supportive learning atmosphere. SAHAYOG has been executing the Community Pathshala initiative for the Shabar community children in Karadapalli village, Angarpada G.P., while ensuring that community participation occurs at convenient times. The "Pathashala" acts as an essential bridge between the school and the community, involving local members in offering teaching support, mentoring, and encouragement to the children in their village.

Community Child Rights Clubs:

Since 2014, SAHAYOG has created community-based children's groups dedicated to child rights. There are 10 Child Rights Clubs established in the Khordha and Jatani Blocks of Khordha District. These clubs serve as vital platforms for children to understand their rights and collaboratively tackle issues within their communities. Through these initiatives, children are empowered to advocate for their rights and engage in decision-making processes in their local areas.

The Inclusive Children Parliament:

Being involved in a nationwide campaign like "9 is Mine" since 2013 offers a solid foundation and links the local children's parliament to a broader movement that champions child rights and entitlements. This connection likely provides essential resources, opportunities for shared learning, and a unified voice. Additionally, children's parliament elections were conducted using the sociocracy model. SAHAYOG has also translated the SDGs comics previously created by Pratyek into the Odia language to enhance outreach among children.



Empowering Futures Through Education

- Investing in Vulnerable Girl Children

The pursuit of education, a fundamental right for every child, is often fraught with insurmountable challenges for girls hailing from impoverished and marginalized families. Those bearing the additional burden of single-parent households or the profound loss of both parents face an elevated risk of educational discontinuity. Tragically, their struggles often remain unseen, pushing them towards illiteracy, perpetuating cycles of poverty, and exposing them to the harmful practice of early marriage, thereby severely impeding their holistic development.

Recognizing this critical juncture, SAHAYOG has proactively extended its reach to girl children at imminent risk of dropping out of school. In the reporting period, we have proudly sponsored the education of five deserving girls from tribal and Dalit communities. This vital support has been made possible through the compassionate contributions of dedicated individuals who share our commitment to empowering these young lives.

Tracking Recovery of Learning Loss-Post Covid 19:

As a partner of the RTE Forum Odisha, SAHAYOG collaborated on a two-phase study titled "Tracking Recovery of Learning Loss." This study spanned across ten districts and evaluated the recovery of language and mathematics skills among Class V and VIII students. The organization focused on rural areas within Khordha district, conducting assessments in six government schools located in the Tangi, Khordha, and Jatani blocks.

Awareness and Involvement:

Promoting education and child development involved raising awareness of children's rights through the observance of Children's Day and UNCRC Day. SAHAYOG contributed significantly by implementing multi-faceted programs in various schools, incorporating art, dance, debate, and writing on rights and duties to provide students with engaging learning, fun activities, and recognition.



Public Utility: In 2022-23

SAHAYOG made significant strides in addressing the needs of disadvantaged people and common societal issues through a multi-pronged approach. This encompassed observing key dates, facilitating learning through workshops and seminars, and effectively mobilizing support for the overall benefit of society.

Towards Gender Equality:

Guided by its belief in women's power, SAHAYOG, a woman-headed organization, goes beyond the economic focus of government WSHG initiatives to empower disadvantaged women and girls holistically. Through community programs for SHG members, SAHAYOG imparts crucial skills in record-keeping, financial management, and communication, enabling their independent functioning.

Welfare of Persons with Disabilities (PWDs)

From its inception, SAHAYOG has embraced inclusive language, referring to people with disabilities as "differently abled." This commitment is evident in the differently abled-led Bhiinskhyam Adhikar Manch, Odisha, and the representation within our executive committee. SAHAYOG provides ongoing support to individuals with disabilities in the field and empowers their leadership in organizing International Disability Day celebrations in Nimapada and Balikuda sangathans.

International Women's Day Celebration:

SAHAYOG commemorated International Women's Day with two impactful programs supported by Viswa Yuvak Kendra, New Delhi. A community-level event recognized and felicitated nine frontline workers (three teachers, three AWWs, and three ASHA workers) and awarded two high-achieving female students from impoverished backgrounds. The second program engaged youth through a poster-making and debate competition centered on the theme "**DigitALL: Innovation and Technology for Gender Equality**," fostering awareness and discussion on leveraging technology for gender equality.



Addressing Climate Concerns:

The deteriorating condition of our climate presents significant health and economic challenges, especially for environmentalists. ****Protecting biodiversity**** is essential for the well-being of humanity. This year, SAHAYOG marked World Environment Day by launching a community awareness initiative focused on banning single-use plastics. This program promoted the adoption of reusable bags and discouraged the use of toxic black polythene for carrying hot meals, which can pose health risks. Moreover, community and home planting events were organized to foster and safeguard a greener planet.

Workshops & Seminar:

SAHAYOG envisions a society characterized by progress and prosperity for all. To realize this vision, the organization conducts workshops, seminars, and training programs addressing various developmental issues. It has actively participated in numerous workshops, meetings, and capacity-building initiatives both within and outside Odisha.

In 2022, SAHAYOG attended a 'Resource Mobilisation' workshop for representatives of non-profit organizations at VYK, held from June 20 to June 24. The organization also participated in a workshop focused on updates regarding Directly Observed Treatment, Short-course (DRTB), hosted by Médecins Sans Frontières (MSF) Access Campaign. Furthermore, SAHAYOG has organized workshops and training sessions aimed at promoting gender inclusion in tuberculosis treatment and addressing issues related to cesarean sections, advocating for natural childbirth among women in the community, in addition to holding various meetings.



Abbreviations

ANM	Auxiliary Nurse and Midwife
ASHA	Accredited Social Health Activist
AWC	Anganwadi Center
FGD	Focus Group Discussion
GBV	Gender-based Violence
Hb	Haemoglobin
IEC	Information, Education and Communication
MPHW	Multi- purpose Health Worker
OOPE	Out of pocket expenditure
PHC	Primary Health Center
PNC	Post-natal Care
PWD	People With Disabilities
RKSK	Rashtriya Kishor Swasthya Karyakram
RTE	Right to Education
STI	Sexually transmitted infections
RTI	Reproductive Tract Infection
SC	Sub-center
SDG	Sustainable Development Goal
SRHR	Sexual and Reproductive Health and Rights
STS	Senior Treatment Supervisor
TU	TB Unit
TBC	TB Champions
THR	Take Home Ration
VHSNC	Village Health Sanitation and Nutrition Committee
VHND	Village Health & Nutrition Day

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