

# ACTIVITY REPORT

2020-21

## CATHOLIC SOCIAL SERVICE SOCIETY J&K



**VISION:** ATTAINMENT OF A JUST AND PEACEFUL SOCIETY WHEREIN EVERY HUMAN PERSON ENJOYS FULLNESS OF LIFE.

**MISSION:** PROMOTION, RESTORATION AND SUSTENANCE OF DIGNITY OF HUMAN BEINGS, PREFERENTIALLY THE POOR AND THE LESS PRIVILEGED, BY PARTNERING WITH STATE AND NON-STATE ACTORS THROUGH THE PROCESS OF EMPOWERMENT AND RIGHT

*Joseph Durand*



## 1. Health Awareness Programme

In the last one year, 10 health awareness programmes were conducted in the target villages. After the lockdown, need not to say all the focus was on creating awareness on COVID-19, its prevention and precaution. Team gave awareness on three essential things for its prevention that is social distancing, wear mask and proper hand sanitation. All the programme were done keeping in place all the protocols and new normal conditions. People were advised to Prepare food safely; Food can carry germs, so wash hands, utensils, and surfaces often when preparing any food. Always wash fruits and vegetables. Make sure to clean your hands before and after using washroom, eating, Cooking or serving food, treating a cut or wound, contact with a sick person, putting on and removing protective equipment like a face mask, Coughing, sneezing, or blowing your nose, touching another person's hands or touching an animal or pet, handling garbage, touching frequently touched areas (doorknobs) or contaminated items (dirty laundry or dishes). We also explained them how to Wash Hands with Soap and Water, use hand sanitizer if soap and water are not available and if your hands do not look dirty. To be effective, hand sanitizer must have at least 60% alcohol content. Germs can live on surfaces. Cleaning with soap and water is usually enough. However, disinfect your bathroom and kitchen regularly. Disinfect other areas if someone in the house is ill.



If one is sick, the air that comes out of mouth when you cough or sneeze may contain germs. Someone close by can breathe in your air, or touch a surface contaminated with your germs, and become ill. Cough or sneeze into a tissue or your shirt sleeve-not into your hands. Avoid sharing personal items that can't be disinfected. Needles should never be shared, should only be used once, and then thrown away properly. More important, if one is sick, stay home and rest. We will get well sooner, and will not spread germ. Apart from these safety measure, they were also given tips on staying fit with the help of Yoga, physical exercises and balanced diet.

Overall, the health awareness programmes were focused towards making rural people aware of how they can maintain a healthy lifestyle while undertaking various preventive measures.

## 2. Orientation Programme for Youth group

In the last one year, 3 orientation programmes conducted in which we discussed about role of youth and the participants were motivated to perform following duties: stay informed and ensure other to do the same, take action to keep your community safe, speak up to ensure your Panchayat does the right thing, identify the depressed adolescents and other youth and talk to them to resolve problems. The participants were encouraged to start



entrepreneurship activities such as cushion making, mask making, tie & dye work, mirror work, handmade folders etc. The youth were oriented about PRI structure in the villages and how they can participate and work towards the goal of accountable and transparent governance.

## 3. Training Programme for Youth group

In the last one-year training programmes conducted in which we have trained and motivated some of the youth volunteers to promote a gender sensitive and socially inclusive response to COVID-19. They are engaged in identifying people living in vulnerable situations and in dissemination of accurate information & address stigma. They are spreading awareness among people that COVID-19 can affect anyone irrespective of religion, caste or gender and do not spread negative



statements associating COVID-19 with any particular religion or group and reject any attempts to create and perpetuate discrimination against communities.

## 4. Medical Camps

In the last one year 8 medical camp were conducted in the target villages. Altogether 786 people enrolled their names for the camps. Free drugs were dispensed to all the patients. Main complaints among the adult population were related to back pain and knee pain and were treated symptomatically. All adults were screened for hypertension and follow



up was done for the known hypertensives. Patients with altered findings and poor adherence to the old treatment were referred to higher centers for further need. Complaints regarding vision and other ophthalmic complaints were screened and referred to the concerned department. All the medical camps held with due precautions of COVID-19. All the medication were given free of cost to the patients.



### **5. Interface Meeting with PRI Members**

The main objective of conducting PRI meetings in is to create support system in village and panchayat level to help women and BPL families to avail the social security schemes from the Government. The needy people who belong to the marginalized strata in the communities remain far away from the benefits of all the social security schemes. Every village had an inter face meeting with the PRI members and other service providers. This serves as a platform for the women to express their problems and address their issues directly to the service providers.



