



# PARARTH SAMITI

Annual Report  
2023-24



# Contents

<b>From President's Desk .....</b>	<b>1</b>
<b>1. About the Organization .....</b>	<b>2</b>
<b>2. Outreach .....</b>	<b>3</b>
<b>3. Our Work .....</b>	<b>4</b>
3.1 Rural Livelihoods .....	5
3.2 Climate Action .....	8
3.3 WASH, Health and Nutrition .....	9
3.4 Education and Skill Development .....	10
3.5 Other Initiatives .....	12
<b>4. Trainings, Capacity Building and Exposures .....</b>	<b>14</b>
<b>5. Partnerships .....</b>	<b>16</b>
<b>6. Case Studies .....</b>	<b>18</b>
6.1 Digital Revolution of Gorakhpur Dairy Cooperative .....	18
6.2 Ramkali: Breaking Barriers Through Education .....	20
6.3 A Mother's Courage Brings Victory Against Malnutrition .....	21
6.4 The Green Oasis: Sukhbat's Orchard of Organic Abundance .....	23
6.5 A Flock of Opportunity: Chamri Bai's Poultry Farming Journey .....	25
6.6 Rain, Resolve, and Success: Story of Transformation through Organic Farming ...	26
6.7 Breaking the Mold of Memorization .....	27
6.8 Village Women Envision a Better Future .....	28
<b>7. Finances .....</b>	<b>31</b>

## List of Tables

1. Achievements in Livelihood .....	5
2. Achievements in institution building .....	6
3. Achievements in climate action .....	9
4. Achievements in WASH, health and nutrition .....	10
5. Achievements in education and skill development .....	11
6. Number of trainings and exposures conducted .....	14

# From President's Desk

I am pleased to present Pararth Samiti Chhindwara's annual report for the financial year 2023-24. This report highlights the achievements and progress we've made in empowering rural communities across Chhindwara's tribal blocks.

For over two decades, Pararth Samiti has been a steadfast partner for these communities. Our dedicated team perseveres, overcoming geographical hurdles and fostering collaboration to improve lives. This year's report celebrates significant progress in health, nutrition, education, and most notably, livelihoods.

We're introducing innovative initiatives like mushroom cultivation and lac production, expanding income generation options alongside our continued support for traditional activities. This empowers communities towards long-term economic stability.

Women's empowerment remains a core principle. We successfully conducted "Maa-Beti Sammelans" (Mother-Daughter Conferences) and feeding demonstrations. The powerful federation of 2500 women in Tamia Block advocates for their rights and well-being in education, health, nutrition, and livelihood. Their voices are crucial for building a brighter future for Chhindwara's rural communities.

Strong partnerships are key to Pararth Samiti's success. We collaborate with government agencies and like-minded organizations, ensuring the effectiveness and long-term impact of our programs and government schemes. A prime example is our successful collaboration with the tourism department to construct homestays in Patalkot, promoting responsible tourism for rural benefit. We are honored to be recognized for our efforts, receiving the prestigious 10th Annual CSR India Summit & Awards 2023.

Looking ahead, our focus remains on comprehensive rural development. We aim to expand our reach, intensify climate action initiatives like afforestation and pond construction, and further empower women and children. With your continued support, we are confident that Pararth Samiti will make an even greater difference. Together, we can build a more equitable and prosperous future for Chhindwara's rural communities.

Thank you for your relentless commitment to our cause.



**Manjiri Chande**  
President

# 1. About the Organization

## About Us

Pararth Samiti, was established on April 1, 2000, by a group of dedicated individuals as a registered Non-Governmental Organization (NGO). With 24 years of experience in the field of social work, the organization currently focuses its efforts on addressing critical issues such as health, nutrition, education, and livelihoods, primarily within marginalized tribal communities. Pararth Samiti is driven by a set of core objectives, including the comprehensive development of rural underprivileged populations, support for government and agency-sponsored projects, collaboration with like-minded organizations, program organization to achieve its goals, and the advocacy for critical issues such as family planning, afforestation, and the eradication of child labor. We have field based teams that live and work with communities on ground.

## Our Belief

Pararth Samiti believes in fostering equality and inclusion in society. We are dedicated to empowering marginalized communities through inclusive development processes and the strengthening of people's institutions. As facilitators, we work collaboratively to create a more equitable and prosperous future for all, particularly in tribal-dominated rural areas.



### Vision

With a vision to establish a society free of social and economic uncertainties where everyone gets equal opportunities to excel as a voluntary agency, the organization endeavors to work as facilitators in the overall process of development.



### Mission

The mission of the organization is to work for the comprehensive development of poor, dalit and people living on margins through promoting inclusive development processes and strengthening of people's institutions.





## 2. Outreach

Pararth Samiti has been a driving force for positive change in Madhya Pradesh's Chhindwara district. Our dedicated field teams work directly with communities across four administrative blocks, reaching over 7,265 families in 125 villages. These families belong to historically marginalized Scheduled Tribes, Scheduled Castes, and other vulnerable sections. We've made significant progress working with the Bharia tribe, a Particularly Vulnerable Tribal Group (PVTG) in India. Despite limited infrastructure and road access in their dominant Patalkot region, Pararth Samiti's intensive work is improving livelihoods, education, and healthcare access for the Bharia community, paving the way for a brighter future.





