

ANNUAL REPORT

YEAR 2023-24

ADD CARE WITH COMPASSION





VISION

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



MISSION

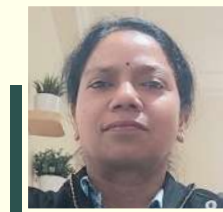
To facilitate equitable and improved health, education of marginalized and vulnerable groups. Promote innovative livelihoods opportunities, necessary changes in the behavior, and practices with a gender sensitive growth of a culture of solidarity, cooperation, justice and peace.



CORE VALUES

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

Message from the Secretary



Warm greetings to all!!

Reflecting on the past year fills me with immense pride and gratitude as I recount the story of SAHAYOG. The year 2023-24 has been one of hope and excitement, as we diligently worked to address critical community needs, even while navigating resource constraints. Our mission remains unwavering, and although we frequently encounter limitations, we firmly believe that where there is a will to create change, a helping hand will always emerge.

We are deeply grateful for the crucial support generously extended by many like-minded individuals, both through financial contributions and in-kind assistance, which has empowered us to aid those most in need. Our dedicated SAHAYOG core team consistently provides invaluable support, alongside steadfast partners like VYK (New Delhi), Médecins Sans Frontières (MSF) Access Campaign, Jan Swasthya Aviyan (JSA) and CommonHealth, whose contributions keep our momentum alive. The community's active involvement—through their time, resources, and efforts—has been essential to the success of our health awareness campaigns, adolescent engagement initiatives, and maternal health meetings.

Every individual plays a vital role in advancing our mission: from Panchayat Raj Institution (PRI) members, schools, and management teams to our dedicated implementers; from the families of TB patients benefiting from our nutritional support and healthcare access to newlyweds eager to engage with our cause. The enthusiastic participation of youth in identifying their own needs and aspirations, along with initiatives focused on sexual and reproductive health education, all aim to nurture a just and inclusive society.

We are thrilled to amplify the impact of our work in the coming year.

To learn how you can support our efforts and join us in this important mission, please visit our website at(<http://www.sahayogodisha.org>) or reach out to us directly at sahayog.odisha@gmail.com.

Bijayalaxmi Rautaray

Bijayalaxmi Rautaray
Secretary,
SAHAYOG

About SAHAYOG

Established in 2008 by a group of passionate individuals, SAHAYOG began with a clear goal: to make a tangible difference in the lives of marginalized and economically vulnerable communities across Odisha. Officially registered in 2012, we've consistently moved forward, tackling challenges with unwavering determination to create positive change.

To extend our state and national influence, SAHAYOG actively builds strategic coalitions with diverse partners. Our significant alliances include Jan Swasthya Aviyan (JSA - People's Health Movement), Common Health, National Alliance for Maternal Health and Human Rights (NAMHHR), Voice of Patient (VOP), Wada Na Toda Aviyan (WNTA), Partnership for Maternal & Newborn Child Health (PMNCH), SAMA for gender health, UJAS Coalition, Community Development Medicinal Unit (CDMU), Stop TB Partnership, Partnership for TB Care & Control (PTCC), MSF Access Campaign, RTE Forum, 9 Is Mine Campaign, and PRATYeK. These collaborations underscore our dedication to impactful social change.

Programs in Focus: 2023-24

Our health program is fundamental to our mission, driving equitable development and significantly enhancing the well-being of marginalized communities through a holistic approach. While our core focus is on maternal and child health promotion, our initiatives naturally expand to include broader women's health and crucial public health challenges.



Advancing Maternal & Child Health

Since our founding, we've been dedicated to improving maternal and child health. Our strategies emphasize sustainable change through community empowerment and strategic alliances.

Evidence-Driven Community Engagement

This year, our community engagement efforts were significantly strengthened by leveraging key findings from recent studies conducted with the invaluable support of CommonHealth. We've actively integrated insights from the reproductive health history study, the women-centered maternal health study, and the contraceptive access study into our outreach.

These evidence-based findings have been central to our strategy for raising awareness and fostering engagement, achieved through a multi-pronged approach:

- **Organizing Community Meetings:** We held several meetings to directly share study findings, facilitating open discussions and addressing local concerns related to reproductive and maternal health.
- **Conducting Targeted Trainings:** Our teams delivered specialized trainings for diverse stakeholders, including frontline workers, local leaders, and women's self-help groups. These trainings enhance their capacity to support healthier practices. Our efforts to raise awareness on the risks of unnecessary C-sections, alongside reinforcing government initiatives, aim to prioritize maternal and neonatal well-being through rationalized delivery practices.
- **Building Stakeholder Capacity:** We strengthened the abilities of key community members and organizations, empowering them to become advocates for improved reproductive and maternal health services and access.



