

“PAHAL”

AN EDUCATION & HEALTH INITIATIVE

TO PROTECT & SAVE LIFE OF WOMEN & CHILDREN

PROGRESS REPORT JANUARY 2025 TO MARCH 2026

Implemented by:

Navjyoti Development Society, New Delhi

Supported By:

ADOBE EMPLOYEES COMMUNITY FOUNDATION (USA)

EMAIL: NDSINDIA@GMAIL.COM

[Email address]

About The organization:

Navjyoti Development Society is a national level registered voluntary organization that has been working in the area of social development for the last 30 years. At NDS we pride ourselves as an organization being composed of sincere and dedicated individuals. Our ideology revolves around the fact that all individuals possess the potential to help themselves and we take up the challenge to help them discover this hidden potential. We adopt a participatory approach and thus, in going about designing our programs we deliberately do so. The love for truth, concern, hard work and going the extra mile are virtues that are bred in the organization. Our staff members do not merely carry out their duty but through their work they are continuously satisfying the genuine need within themselves to help the community. We push ourselves to attain new heights and span new horizons. The end result being the immense pleasure we derive from recognizing the fact that we have made a difference no matter how small or large. It is said that hard work and perseverance are the key to achieving anything in the world. We have achieved so much and are still counting!!

About the project

The project is all about education and health, especially women's health which is most vulnerable after covid-19 in India. After covid-19, every government priority has been changed. The lesson of pandemic taught us about our health and proved that if our immunity power is strong, than we can fight against any disease in the world. During the pandemic, women and children faced most crucial and hard time to survive. NDS felt this need and proposed the project based on woman and child health in Nithari village in NOIDA. Protection & prevention of child health and education has been the top priority of NDS for last fifteen years.

NDS has been working in Nithari since a gruesome murder of the children was exposed in 2007 in the area. These children were deprived and living in the slums or kachhi colony. Since then we have been targeting slum children in the area & providing day care facility to them. This facility protect them from anti-social elements & provide safe environment to live and learn. For last eight years, nearly 850 children have been mainstreamed & hundreds got support in their day-to-day study. Education & day care centre is providing support to poor parents who are going for work after leaving their children in our centre. We look support to run such centres in the community.

**Objective of the project**

"The objective of the project is to create a healthy, nourished, and empowered community where every pregnant and lactating woman, adolescent, and malnourished child has access to quality nutrition, education, and healthcare. We strive to foster self-reliance and ensure the well-being of vulnerable populations, ultimately enabling them to lead fulfilled and prosperous lives."

Objective of the project

- To improve the health of the pregnant and lactating women of the community
- To provide nutrition support to the pregnant women and lactating mothers
- To provide medical support at doorsteps in the project area to all direct beneficiaries
- To cover 80 children, not-school & school going children under the education support
- To provide nutrition support to small children joining our education centre
- To provide counselling and life skill training to adolescent to build their confidence
- To conduct health mela within the community and provide them best medical facilities

Targeted Beneficiaries:

- Nearly 80 lactating mothers living in Nithari village
- Nearly 50 pregnant women living in Nithari village
- Nearly 80 small, not-school going & school going children under education program
- Nearly 50 adolescents under various training, counselling and skill development

Strategy:

An integrated and holistic development process requires action on various fronts. These fronts build on and complement each other to create an effective and sustainable impact. For example, knowledge generation, collection of right information and dissemination about the project, raising awareness about the goal and objective, capacity building on every aspect of program and coordination and networking within all stakeholders which are directly or indirectly responsible for development

Expected outcomes:

In development sector, outcomes of any act are either visible or invisible. Most of the activities are invisible. For example, there is no evidence how much a community got aware about any issue which we floated among the community. However we have following expected outcomes of the program:

1. Nearly 80 children from all age group will be covered under education program with objective to mainstream at least 30 children in a session
2. 50 adolescent will be equipped with life skill and hygiene issues and will be prepare for their better future
3. Nearly 60 lactating mothers will get nutrition and food support with their child with objective to make them healthy
4. Nutrition and food will be provided to nearly 50 pregnant women from the community and make sure their healthy, safe and live delivery
5. Health camps will cover all the women and children living in the surrounding area and doctor, counselling, medical and testing facilities will be provided them on the



ADOBE EMPLOYEE COMMUNITY FOUNDATION (USA)

doorstep. This facility will bring awareness and education among the target population.

6. Nutrition for small children in the centre will inculcate school going habit among them and take care of their health at centre level.
7. Advocacy with various stakeholders like ANM, ASHA workers, AWWs, hospitals, and schools will bring opportunity to avail maximum government facilities and cooperate with each other's
8. Organizing and celebrating various days such as Holi, Deepawali, Christmas Day, New Year, Independence Day and Republic Days, etc. These activities will aware children and community about their culture, tradition and humanity. This action will intact children with each-others in future.