### 3. Our Work

The work of Pararth Samiti to empower communities can be broadly classified under five main pillars:

#### Building Blocks of Empowerment



The initiatives of the organization are to contribute to enhancing the socio-economic well-being of disadvantaged communities and empowering women in society. This year, we are expanding our livelihood programs to include innovative initiatives in mushroom cultivation and lac production. Our ongoing commitment also encompasses **climate action, WASH initiatives, promoting nutrition, education, and skill development**. These comprehensive programs empower rural communities across Chhindwara's remote areas.

This financial year (2023-24) Pararth Samiti reached to 7,265 households impacting about 30,000 lives.







## 3.1 Rural Livelihoods

Pararth Samiti steps into the new year with a strong commitment to improving lives in Chhindwara's rural areas. Many families here face economic challenges. This year, a key focus will be on **diversification of livelihood portfolios through organic livelihood options, rural homestays, and mushroom cultivation**. Our mission remains empowering these communities by establishing sustainable avenues for improved livelihoods and a higher quality of life.

**Table 1: Achievements in Livelihood**

Activity	Till 22-23	Till 23-24
Systematic Rice Intensification (SRI)/ Maize	1,035	1,035
SWI/Chana	718	718
Rain Shelter	140	160
Backyard Poultry	228	288
Backyard Goatery	110	120
Pashu Sakhi (Paravet)	25	28
Backyard Garden	145	256
Mushroom cultivation	-	169
Lac cultivation	-	151



### 3.1.1 Institution building

The organization focuses on promoting women's collectives, including Self Help Groups (SHGs) and adolescent girls' groups. These self-managed and peer-led organizations serve as impactful forums for empowering women and girls. Through this ongoing initiative, Pararth Samiti has successfully **collectivized a total of 3,035 women and 609 adolescent girls**.

The **229 SHGs have mobilized above Rs 3 crore in credit** from banks and other financial sources. These groups are also used for community training on organic farming, health and nutrition, livestock care, and understanding rights and entitlements. For

adolescent girls, the training covers menstrual hygiene, identifying good and bad touch, using sanitary pads, and eating a varied diet with pulses, fruits, and vegetables. A dedicated network of **144 Community Resource Persons (CRPs)** continues to actively support these women and girls' empowerment initiatives.

**Table 2: Achievements in institution building**

Indicators	Till 22-23	Till 23-24
SHGs	192	229
Members in SHGs	2548	3035
Total savings (Rs)	27,77,144	32,52,224
Credit mobilized (Rs)	2,80,00000	33,000,000
Adolescent Girls Groups	34	47
Adolescent Girls Groups Members	442	609







### 3.1.2 Improved agricultural practices

In agriculture, Pararth Samiti's efforts prioritize innovative initiatives that strengthen food security, income generation, and sustainable practices in rural communities. A key focus is on improved practices in organic vegetable cultivation along with **22 demonstrations of five-layer model**. Besides, **265 farmers adopted organic practices** increasing access to fresh, healthy vegetables for the community.



Recognizing the nutritional benefits and income generation potential of mushrooms, Pararth Samiti has also introduced mushroom cultivation programs in the communities.

Our commitment extends to traditional crops as well. We continue to support the cultivation of crops like gram and maize. We actively promote the adoption of enhanced techniques like organic System of Root Intensification (SRI) practices in paddy cultivation. This improves yields, promotes long-term food security, and enhances soil health and environmental sustainability.



### 3.1.3 Improved livestock management

Pararth Samiti enhances the income-generating potential of goat rearing and backyard poultry, providing sustainable livelihoods for underprivileged families. These initiatives offer consistent cash income and elevate the communities we serve.

In goat rearing, the focus is on reducing mortality through vaccinations and deworming, ensuring animal health and reducing disease risks. Improved shelters





and hygiene practices are promoted to create a better environment for goats, allowing families to expand their herds.

Similarly, in backyard poultry, emphasis is on vaccination and disease management to minimize mortality and boost productivity. Pararth Samiti also invests in building the skills and capacity of Pashu Sakhis (Para Vets), empowering them to support healthy animal ecosystems. Over 165 training sessions on improved goat rearing practices and 286 on backyard poultry have been conducted.



### 3.2 Climate Action

Pararth Samiti acknowledges the pressing issue of climate change and its profound effects on rural communities, particularly those residing in delicate ecosystems and challenging terrains like Patalkot and its neighboring regions. This year, our efforts focus on promoting sustainable practices. We are transforming over 200 acres with large-scale tree plantations of both fruit and forest varieties. We are also constructing 20 new ponds to secure vital water resources. To reduce reliance on firewood and minimize indoor air pollution, over 50 eco-stoves have been distributed to households. Additionally, Pararth Samiti is advancing sustainable horticulture practices to diversify food sources and support local livelihoods. These initiatives directly address climate change, foster environmental sustainability, and empower communities in Patalkot.