Fostering Dialogue for Policy Impact

SAHAYOG is carefully broadening its local advocacy by sharing the valuable findings of its Maternal Health (MH) study with respected groups like CommonHealth and Jan Swasthya Abhiyan across Odisha. This thoughtful engagement keeps CommonHealth members consistently updated and involved in ongoing and prospective initiatives. Furthermore, it creates opportunities for Jan Swasthya Abhiyan members to contribute to robust discussions and lend their support to forthcoming advocacy in their specific areas.

We initiated this process by courteously presenting the study's findings to service providers and mothers at the Angarpada Health and Wellness Center. Subsequently, SAHAYOG developed and formally released a detailed study brief at the Red Cross Bhavan conference hall.

Our shared aspiration is to advocate for the thoughtful inclusion of these recommendations into election manifestos. This will involve respectful dialogue with members of manifesto committees from diverse political parties, while also diligently addressing other pertinent health requirements.



Empowering Sexual & Reproductive Health

This year, SAHAYOG organized seven awareness camps on reproductive health rights in Jatani, Khordha, and Tangi Blocks. These sessions engaged 500 women of various age groups, focusing on vital topics like access to contraception services, urinary tract infections, and overall reproductive health needs. The camps primarily utilized local resources, with ANMs (Auxiliary Nurse Midwives) and other health workers leading the discussions.

Campaigning for Safe Abortion Access

From September 21st to 28th, 2023, SAHAYOG led a highly successful week-long campaign for International Safe Abortion Day. The initiative aimed to raise awareness and advocate for stigma-free access to safe abortion care and services.

Our comprehensive efforts spanned both online (social media) and offline platforms (community meetings, informational material distribution), effectively engaging a broad audience. The campaign culminated in a significant state-level sharing event at Red Cross Bhavan, uniting various stakeholders to discuss crucial issues surrounding safe abortion access. This approach allowed SAHAYOG to effectively sensitize the community and advance our mission for reproductive rights.





Nurturing Adolescent Health

A. Adolescent Girls' Empowerment & Capacity Building

SAHAYOG continues its dedicated efforts to promote the holistic health and well-being of adolescent girls. We currently engage with five adolescent girl groups, totaling 288 teenage members, across Jatani, Khordha, and Tangi Blocks. Our core capacity-building program for these young women includes vital education on:

- **Menstrual Hygiene:** Promoting healthy practices and destigmatizing menstruation.
- **WASH (Water, Sanitation, and Hygiene):** Ensuring knowledge of crucial hygiene practices for personal and community health.
- **Safe Sexual Behavior:** Empowering girls with knowledge to make informed decisions and ensure their safety.
- **Life Skills:** Developing essential skills for problem-solving, communication, and decision-making.
- **Preparation for the Wider World & Married Life:** Equipping girls with the knowledge to navigate future opportunities and challenges, including informed choices regarding marriage. We are also involved in the Government's Adwika program for the empowerment of Adolescent girls.

B. Addressing Adolescent Mental Health

Recognizing the significant mental health challenges faced by adolescents today, SAHAYOG has initiated crucial interventions to address stress, anxiety, and related issues. Adolescent girls are particularly vulnerable to pressures from social media, academic expectations, body image concerns, and complex social dynamics, which can lead to anxiety, depression, eating disorders, and self-harm.

Our program provides a safe environment for these young women to openly discuss and navigate these challenges. By fostering understanding and reducing feelings of isolation and misunderstanding, we aim to build resilience and promote positive mental well-being.

The Tuberculosis (TB) Programme

- Tuberculosis remains a critical global public health threat, intensified by the growing menace of drug-resistant **TB (DR-TB)**. With India carrying the largest **TB** burden worldwide, collective efforts are imperative to control the disease and minimize its devastating impact.
- Our organization is persistently involved in comprehensive TB control activities within Odisha, actively working towards:
- **High-Quality Support and Supervision:** A cornerstone of our approach is providing high-quality support and constructive communication, coupled with supportive supervision. We understand the profound challenges faced by persons affected with TB, especially DR-TB, in adhering to the full treatment course. Anti-TB drugs are known for their toxicity and numerous side effects, while the treatment duration is exceptionally long.
- **Addressing Treatment Adherence Challenges through the TB Patient Support Initiative (TPSI):** The absence of proper food and nutrition, psychosocial support, and effective adverse side effect management often forces needy patients to discontinue medicines mid-treatment. To address this critical gap and improve treatment outcomes, we proactively launched a pilot program: the "TB Patient Support Initiative (TPSI)." This initiative provides holistic support to ensure patients can successfully complete their arduous treatment regimen

This year, with limited resources generously provided by individual donors, TPSI supported 12 patients in need. We're pleased to report that 10 of these 12 patients successfully completed their arduous treatment regimens, with the remaining two continuing treatment.



