

RASTA
ANNUAL REPORT
2002-2003

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Caring For The Less Cared



RASTA

C-38 (old no. 50/1, Vinod Nagar (West) Street No. 7, Delhi- 110092

Towards Growth

This is my privilege to share progress report of RASTA for the year 2002-2003. The programs were further consolidated during the year. The organization had emphasis on capacity building of the community groups in different forms along with execution of the programs.

India has many things to be proud of such as rich heritage, linguistic and geographical diversities, historical monuments, rich wild life, etc. We are attraction for the international trade houses and tourists. In fact, a multifold steady growth has compelled each one in the world to think about us.

But on the other hand can we forget the size of illiterate population, child labor, trafficking, gender discrimination and population explosion in our country? The successive governments have not been able to meet the development needs of the country. Consequently, the aforesaid problems could not be arrested so far. The scenario is not same in all the states or between two societies or rich and poor. Each one of them reflects a different set of priorities.

The RASTA considers human resources as best resources for bringing about sustainable change in the quality of life of the less cared. Capacity building and attitude development are important concerns of the organization along with need-based program inputs. RASTA believes in building upon the available resources, wisdom and strengths by utilizing the available strengths and minimizing the limitations. We are always open to work as an active member of any such network of development organizations, working for the common cause for the masses.

The report is prepared to share information, with all the desirous and concerned, on our actions and aspirations. Any word of your suggestion shall be a great advice for us.

We are highly thankful to our donor agencies especially, HPS Social Welfare Foundation and IC Trust for providing timely financial support for the program activities

Secretary



INTRODUCTION

Board Members

Mr. Puran Chand Nailwal
(President)

Mr. Tara Dutt Pant
(Vice President)

Mr. K C Pant
(Secretary)

Mr. Ram Dutt Nailwal
(Jt. Secretary)

Mr. Devi Dutt Pande
(Treasurer)

Dr. K C Papnai
(Member)

Mr. G D Pathak
(Member)

"Rasta" is a non government, non profit organization, founded in 1994 by a team of social activists with a mission to care for the less cared and disadvantaged people and communities.

Rasta is Hindi word which means path or direction. Rasta provides direction and support to the people enabling them to realize their capacities for sustainable development.

Rasta believes in the basic potentials of people to develop as useful citizens capable of managing their affairs and contributing towards the development of community. Consequently, community development programs are undertaken with active participation of people incorporating local wisdom. People's structures are developed to shoulder responsibility of managing the program activities under careful professional support of the Rasta.

Vision

A society where every individual realizes its potential and lives with self-dignity and social status in an environment of solidarity and communal harmony.

Strategy

Organize and sensitize community people towards their developmental needs and initiatives, develop their capacities, utilize local wisdom and resources, encourage participation, delegate responsibilities, develop linkages, maintain follow up, give feedback, considering family as a basic unit for development of the whole community.

Objectives

Universalization of Education:

To improve quality of education by running formal and non formal education centres, networking with government educational institutions, incorporating different innovations, for all age groups with emphasis on girl child and people living below poverty line life.

Community Health:

To implement comprehensive community health programs focusing on women and child.

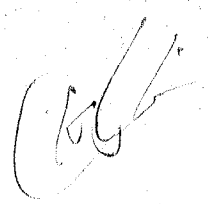
Community Organization:

To organize the underprivileged into self-help groups, and, undertake community infrastructure development programs like school construction, etc.

Income Generation:

To undertake skill training and income generation activities thru linkages, to promote self-reliance in the less privileged.

Program Area	:	Delhi
Projects	:	Bachpan Bachao Naya Savera
Sectors	:	Education Health Socio-Economic Integration



Program Activities

EDUCATION

Participants:

Activity	M	F
PSE	111	132
AE	---	24
RE	124	92
NFE	42	38

Other Educational Activities/ Awareness Generation

PTA	169	679
Sports day	277	294
Ed Trip	176	130
Quiz contest	66	46
Drawing Comp	171	159
Bal Pratibha	754	675
Counseling	204	390
School Chalo	197	519
School Admn	39	47
Bal Sabha		= 36
Awareness Programs	10	

Educational Centres

Educational activities for all age groups have been undertaken. 452 children and adults participated in different educational centers.