**Table 3: Achievements in climate action**

Activity	Till 22-23	Till 23-24
Plantation (fruit) in acres	133	133
Plantation (forestry) in acres	74	74
Ponds	20	20
Eco-stoves	40	50
Organic vegetables	140	265
Five-layer model	22	22



### 3.3 WASH, Health and Nutrition

In WASH (Water, Sanitation, and Hygiene), health and nutrition, Pararth Samiti has been engaged to facilitating institutional deliveries in hospitals, providing menstrual hygiene training for girls, imparting handwashing skills to children, promoting children's immunization, iron tablet support to pregnant women, extending assistance to communities in cases of severe malnutrition, and promotion of nutrition gardens to ensure access to nourishing leafy greens and pulses. In the reporting year there has been an increased focus on children with emphasis on immunization, menstrual hygiene and handwashing.



**Table 4: Achievements in WASH, health and nutrition**

Indicators	FY 2022-23	FY 2023-24
Institutional deliveries in hospitals	68	64
Menstrual hygiene training of girls	218	493
Handwashing training of children	2,738	2,832
Immunization of children (06–36 months)	1,028	1,122
Regular check-ups of pregnant women	102	88
No. of pregnant women received Iron Tablets	118	79
No. of pregnant women consumed Iron Tablets	87	72
Support to extremely malnourished children	148	148
Promotion of nutrition garden	524	535

Activity	Till 22-23	Till 23-24
Maa-beti sammelan	-	182
Saas sammelan	624	240
Kishori sammelan	576	525
Feeding demonstration	-	711



### 3.4 Education and Skill Development

Pararth Samiti's **“Teachers as Agents of Change”** program continues to significantly improve educational outcomes for over **2,000 students across 32 schools** in Tamia, Lahgadua, and Jaitpur. This year's focus addressed reducing dropout rates, enhancing teacher capacity, and strengthening School Management Committees (SMCs) by training 226 members.

Beyond academics, the organization promotes holistic development through extracurricular activities like sports, gardening, drawing, and campus maintenance. Nine schools are being developed as model institutions with ongoing support. A Teacher's Resource Center in Tamia offers resources and collaboration opportunities for teachers.

Three School Protsahan Kendras (SPKs) in Jamuniya, Jhapudhana, and Bakaindhana serve 83 children. Community engagement includes Bal Melas (cluster-level children's festivals) attracting over 1,485 participants.





The program focuses on improving learning outcomes in Hindi and Mathematics. At the Teacher's Resource Center in Tamia, teachers can access library resources, prepare TLM materials, and engage in cross-learning.

This comprehensive approach has led to increased enrollment, attendance, discipline, and improved performance in language and mathematics.

**Table 5: Achievements in education and skill development**

Indicators	Till March 2023	Till March 2024
Number of schools	38	32
Number of children	1,935	2,020
Number of model schools	9	9
Children in model schools	427	385
School Protsahan Kendra (SPK)	3	3
Children attending SPKs	83	83
Cluster mela Bal Mela events	5	5
Number of children, teachers, SMDC members, etc. attended Bal mela	1,345	1,485
SMC Training	9	9
Number of SMC members trained	248	226
Number of trainings to teachers	5	5
Number of teachers trained	124	140



## 3.5 Other Initiatives



### 3.5.1 Skill Training

Pararth Samiti is making a significant difference in the lives of marginalized families. This year, the organization launched a lac production training program, equipping 151 women from 10 villages with the skills to diversify their livelihoods. The organization is also fostering a culture of self-sufficiency by promoting sustainable agricultural practices. This includes supporting 80 farmers in kusumi lac cultivation and introducing mushroom cultivation to 169 families. These initiatives not only provide families with a source of income but also promote healthy living.

The organization's commitment extends beyond initial training. Recognizing the importance of ongoing skill development, the organization provided second-stage technical training to 28 Pashu Sakhis (paravets), ensuring they have the necessary expertise to support their communities.







### 3.5.2 Rural Tourism

In recent years, rural India has seen a surge in tourism, often leading to over-exploitation of resources and limited benefits for local communities. Pararth Samiti, partnering with the Madhya Pradesh Tourism (MPT) department, is advocating for responsible rural tourism.

We focus on rural homestays, which play a vital role in sustainable tourism and rural development. Currently, 11 homestays are being constructed in two villages within the Patalkot region. These homestays provide tourists with not just accommodation but also immersive experiences in local culture, traditions, and rural life. This initiative strengthens the rural economy and supports the “vocal for local” movement, ensuring tourism benefits local communities socially and economically.