Activities at a Glance:

SN	Activity	Targeted	Achieved	Observation
1	Education	Bawadi-50 NFE- 30 REC – 30 Total=110	Bawadi-52 NFE- 28 REC – 32 Total=96	Such educational activities are required in a regular basis in the area. It was an excellent attempt to cover out-of-school children. Nutrition inculcates school-going habits & interest of parents
2	Supporting Lactating mothers	80	76 (total 8 camps organized for the LMs during the period)	Supporting this segment of the community is very useful and essential. Regular contact and nutrition support not only support the family but also motivate males to take care of the family. It seems that this is a regular demand of the people in the area. During the sessions, at least 90% women participated in counseling sessions. The issues and objective covered as per the requirements of LMs and their children.
3	Support for pregnant women	70	67 (total 8 camps organized for the PWs in the centre)	A nutrition program for pregnant women is very much needed in the community to support the health and well-being of both mothers and their babies. The program can provide nutritious food, essential nutrients, and guidance on healthy eating during pregnancy. Such support can help women maintain good health, promote healthy growth and development of the baby, and reduce the risk of nutrition-related problems during pregnancy.



ADOBE EMPLOYEE COMMUNITY FOUNDATION (USA)

4	Health camps	3 (for nearly 400 beneficiaries)	3 (total 403 beneficiaries participated during the camp)	Need exists in the area as health services are either out of the reach or unaffordable. Though most of the camps were organized in our centre due to unavailability of space in the area, yet there were huge participation during the camp who avail the services in the camp, like counselling. Medical care, medicine, testing etc. However, we had to have to stop registration after a certain entries due to time constraints
5	Adolescent education	12 (target was 50 adolescent)	14 (covered 57 adolescent through 14 camps with 315 beneficiaries)	An adolescent education and skill development program is very useful for young girls as it helps them gain knowledge, confidence, and practical skills for their future. The program can provide education on health, nutrition, personal development, and life skills while also introducing vocational and career-related skills. Such support can help young girls become more independent, make informed decisions, and build a brighter and more secure future.
6	Organizing & celebrating of festivals/events	4 (for nearly 100 children)	6 (116 children of all age group participated)	Such activities are always attracts children and community to participate in educational activities in the schools. It boosts the interest of children as well as community. Our main focus was on exposers visits, celebrating independence & republic day, Christmas day and so others
7	Support to needy child	20	03	The impact of our presence within the community is showing its result as we found very less malnourished cases in the community. The presence of very few cases of malnutrition in the community is a positive indicator of the nutritional status of women and children. It suggests that most community members have adequate access to food and are maintaining relatively healthy nutritional conditions. Continued nutrition awareness, regular screening, and early intervention are important to sustain this positive situation."

**ADOBE EMPLOYEE COMMUNITY FOUNDATION (USA)**

8	Lab & testing facility	60 (1)	62(2)	This activity was organized in the month of March 2025. After that we could not conduct it due to unavailability of facility on the spot.
9	Stakeholder meeting & network	4	3	This is an important segment of the project that conducting meetings with various stakeholders who can support our vision and objectives. ASHA, AWWs, ANMs, school principals and teachers etc. are our targeted network stakeholders. Some of them really helped us while school staff were afraid of authorities. However we managed them and mainstreamed children in the schools. ASHA and AWWs were very cooperative and helpful. They made regular visit in our centre and also invited during their camps and activities in the community.
11	Mainstreaming of children	30	26	This time we faced problem to mainstream the children in Govt. schools due to proper documentation. But it was solved soon and 26 children got admission in various Govt. schools.

Baseline survey & data collection:**Objective:**

The objective of the data collection is to reach actual and needy beneficiaries and provide them medical, doctor, nutrition, counselling, education facilities within their vicinity.

Strategy:

We simply conducted a small survey to find out the number of beneficiaries, especially out-of-school children, lactating mothers and pregnant women. This segment is our target throughout the year and we will work for their health and education. Meeting and consultation with other stakeholders like ANM, AWW, hospital staff, schools and so on was the idea of data collection.

Our leanings:

During the period, we learnt that health facilities in their vicinity is most required services by the community. After Covid-19, people are facing lots of health issue especially pregnant women. After pandemic, economic condition of majority of families have gone down and people are struggling to get a job for their children and family. Such program provides them support to manage the life with minimum resources. Our support to lactating mothers and pregnant women, lighten them to fight for life with existing resources. It was observed that there is required a long term strategy to support such community so that life of children could be safe and secure with their future.

PHOTO GALARY





सुरक्षित माँ, स्वस्थ शिशु - समृद्ध राष्ट्र
(हर कदम पर साथ हम, सुरक्षित मातृत्व का वादा)

Navjyoti Development Society (NDS)

New Delhi