- **Pre School Education:** Children in the age group of 3-6 attended pre-school classes. The classes emphasized upon personality development of the children adopting play way method of participation.
- **Adult Education:** Mainly women and adult girls participated in the activities of adult education classes. Family life orientation and functional literacy were the major concerns undertaken.
- **Remedial Education:** Children attending formal classes upto standard VIII in government schools participated in the remedial education classes and attained desired excellence in their studies.
- **Non Formal Education:** The children in the age group of 6-14, who either missed schooling or dropped out of the school, were provided opportunity to have education at par with formal schooling thru the Non Formal Education Centres.

Participation in Different Educational Activities

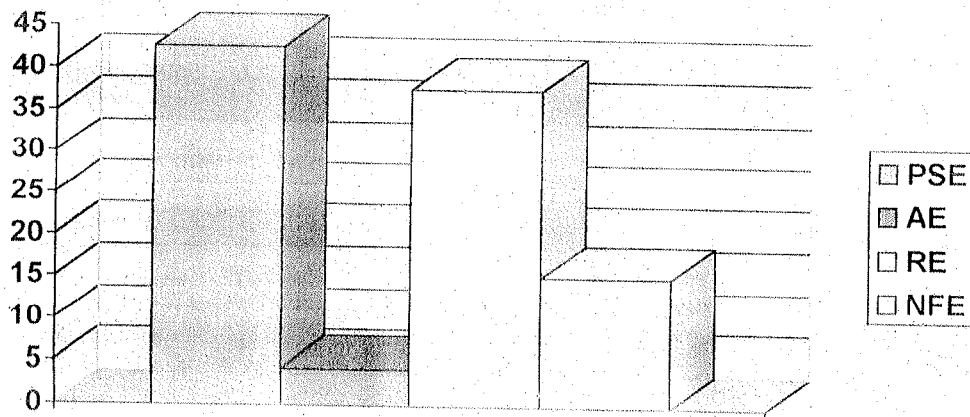
Diagram Gender wise

Diagram Centre- wise



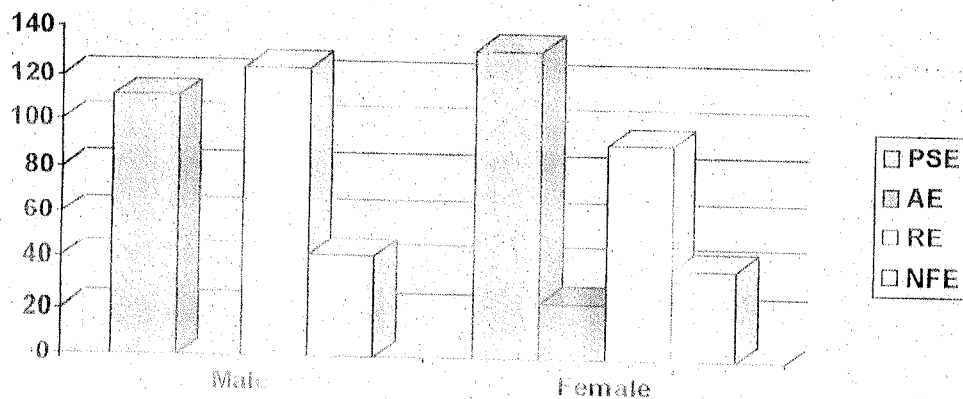
EDUCATION

Participants In Different Educational Activities

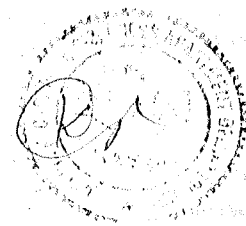


PSE Pre School Education (42.6%)
 AE Adult Education (4.2%)
 RE Remedial Education (37.8%)
 NFE Non Formal Education (15.4%)

Gender-Wise Representation Of Participants Under Different Educational Activities



Male : 48%
 Female : 52%



Training/Other activities

Training Participants

Pre School Education	15
Child Psychology & Class Mgt.	14
NFE Teaching Methods	16
Personality Devt.	13
Teaching aids and Records Preparation	15
Multi-grade Teaching	14
Community Organization & Program Planning	11
Project Formulation & Report writing	4
Mothers gp formation	10

*who were
the first to go*

Educational Activities:

- **Sports Day:** Children participated in different sports activities. Healthy competition and zeal to take initiative were encouraged with due incentives.
- **MCD School Admission:** Children completing preschool education and NFE classes were encouraged to take admission in formal schools.
- **Educational Trip:** Children participating in all of the centers were taken to educational visits to enrich their learning experiences.
- **Bal Pratibha Vikas Program/ Talent Development Program:** Opportunities were provided for the development of talents expressed or identified in the children, involving subject matter experts, i.e., music, stage, and drawing.
- **Summer Vacation Program:** The period of summer vacation was utilized for creativity development of the children. Doll making, toys making, clay models, etc. were the creative products of the program.
- **School Chalo Abhiyan:** Community awareness was enhanced towards need of schooling for children by way of slogans, processions and individual contacts with parents. The non-attending children were enrolled to the formal schools.
- **Cultural Events:** Cultural events were organized for all children and community people in order to preserve cultural heritage.
- **Trainings:** Human resource development is an important factor of the program. Staff members were equipped with latest information and skill related to their work. Major topics undertaken were; Pre School Education ; Child Psychology; Class Management; NFE Teaching Methods; Personality Development; Teaching aids; Records Preparation; Multi-grade Teaching; Community Organization; Program Planning; Project Formulation; Report writing and Mothers group formation.

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HEALTH

Family Planning Program

Tubectomy	5
Vasectomy	9
Copper T	46
Mala D	
Condom distribution	
Counseling	21 27

Pre & Post Natal care

Immunization
Check up
Iron & Calcium Tablets
High risk pregnancy
Referral to hospital

Health of all is our determination. Wide ranges of activities were organized for the cause.

- **Jan Swasthya Raksha Mela:** A health fair was organized to provide at hand information and services to the people on one side and motivate them for community health on the other side. The fair represented integrated form of all of the health related activities.
- **Family Planning Program:** The eligible couples were provided information and services for child spacing and small family norm.
- **Pre & Post Natal Care/ Reproductive Health Program:** Mother and child care is one of the major reasons behind unplanned family growth. Some of the activities of the project are:

- **Immunization:** Children under six years were provided basic immunization with the cooperation of government hospital and dispensary.
- **Checkup of pregnant women:** Regular check up and immunization with TT ensured for all of the pregnant women.
- **Iron and calcium tablets:** Iron and calcium deficiencies were met by providing tablets to the pregnant women.
- **Growth Monitoring:** Growth of all the children below six years of age was monitored on monthly basis. Related counseling services were also offered to the parents.
- **Pulse Polio Program:** The services of government pulse polio program were used for polio vaccine to the children below five years of age.

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Awareness Generation

Street Plays	5
Nukkad Meeting	31
Quiz contest	3
Poster campaign	7
Rally	6
Drives	3

Safe Drinking Water & Diarrhoea Control

Chlorine tablets distribution	511
ORS Packets	86
Counseling	53
Training on drinking water	53
Exhibition	1
Door to door awareness	11
Referral to hospital	16

- **Awareness Generation:** Conscientized and well informed community easily shoulders responsibility of their development. Community education program involved following activities with the people for the same.

- **Street Plays:** Important issues of social concern like alcoholism, dowry, and basic health care were dramatized. Follow up of the same was done thru local groups.
- **Quiz :** Children and adults all enhanced awareness and healthy competition by way of quiz programs in the community and centers.
- **Poster campaign:** Children prepared posters on important themes like education, immunization, sanitation, etc. They were encouraged with prizes and appreciations.
- **Rally:** School enrollment, sanitation and issue based awareness was enhanced thru processions.
- **Counseling services:** Individual counseling and group guidance services were used for in-depth realization.

- **Issue based initiatives:** Specific issue based initiatives were taken during the year:

- **Sanitation Drive:** Inter street competition was organized for a month. Consequently, sanitation committees have been formed. Community sanitation has improved reasonably.
- **Dental Camp:** The camp provided instant accessibility to dental services for children and adults. Informative inputs were given by the doctors.
- **AIDS Awareness:** Meetings, handbills, plays and counseling services were used to enhance awareness on AIDS.
- **Personal Health & Hygiene Care:** Children and adolescent girls were provided related inputs on personal hygiene.
- **Safe Drinking Water & Diarrhoea Control:** The program included distribution of chlorine tablets & ORS packets, training on usage of water, exhibition, individual counseling and family contacts

- **TB Checkup:** Chronic diseases are still a matter of concern for the people. The suspected patients were taken for check up for TB and the referral services were ensured for the needy.