## 4. Trainings, Capacity Building and Exposures



**Table 6: Number of trainings and exposures conducted**

Training Events	FY 22-23	FY 23-24
Awareness Trainings of SHGs	192	272
Training of Record Keeper (Munshi) of SHGs	32	32
Training of CRPs	112	92
Organic Agriculture Training	249	409
Training on Health and Nutrition	225	742
Training of Pashu Sakhi (Paravet)	26	28
Training on Backyard Poultry	228	286
Training on Gender, Rights and Entitlements	64	93
Training on Rain Shelter	168	126
Training on Improved Goat Rearing	148	165
Training of Adolescent Girls	152	172
Training of Mushroom Cultivation	00	169
Training of Vegetable Nursery	00	110
Training of PRI Members	00	87
Training cum Sensitization of Anganwadi Workers/ASHA/ANM	00	73

Exposure Visits Conducted	Place	Number of Participants
Exposure to Homestay	Sabarvani Village of Chhindwara	32
Exposure to Vegetable Rain Shelter & Backyard Poultry	Chimtipur and Bijouri Villages of Chhindwara	80
Exposure to Mushroom cultivation	Chimtipur	18
Exposure Visit to Mushroom Production Cooperative	Kesla Satpuda Mushroom Production Cooperative	32
Exposure to Lac Cultivation	Holistic Action Research And Development (HARD), Kotma Village of Anuppur, Madhya Pradesh	32
Exposure to Organic Farming and Women's Federation	Nari Shakti Mahila Sangh in Lamta and Paraswada, Supported by PRADAN	32
Exposure of Adolescents	Kesla Satpuda Mushroom Production Cooperative	32



Exposure Visits Hosted	Place	Number of Participants, from
Exposure to Vegetable Rain Shelter & Backyard Poultry	Chimtipur and Bijouri Villages of Chhindwara	16 CRPs from WWF-India, Mandla
Exposure to Organization's Livelihood and Education Program	Chimtipur and Jamuniya Villages of Chhindwara	30 Youth and 2 Staff Members from Synergy, Harda (Madhya Pradesh)

Livelihood	Education	Health and Nutrition	Others
Training on organic fertilizers and pesticides preparation	Achchhi Shiksha, Shiksha, Darshan Shrinkhala, Understanding of Mathematical Operations, Pedagogy of the Oppressed, Accelerated English Program by Shiksha mitra	Training on malnutrition and anaemia  TOT on life skill training	Fund raising workshop
Training on commercial BYP and goat rearing	OELP		Training on village level planning
Workshop on vernacular architecture of homestays			10th Annual CSR INDIA Summit & Awards 2023
Technical training on lac and mushroom cultivation			Greentech CSR Summit Sonmarg (J&K)





## 5. Partnerships

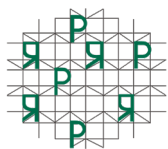
Pararth Samiti collaborates with various government departments to empower rural communities. This includes partnerships with the Agriculture Science and Research Center and Zonal Agricultural Research Station in Chhindwara, along with the Agriculture, Health, and Education Departments. We also work alongside entities such as the Integrated Child Development Services (ICDS), Madhya Pradesh Tourism Board (MPTB), Forest Department, National Rural Livelihood Mission (NRLM), and offices of Chief Education Officers at both the district and block levels. Our collaboration extends to institutions like Jawaharlal Nehru Krishi Vidya Peeth (JNKV) in Jabalpur.

We actively participate in forums such as Samavesh and Vikas Samvad in Bhopal, Rishi Valley River in Bangalore, and initiatives like the Right for Food Campaign and Madhya Pradesh Social Development Information Alliance (MPSDIA). Our engagement extends to CSR initiatives like CSR BOX, and collaborations with organizations such as Subhash Palekar Krushi, Anaemia-free India Forum (AFIF MP), Give India, Samuhik Pahal, NCNF MP, Godavari Social Forestry Women Association (GSFWA MP INDIA), and Sphere India Community. These partnerships and forums play a crucial role in sharing knowledge and making a greater impact together.





Pararth Samiti is grateful for the valued support of our donors, including the Paul Hamlyn Foundation (PHF), Azim Premji Foundation (APF), Wipro Limited (WIPRO), National Bank for Agriculture and Rural Development (NABARD), and Madhya Pradesh Tourism Board (MPTB). These partnerships allow us to expand our reach and make a significant difference in rural lives.



## 6. Case Studies



### 6.1 From Tradition to Transformation: The Digital Revolution of Gorakhpur Dairy Cooperative



“Today, every farmer in our village knows the value and quality of their milk on the spot,” says Kamal Dongre, a 35-year-old dairy farmer and secretary of the Gorakhpur Dairy Cooperative Society (DCS) in Mohkhad block of Chhindwara, Madhya Pradesh. The DCS, established in 2009, underwent a major transformation when Pararth Samiti stepped in with a loan of Rs 90,000 in 2014. This financial boost allowed the cooperative to purchase essential equipment such as a fat analyzer, battery, and printer. To bring a large scale change, Pararth Samiti supported setting up 50 such DCS in six blocks of Chhindwara.

“Earlier, it took us days to find out the quality of our milk, and weeks for payments,” recalls Kamal. “But today, with real-time digital records, over 90 farmers receive immediate feedback on their produce.” This change has doubled the number of farmers in the cooperative, thanks to the transparency and trust the system has fostered.





Madhuri Dongre, a member since 2009, shares, “Selling milk here has always been part of my daily routine. But now, everything is faster and fair. It used to take hours to check the quality, but with the new analyzer, it’s done instantly.”