Sensitization and Advocacy to Stop TB (SAST)

- Beyond direct patient support, SAHAYOG is deeply involved in broader sensitization and advocacy. We believe that effective TB combat requires raising public awareness, challenging misconceptions, and reducing pervasive stigma. Our advocacy aims to:
- Promote Early Diagnosis: Encourage timely testing to prevent disease progression and transmission.
- Combat Stigma: Work towards creating a more understanding and supportive environment for TB patients, helping them seek and adhere to treatment without fear of discrimination.
- Influence Policy: Advocate for uninterrupted quality anti-TB drug supply, increased resources, and improved access to quality TB care, including support for vulnerable populations.
- Community Engagement: Disseminate accurate information about TB prevention, symptoms, and treatment through various programs and World TB Day observations in high-risk areas.



Leadership in Advocacy & Capacity Building

As a front-runner of the MSF (Médecins Sans Frontières) Access Campaign, SAHAYOG continues to play a significant role in advocating for patient-centric and rights-based approaches to TB care. This year, our representatives attended a national platform to gain insights into new developments and share crucial local challenges and perspectives from Odisha.

Furthermore, we organized a one-day Capacity Building program for the TB & PLHIV (People Living with HIV) community. This program deepened a rights-based, patient-centric, and inclusive discourse on critical issues like new treatment regimens and supply chain management. This was achieved through increased grassroots Civil Society Organization (CSO) participation, specifically engaging TB Champions, PLHIV representatives, health activists, and various civil society groups within relevant accountability and advocacy processes.

Through these combined efforts in patient support, control, and advocacy, SAHAYOG is committed to contributing significantly to the "End TB" strategy in Odisha

Access to Medicines: Addressing Health Disparities

Odisha's vast socio-economic and geographical diversities significantly impact access to quality healthcare for a substantial portion of its population, particularly vulnerable communities, often leading to health-related poverty.

As an active member of Jan Swasthya Abhiyan (JSA), SAHAYOG has been raising awareness about disparities and scheme-related information. These initiatives educate communities on crucial aspects like preventive healthcare measures, early disease detection, and how to effectively utilize available public healthcare services. We also promote the positive use of NIRAMAYA medicines and the benefits of the Biju Swasthya Kalyan Yojana to help alleviate health-related financial burdens and improve health outcomes for those who need it most.





Education & Child Development

Education is intrinsically linked with child development; an optimal learning environment is essential for nurturing effective learners. When children face learning difficulties, it signals a need for systemic improvement. Tackling these challenges calls for personalized strategies that encourage children to learn freely and enthusiastically, absorbing knowledge in an empowering way.

SAHAYOG actively works to combat school dropout rates and improve student retention among tribal communities in Angarpada, Tangiapada, and Nijigarh Tapang, as well as children from fishing communities in Kantalabai and Balipatpur panchayats, Khordha district. Building on insights from a 2022-23 learning assessment program, we've implemented several initiatives. These steps include organizing diverse co-curricular activities and school-based competitions with prizes supporting academic needs. SAHAYOG also provides direct support to students in need and encourages student participation by sharing responsibilities in school functions.

Community Pathashala

The SAHAYOG Community Pathashala is specifically designed to orient poor tribal children towards education, providing tailored pedagogical support delivered by a teacher from the same community. This crucial approach, combined with robust strategies to prevent school dropouts, directly addresses significant educational challenges among children from daily wage labor class tribal families. Our aim is to foster sustained learning and development within the community in Karadapalli village of Angarpada G.P, currently serving 40 students.

Saving Girls' Futures: Supporting Education, Preventing Early Marriage

We sponsor needy and deserving girl students from single-parent, tribal, Dalit, or economically vulnerable families who face dropping out of school. Currently, five such students receive learning materials, tuition fee assistance, and financial aid, ensuring they continue their education and avoid early marriage, thus safeguarding their futures.

Observing Children's Day and UNCRC Day

SAHAYOG organized various events to promote the talents of rural students in government schools through drawing, essay writing, song, and debate competitions. School children, with teacher involvement, also performed on different social issues, from education to women's empowerment, with active parent participation.

Child Rights Club

The organization passionately fosters child rights awareness and empowerment through 10 thriving community child rights clubs in Khordha district. Here, 451 children up to 17 years old regularly convene fortnightly, guided by staff, to explore their rights and responsibilities, engage in collaborative play, and collectively deliberate on developmental issues pertinent to their lives, nurturing active, informed young citizens.



SAHAYOG Fosters Youth Leadership through Inclusive Children Parliament

As a bona fide partner since 2013 with PRATYeK, the secretariat of the '9 is Mine' campaign in New Delhi, SAHAYOG has been actively engaged in the National Inclusive Children Parliament (NICP). This year marked the NICP's first physical meeting in Kolkata post-pandemic, where young boys and girls actively participated, safely escorted by their State Coordinator and a female escort. Upon returning, these empowered young parliamentarians demonstrated leadership by electing their own representatives using a sociocracy model.