SOCIO-ECONOMIC INTEGRATION

Temporary Shed	3
Youth Group	1
Saving Group	3
Mahila Mandal	2
Watch Group	3
Mothers Group	6
Cricket Group	1

Vocational Education

Cutting & Tailoring Unit

Awareness Generation

Career Meeting	11
Street Plays	5
Community Meeting	11
Local Leaders Meeting	12
Youth Groups Meeting	4
Other activities	18

- **Temporary Shed:** Three sheds for community meetings and educational activities have been constructed in the community.
- **Youth Group:** The youth of the community were motivated to organize in a group. The group maintained linkages with government departments, schools and concerned agencies to strengthen the program activities.
- **Saving Group:** Women have joined hands to form three groups for regular savings and credit to stabilize their individual economic activities.
- **Mahila Mandal:** Two women groups have been formed to support programs of their respective clusters.
- **Balika Mandali:** One girls wing has been developed. The members of the group work in close contact with women groups.
- **Watch Group:** Watch groups were developed out of the members of different groups in order to keep overall eye on the development programs of the communities and provide support to other members and groups.
- **Mothers Group:** Mothers of the children participating in different centers have been organized according to different centers. They meet every month and review progress of the children with the teachers.
- **Vocational Education:** The activity was taken mainly for women and girls for their vocational development and sustainable livelihood.

Cutting & Tailoring unit: A women vocation development venture were women get vocational training for the trade of cutting and tailoring. They are further helped to develop linkages with potential market.

Career Meeting: Career meeting were organized to provided in-depth information by way of discussion on different issues related to their career development by the expert.

Exposure Trip: The participants were taken on an exposure visit for first hand experiences related to their vocational training.

Linkages

Organizations:

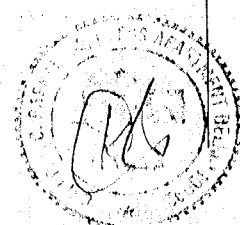
The RASTA has developed linkages with the following institutions as development partners to strengthen the development process:

- IC Trust
- HCL Foundation
- Godrej Memorial Trust
- Jagriti
- Songs & Drama Division, Ministry of Information & Broadcasting, Government of India
- Mid Town Rotary Club
- SCERT
- DIET
- Mobile Creches
- MCD School
- NCERT
- Sarvodaya Vidyalaya
- IPP VIII Project
- Nav Jyoti Development Society
- Pratham
- Chetnalaya
- Sampark
- Manav Kalyan
- Adhar Welfare Society
- Anchal Trust
- Development Associates
- Hindustan

Visitors

Some of the prominent personalities encouraged our team by way of their visits and regular interactions:

- Shri Vinod Khanna, Director HCL
- Smt Lalita Rewal, recipient of President Award for Creative Art
- Shri Anil Mishra, Coordinator IC Trust
- Ms. Romila Soni, NCERT
- Shri J P Malik, Psychologist & Consultant
- Dr. A P Dhondiyal, Principal Sarvodaya School
- Mr. Darshan Mehra, Consultant NIVA, Govt of India
- Mr. Rajendra Dongwal, Chief executive NDS
- Ms. Rashmi, Field Executive, HPS Foundation
- Ms. Deepti, Field Executive, HPS Foundation
- Dr. Rajendra Prasad
- Dr. Bichitra Singh
- Mr. Pradeep Gupta, Development Professional
- Dr. L P Gupta, Psychologist Jagriti
- Dr. K C Papanai, Journalist
- Mr. Basant Srivastava, Godrej Memorial Trust
- Ms. Ameeta Joshi



Appeal

Dear brothers and sisters you and your family members are very happy today because you have put lots of hard work with honesty. All of us observe miseries, petty greed, exploitation and abuse of innocence. This is the need of the hour to think about tomorrow and envisage about the surroundings our children would be bound to live in. Does any one of us want its children to live in such a polluted unhealthy environment?

Dear friend you are the person to think about tomorrow because you love your children. You are incurring heavy expenses on health and education of your children. Do you want them to live in the environment full of valueless exploiting forces, miseries and illiteracy? If you do not want such an environment to develop, this is right time to think for others.

There are millions of children who have not seen schools even in the 21st century because their parents are illiterate and unaware about the utility of education for their children. My nearest and dearest friend if you want to take proper care of your children and want them to remain in a well mannered educated society, support education of at least one child among the millions of illiterate children.

Please encourage us by visiting our community development initiatives and joining our mission to bring socio-economic harmony in the society. Your contributions will help the children to get education and health support services and become a responsible citizen of the country.