The improvements have brought more opportunities as well. Kamal’s DCS has been selected by the Sanchi’s district level federation to set up a Bulk Milk Cooler (BMC). This will help the centre to store milk longer and reduce summer losses. “We can’t afford delays, especially in summer. The BMC will help us maintain freshness and expand our reach,” Kamal says.

However, challenges remain. “Servicing the equipment is slow, and payment delays from Sanchi Cooperative still happen,” Kamal admits. Despite these hurdles, the benefits far outweigh the struggles. “I save two days of paperwork each week, which I now use to help farmers with veterinary services.”

Madhuri reflects, “The price of milk has gone up, but we still get the same rate. Even so, this cooperative has changed our lives. We are getting fair pay, faster service, and we trust the system.”

“When I see the farmers receiving their rightful share, I feel proud to be part of this change,” says Kamal. The once-challenging journey is now one of growth. This successful transformation has not only improved the economic conditions of Kamal and Madhuri’s families but also inspired hope among many other farmers in Chhindwara.

## 6.2 Ramkali: Breaking Barriers Through Education

“I used to travel 10 kilometers every day to reach school,” recalls Ramkali Kavreti, a 25-year-old from Rajthari village in Chhindwara, Madhya Pradesh. While other girls her age stayed home, Ramkali was determined to pursue education, knowing it could change her future.

Ramkali received a scholarship under the education program of Pararth Samiti. The scholarship was intended to support science students especially girls. The money allowed Ramkali to rent a room in Tamia during high school. “Having a place to stay close to school was a game-changer. It saved me time and energy, allowing me to truly focus on my studies,” she explains.

In 2018, Ramkali graduated from high school and enrolled in a B.Sc. program in Biotechnology. This decision took her on a new, 30-kilometer journey to attend college in another block. “The scholarship allowed me to join coaching classes and buy good books, things that would have otherwise been out of reach,” she recalls.



Ramkali’s efforts paid off when she became the first girl from her village to study Biology at the undergraduate level—a milestone that inspired pride both in her and her family. “I knew this was something new, something that hadn’t been done before by a girl in my village,” she says.

Her journey didn’t stop there. Ramkali pursued a B.Sc. in Biotechnology, traveling 30 kilometers to another block. Despite delays in her nursing exams, she continued her education, enrolling for B.Ed. in Sagar and preparing for the pre-nursing selection test. “I didn’t let the setbacks stop me. I know my goal, and I’m determined to achieve it,” she shares.

Ramkali also works as a coordinator at Seva Kutir, a center that provides education and nutrition support in her village. “I’m proud to support myself and fund my studies,” she says.

Her family has been a pillar of support, encouraging her to chase her dreams. “They always believed in me, even when the going got tough,” she says gratefully.

Now, Ramkali’s dream is to become a nurse, not only to improve her own life but to uplift others in her community. “I want to help the girls in my village realize that



education can open doors for them,” she says, filled with hope.

Ramkali’s story illustrates how education can empower and uplift. By breaking barriers and forging her own path, she’s creating new possibilities for the young girls of Rajthari, proving that with support and determination, change is within reach.

### **6.3 A Mother’s Courage Brings Victory Against Malnutrition**

Shweta Suiyam’s daughter, Navya, was just two years old when signs of malnutrition began to show. Weighing only 6 to 7 kilograms and frequently falling ill, Shweta felt deep concern but had no idea how to help her daughter. “I didn’t know what to do,” she recalls, describing the helplessness she felt while watching her daughter’s condition worsen.

A local Anganwadi worker recommended that Shweta take Navya to the Nutrition Rehabilitation Centre (NRC) in the Tamia block of Chhindwara district, Madhya Pradesh. “I had never heard of it before,” Shweta admits. Adding to her worries, Shweta’s mother-in-law opposed the idea, fearing that the center might worsen Navya’s condition. “Chhoti maata lag jati hai, ek dusre se,” she said, expressing concern about illnesses spreading among children.

However, awareness activities conducted by Pararth Samiti and the Anganwadi worker became an eye-opener for Shweta and her mother-in-law. Participating in these sessions helped them understand the importance of the NRC. After receiving reassurance, Shweta decided to take Navya. “I was unsure, but I knew I had to try





something different for her,” she shares.

At the NRC, Navya stayed for 14 days. During this time, she gained one kilogram and became more playful and energetic. Shweta’s determination not only transformed Navya’s health but also inspired another mother from their village, Bijauri, to take her child to the NRC. “There were regular feedings, toys to keep the children engaged, and they checked Navya’s weight twice a day,” Shweta shares with a smile, reflecting on the experience.

Thanks to the support of Pararth Samiti’s programs, mothers like Shweta receive vital guidance on improving their children’s health. The organization’s village-level awareness camps have also helped educate families on the importance of proper nutrition and healthcare.

Shweta’s husband, Antarsha, proudly says, “She eats well now and has built good health. I feel good seeing her like this.” This transformation has filled Shweta with hope for Navya’s future, and she watches with pride as her daughter grows stronger every day.



Today, Navya’s health continues to improve, and Shweta feels proud of her decision. “This is not just Navya’s story,” she says, “but a mother’s journey to fight for her daughter’s well-being and create a healthier tomorrow.”