Community Engagement and Wider Advocacy

In the past year, SAHAYOG served as a catalyst for change, implementing diverse initiatives for the welfare of the broader community. Our efforts notably advanced gender inclusion, supported the well-being of people with disabilities through events like World Disability Day, and championed International Women's Day and International Girl Child Day. We also actively promoted climate action by organizing and participating in workshops and seminars aimed at reducing single-use plastic, reflecting our commitment to the larger public interest.



Unyielding Spirit: Disabled Leaders Drive Community Welfare

Deeply rooted in the belief that people's inherent strength and community spirit are the true lifelines of any endeavor, SAHAYOG proudly champions the Bhinnakshyam Adhikar Mancha, Odisha (BAMO). This year, their unwavering commitment shone brightly during the observance of International Day of Persons with Disabilities in Balikuda Block, Jagatsinghpur district. The event was powerfully spearheaded by Basant Palai, BAMO's Co-Convenor – a self-taught, disabled individual revered as a "master" in his village – whose leadership exemplifies the tireless dedication of disabled advocates who, often navigating on tricycles, relentlessly pursue welfare for their community members

Empowering Women: Building Capacity and Leadership in WSHGs

Recognizing the crucial need to empower women and address disparities, the organization conducted eight capacity-building programs for Women Self-Help Groups (WSHGs) this year. These programs focused on record-keeping, conflict management, and leadership building across the Tangi, Khordha, and Jatani Blocks of Khordha district, aiming to enhance the awareness and agency of women who are often program beneficiaries.



Celebrating International Women's Day

On the eve of International Women's Day 2024, with the support of VYK, New Delhi, SAHAYOG organized two significant programs on February 25th and February 28th.

Community Awareness for Women's Empowerment Over 600 individuals from diverse backgrounds converged to champion women's empowerment, focusing on creating safe spaces, understanding legal rights, and fostering responsible citizenship. The event brought together women from the Gram Panchayats of Nirakarpur, Dia, Lendo, and Rameswar, alongside Self-Help Group (SHG) members, Community Resource Persons (CRPs), Bank Mitras, teachers, police, and local representatives. Discussions centered on practical steps to achieve genuine empowerment for women in the area.

Engaging Activities and Future Leaders The broader initiative included several key events designed to involve and educate the community:

Poster Competition: On February 26th, 40 students participated in a vibrant poster competition. Roji Harichandan, Subhashree Barik, and Zonali Rubilisa Sahoo were recognized as the first, second, and third-place winners, respectively, for their creative expressions on women's empowerment.

"Invest in Women: Accelerate Progress" Seminar: The winners of the poster competition were felicitated during a seminar held on February 28th. This inspiring event, themed "Invest in Women: Accelerate Progress," featured presentations from 20 student speakers, highlighting the crucial role of education and investment in advancing women's status.



Catalyzing Climate-Resilient Health: SAHAYOG's Outreach

This year, SAHAYOG intensified its community-level engagement to address the critical links between climate, environment, and public health, specifically concerning non-disposable plastics. Our targeted meetings raised awareness of climate vulnerabilities, promoted homestead nutri-gardens, and emphasized their direct contribution to community well-being, fostering a healthier, more resilient future.



Workshops & Seminars:

SAHAYOG significantly expanded its influence this year, actively participating in and organizing numerous workshops, meetings, and capacity-building initiatives. Key engagements included SAMA, New Delhi's workshop on 'Gender Based Violence: Health System's Role and Accountability,' and Medecins Sans Frontieres (MSF) Access Campaign's DRTB treatment updates workshop. In Odisha, we led crucial follow-up sessions on gender mainstreaming in school curricula in Jatani Block, Khordha district, and disseminated the Bhubaneswar Municipal Corporation's fire safety plan for Diwali in our project areas after participating in their training. Additionally, impactful webinars on human rights, equality, gender and rights, volunteerism, collective leadership, and inclusion showcased our dedication to comprehensive societal well-being.

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

NICP: National Inclusive Children's Parliament

MPHW: Multi-purpose Health Worker

PHC: Primary Health Center

PNC: Post-natal Care

PWD: People with Disabilities

RKSK: Rashtriya Kishor Swasthya Karyakram

RTE: Right to Education

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

U/PHC: Urban Primary Health Center

VHSNC: Village Health Sanitation and Nutrition Committee

VHND: Village Health & Nutrition Day





**Action propels us. Hesitation hinders.
Join us now! We're building,
innovating, leading for lasting impact,
new hope, new beginnings.**

Sahayog
for equity and
sustainable development

**96, Surya Nagar, 1st Floor
Bhubaneswar, Odisha, India-751003**

Email. sahayogodisha@gmail.com
www.sahayogodisha.org