## 6.4 The Green Oasis: Sukhbat's Orchard of Organic Abundance

"We have fresh fruits and vegetables all year, and it keeps our family healthy," says Sukhbat Chalatiya, a Bhariya tribal woman from Ghanakodiya village in the Tamia block of Chhindwara district, Madhya Pradesh. Ghanakodiya, located in Pataalkot, is a geographically isolated and remote region inhabited predominantly by the Particularly Vulnerable Tribal Group (PVTG) Bhariya tribe.



What began as a small orchard three years ago has become a vital part of her family's livelihood and nutrition. Back then, Sukhbat could harvest only 5 kilograms of maize from her land. Today, the same 1,300-square-foot patch provides a wide variety of produce, including drumsticks, guavas, jackfruit, custard apples, papayas, and numerous other vegetables.

Sukhbat didn't stop with fruits. She also grows pigeon pea, chili, and cowpea to ensure her family has a steady supply of vegetables and pulses. "The drumstick leaves are perfect for feeding our poultry. They keep the birds healthy and strong," she explains with quiet pride.

Her journey began after a visit to Hatla village in Katol district, Maharashtra, where she learned about sustainable farming techniques. With support from Pararth Samiti,



she received plant saplings and guidance on adopting sustainable practices. Using her savings of Rs. 5,200, she fenced the orchard to protect it from animals and other external threats.



Sukhbati's orchard is not just a personal success—it has become a source of inspiration for others in her village. Several neighbors are now considering setting up small orchards of their own to grow organic fruits and vegetables. "My orchard has become a symbol of hope. Now, other families are seeing the benefits and planning their own gardens," she shares.

Looking to the future, Sukhbati is eager to expand her orchard. "I want to grow turmeric and ginger under the shade of the trees," she says, determined to use every part of her land wisely to ensure her family's sustainability.

Sukhbati's story reflects the transformative power of sustainable agriculture in creating self-sufficiency. "I want my children to understand how precious this land is," she says, hopeful for the future.

With the guidance of Pararth Samiti, Sukhbati has not only changed her own life but has become a beacon of inspiration for her community. Her orchard represents a vision of a future where land and sustainability go hand in hand, leaving a lasting legacy for generations to come.



## 6.5 A Flock of Opportunity: Chamri Bai's Poultry Farming Journey

Chamri Bai Chalatiya enjoys fresh eggs and poultry from her own flock, ensuring her family stays healthy. A member of the Bhariya tribe, a Particularly Vulnerable Tribal Group (PVTG), she lives in Ghanakodiya village in the Tamia block of Chhindwara district, Madhya Pradesh. Her poultry farming journey began two years ago when she built a small shed with support from Pararth Samiti.

"I hide the eggs to save them from my husband," she laughs. "He loves desi eggs."

What began as a small venture has grown into a source of pride and sustenance. Last year, Chamri earned Rs. 10,000 by selling birds, with each fetching between Rs. 600 and Rs. 800. In addition to selling birds, the eggs provided her with another source of income. Her poultry also supported her family's meals, and she contributed 24 birds for religious ceremonies.

Chamri's success did not come easily. Initially, she faced challenges, working with limited resources and learning everything from scratch. "It wasn't always easy, but with the training I received from Pararth Samiti, I learned how to build the shed, care for the birds, and improve their health," she shares.

Chamri attended a 3.5-day training program on backyard poultry (BYP), where she learned essential skills such as night shelter construction, deworming, vaccination, herbal medicine preparation, and feeding practices. Post-training, Pararth Samiti supported the construction of a night shelter, which protected her birds from predators and made poultry care more manageable. These efforts significantly improved her flock's health and productivity.

Today, Chamri cares for 30 birds, including Vanraja, Narmadanidhi, and Gram Priya breeds. Her poultry farming has not only supported her family but also opened new opportunities. "These birds are our path forward," she says. "They are not just our food; they are our future."

Chamri's success has inspired others in her community. Women in her village have started their own poultry ventures, with Chamri serving as a guide. "I've become a mentor for others in the village," she says with pride. "They come to me for advice, and I'm happy to share what I know."

Looking ahead, Chamri dreams of expanding her farm. "I want to grow my flock and create a sustainable business that provides for my children's future," she says. "I want them to see this as a business we can grow for generations."

For Chamri, her poultry farm symbolizes self-reliance, hope, and growth. "These

birds are our wings,” she reflects. “I hope one day our farm will be the biggest in the village.” She has become a role model, inspiring 17 other women to start poultry farming by learning from her experience.

With the support of Pararth Samiti and her unwavering determination, Chamri Bai has built more than just a poultry farm—she has built a brighter future for her family, one bird at a time.

## **6.6 Rain, Resolve, and Success: Reena’s Story of Transformation through Organic Farming**

“The longer shelf life allows us to control our price,” Reena Uikey shares with pride. In Sukhabhand village of Tamia block in Chhindwara district, Madhya Pradesh, Reena, a member of the Gond tribe, has transformed her farming approach. Just a year ago, she began growing tomatoes under a rain shelter in a small 270-square-foot area on her 15 acres. Her first crop, planted in July, was harvested by April and yielded Rs 20,000.

“Organic farming has made a big difference,” Reena explains. “My crops handle water stress better and need less water.” This method has lowered her costs, extended the fruiting season, and improved the tomatoes’ shelf life, offering her more control over pricing.





This year, Reena built two more rain shelters. In one, she grows tomatoes and potatoes, while the other holds chilies and coriander. Next year, she plans to cultivate vegetables on one acre.

Reena's success is starting to gain attention. "We have orders for organic maize and tomatoes from local officials and businesspeople," she beams.

Her journey took a turn when she visited Akash Chourasiya's regenerative farm in Sagar district, organized by Pararth Samiti. There, she learned valuable techniques such as mixed cropping, intercropping, and using organic solutions like Neemastra, Neem oil, Ghanjeevamrit, and Jeevamrit. These methods revolutionized her approach to farming, helping her increase yields while maintaining sustainability.

Reena's work has had a ripple effect in her community, especially inspiring other women in the village. "Women are leading in farming now," she says with pride, her eyes shining with determination.

Looking ahead, Reena dreams of expanding her farming operations further. "Every seed I plant is a step towards a better future for my family and community," she reflects. "I want to show others that with the right methods and hard work, we can make this land prosper."

Reena's journey to modern techniques in organic farming symbolizes a shift in agriculture. She now apply these practices to all her other crops like green pea, pigeon pea, paddy making her entire farm sustainable. With each seed she plants, she nurtures hope and sustainability for her family and community.

## **6.7 Breaking the Mold of Memorization**

For Kausar Sultana, teaching is more than just a profession—it's a mission. "Teaching isn't just about lessons; it's about creating a space where every child feels they can learn," she says, her eyes reflecting quiet determination.

Kausar has been teaching at the primary school in Amadhana, Chhindwara district, since 2013. When she started, the classrooms were often empty. The children were disinterested, and parents lacked faith in the value of education. The school was just a building with no life or dreams. But Kausar refused to give up. She began connecting with the children and their parents, urging them to see school as a place where dreams could begin.

In 2018, when Pararth Samiti partnered with the school, Kausar saw this as an opportunity to bring a change. With their support, she introduced activities like games, songs, and stories that made learning an exciting experience. "It was a new way of teaching," she recalls. "The children began to look forward to school."

Kausar knew that breaking the mold of rote memorization was key to fostering a love for learning. Using Teaching Learning Materials (TLM), Kausar introduced hands-on activities that helped children understand concepts better. She attended workshops organized by Pararth Samiti, where she learned how to incorporate TLM effectively into her lessons, transforming her teaching approach.

For the first time, her students were excited to learn. Flashcards, storybooks, and interactive activities became central to her teaching. “I saw the excitement in their eyes,” Kausar says with a smile. “Learning became fun.”

Kausar’s efforts have had a lasting impact. She was recognized as the best teacher at the Jan Shiksha Kendra in Tamia. Her school, once a place of disinterest, is now known for its innovative teaching practices, attracting students from surrounding areas, even from private schools.

The children, too, transformed. They showcased their newfound confidence at a cluster-level child fair organized by Pararth Samiti, acting out roles like bank managers. “School became a place where children could not only learn but also dream,” says Kausar.

For Kausar, it’s not just about teaching—it’s about opening the doors of possibility for every child. “If we guide them in the right direction, they can not only change their own future but also transform society,” she believes.

## **6.8 Village Women Envision a Better Future**

“In Batra village, Chhindwara district of Madhya Pradesh, the scorching summer sun turned the Kachhar river dry, leaving women with no choice but to wake up at 3 AM and stand in long queues at the handpumps,” says Sunita Sariyam. “This daily struggle took away our time, energy, and health, and it felt like a constant fight just to get water.”

The water scarcity had made life unbearable, but the women of Batra were determined to bring about change. “Water was the only thing on our minds,” says Gayatri Sariyam, a VO leader. “We decided to tackle this challenge together and looked for opportunities. We took a transect walk through the village, mapping the land, water sources, and forest area. It gave us a clear picture of the status of our resources and challenges. We also came to know about the effect of these on our everyday livelihoods. Based on the overall picture, we prepared a comprehensive plan for the conservation of natural resources consisting interventions like farm ponds, NADEP, plantation, pasture development, cattle trench, and cultivation of cash crops such as vegetables.”

The map they created became the foundation of their action plan. The women formulated a comprehensive strategy to address water scarcity, focusing on rainwater



harvesting. “We are planning to build farm ponds, stop dams, check dams, gabion dams, contour trenches, and wells,” Gayatri explains. “Our goal is to conserve every drop of rainwater within our village.”



With their plan ready, the women took bold steps to share their vision with the local authorities as well as district Chief Executive Officer (CEO). For many, it was the first time they had attended a gram sabha. Priyanka Uikey, who had never participated in a meeting before, recalls, “I felt confident. I learned about the meeting process, financial transactions, and budgets. It made me realize how much we could achieve if we worked together.”

Their collective efforts paid off. The women submitted 112 individual plans and 9 community plans to be implemented through MGNREGS (Mahatma Gandhi National Rural Employment Guarantee Scheme) and other government schemes. “This was proof of our unity and vision,” says Sunita. “It was our way of showing that we were serious about improving our village.”

The women’s vision goes beyond water security. “We want to grow vegetables here,” says Sudamkali Kudopa. “We won’t have to migrate anymore. Our village will prosper.”





With their determination, Batra is on the path to becoming a model village. The women's leadership in water security is changing not only their community's present but also its future.

"Step by step, we are moving toward water security," says Gayatri. "This will not only change our lives but take our village to new heights."



# 7. Finances



Hemant Kulkarni Co.  
Chartered Accountants

**PARARTH SAMITI, CHHINDWARA (M.P.)**

RIGHT TO HEALTH AND NUTRITION (PACS), "TRAINING CENTRE CONSTRUCTION PROJECT ACCOUNT" (GGP),

PAUL HAMILYN FOUNDATION, Covid Affected Vulnerable Group

**FC CONSOLIDATED BALANCE SHEET AS ON 31ST MARCH, 2024**

	Sch.	Rs.	Ps.	Rs.	Ps.	Rs.	Ps.
<b>SOURCES OF FUND</b>							
<u>FC CORPUS FUNDS</u>							
<u>FC OTHER FUNDS</u>							
	BS-1			44,10,698.00			
FC Donation in Kind (Land)				-		44,10,698.00	
<u>FC INCOME AND EXPENDITURE ACCOUNT</u>							
Balance as per Last Balance Sheet				(11,17,090.01)			
Add : Surplus/ Less: (Deficit) for the year				(13,33,337.30)			
Add: Depreciation Adjustment				-		(24,50,427.31)	
<b>Total Rs. :</b>						<b>19,60,270.69</b>	
<b>APPLICATION OF FUNDS</b>							
<u>FIXED ASSETS</u>							
Own Assets	BS-3			-			
Project Assets-FC	BS-3			19,23,753.94		19,23,753.94	
<u>CURRENT ASSETS AND ADVANCES (A)</u>							
FC Cash & Bank	BS-2			16,671.75			
Advances	BS-4			-			
Other Current Assets	BS-6			19,845.00			
				36,516.75			
<u>CURRENT LIABILITIES AND PROVISIONS (B)</u>							
Current Liabilities	BS-5			-			
<b>NET CURRENT ASSETS (A-B) :</b>						<b>36,516.75</b>	
<b>Total Rs. :</b>						<b>19,60,270.69</b>	

Accounting Policies and Notes on Accounts

BS-7

For Pararth Samiti, Chhindwara

*(Signature)*

Chairperson

Nagpur  
Date: 11/09/2024



As per our report of even date

For Hemant Kulkarni & Co.,  
Chartered Accountants  
Firm Reg. No. 128774W

*(Signature)*

CA Shreyas Indurkar  
Partner

M. No. 151905

UDIN :-24151905BKAOKL8490



**PARARTH SAMITI, CHHINDWARA (M.P.)**

RIGHT TO HEALTH AND NUTRITION (PACS), "TRAINING CENTRE CONSTRUCTION PROJECT ACCOUNT" (GGP),  
PAUL HAMLYN FOUNDATION, Covid Affected Vulnerable Group.

**FC CONSOLIDATED INCOME AND EXPENDITURE ACCOUNT FOR THE YEAR ENDING ON 31ST MARCH, 2024**

	Sch.	Rs.	Ps.	Rs.	Ps.	Rs.	Ps.
<b>FC INCOME</b>							
<u>FC Grant Received :</u>	BS-1		0.00				
<u>FC Other Income</u>	IE-1	18,222.00		18,222.00			18,222.00
<b>Total Rs. :</b>							<u>18,222.00</u>
<b>FC EXPENDITURE</b>							
<u>Personnel</u>	IE-2	3,54,267.00					
<u>Programme Cost</u>	IE-2	7,31,171.00					
<u>Overhead Cost</u>	IE-2	60,944.30					
							11,46,382.30
<b>Total Rs. :</b>							<u>11,46,382.30</u>
<u>Non-Cash Charges</u>							
<u>Depreciation for the year</u>	BS-3					2,05,177.00	
<b>Total Rs. :</b>							<u>2,05,177.00</u>
<b>DEFICIT (Excess of Expenditure Over Income )</b>							<u>(13,33,337.30)</u>
<b>Total Rs. :</b>							<u>18,222.00</u>

For Pararth Samiti, Chhindwara



Chairperson

Nagpur

Date: 11/09/2024



As per our report of even date

For Hemant Kulkarni & Co.,  
Chartered Accountants  
Firm Reg. No. 128774W

  
CA Shreyas Indurkar  
Partner

M. No. 151905

UDIN :-24151905BKAOKL8490









Bhagini Samaj Building,  
ELC Square,  
Nagpur Road  
Chhindwara, MP  
480001

Contact:  
9826685308  
[pararth\\_samiti@yahoo.co.in](mailto:pararth_samiti@yahoo.co.in)