During the meetings we discussed both advantages and disadvantages of current LSG structure in the villages. People were made aware about the Local Governance that it is government at the village and district level. It is the government which is closest to the common people.

They are the ones wo deal with day-to-day life and problems of ordinary citizens. It is based on the belief that the local knowledge and local interest are essential ingredients for democratic decision making. These two elements are necessary for efficient and people-friendly administration. However, the system of local self-Government is having may defects or drawback which needs to be discussed as well in the coming year and also to look for appropriate solutions for the same.

## 6. Vocational Skill Training Programme at Akalpur Unit

Villages were selected on the basis of need and socio-economic status of girls but due to the pandemic the centres were on halt due to the lockdown. After ensuring all the protocols of safe distancing and no entry of outsiders the centre resumed with candidates. In the last one year 3 cutting & Tailoring and 2 beauty culture centers were implemented in the target villages of Akalpur unit.



## 7. Skill Training Programme for women

During the training programme the women were motivated to start detergent making at home. They were also made aware of the Indian detergent industry which is growing at a CAGR of 13.06% from the last five years.

Due to rapid urbanization, the emergence of small pack size and sachets, the demand for this product is flourishing. In addition, an increasing per capita income helps to boost the purchasing capacity of the population. Furthermore, a wide range of available choice, health awareness and hunger for good living are other reasons for the growing demand for detergent powder.

In addition, the rural population has replaced detergent cake with washing powder in massive quantity. Apart from the domestic consumption, the product has a different usage in the industrial sectors. The detergent industry represents a good investment opportunity in the small and medium sector. Therefore, washing powder manufacturing is a lucrative business opportunity for new entrepreneurs.



During the programme, initial phase of practical demonstration was also given to the participants which included locally available raw powder such as Retha Powder, Sodium Carbonate (Soda Ash), sodium sulphate, saleri, Metha Soda, Urea, Indian Soda etc. A total of 19 women participated in the programme.

## 8. Nature Clubs in the Government Schools

The main objective of Nature Club is to educate the masses and to spread awareness about the crucial need for environmental protection. The club also oriented to create novel ways to communicate with society, thereby, shifting the attitude of village people by environmentally sensitizing them. The team is dedicated to conserve the environment and make sustainable efforts towards the same.

During the awareness programme, the resource person talked about tree planting which is recognised as one of the most engaging environment friendly activities that people can take part in to better the planet. Trees provide a multiple of benefits, both long and short term. As a being attractive, aesthetic, they remove and store carbon from the atmosphere, slow heavy rain and so reduce the risk of flooding, enhance air quality and improve the urban neat island affected by reflecting sunlight and providing shade.



Resource Persons also shared studies on available Environmental Conservation. There is much to do when it comes to rebuilding and protecting what's left of natural resources and the biodiversity within our ecosystems. Environmental conservation is an umbrella term that defines anything we do to protect our planet and conserve its natural resources so that every living thing can have an improved quality of life.

During the programme a total number of 100 saplings were also distributed among the participants.

## 9. Training/ Awareness Seminar for Farmers

We provided the marginal farmers with training on organic farming, better quality seeds, vegetable cultivation in collaboration with the zonal agriculture department. Various seminars were conducted in the last one year at the selected panchayat level, in which the farmers of the villages come together and address their problems directly with the agriculture department.

### Vegetable Cultivation

We organized exclusive programme for farmers on vegetable cultivation using organic means. During the programme, trainees were educated about the advantages of protected cultivation to produce the vegetables of high quality and yields even in the off-season when the prices are high in the market. They were motivated for use of vermicompost, biofertilisers and organic fungicides and organic pesticides in vegetables. Women farmers were also trained on proper spacing and requirement of irrigation in the vegetables. Resource person gave a detail view of organic methods for the disease and insect-pests management in the vegetables.

Farmers were also suggested that they should use only well decomposed manures in their vegetable fields so that they can get healthy crop and keep their soil healthy. The resource person also spoke on value addition in vegetables and suggested the women farmers they can earn more money by the value addition of vegetables.

### Soil Testing

In this training programme farmers were trained about how to take soil samples for testing. Soil samples will be collected by a trained person from a depth of 15-20 cm by cutting the soil in a V shape. It needs to be collected from four corners and the center of the field and mixed thoroughly and a part of this picked up as a sample. Areas with shade should be avoided. The sample chosen will be bagged and coded. It will then be transferred to soil test laboratory for analysis. Farmers appreciated the programme to a great extent and wish to have such programmes in future as well.

### Wheat Management

During the programme, wheat cultivation was discussed in detail including climatic requirement, varieties and sowing time, field preparation, fertilizer application, irrigation, inter culture and weed control, plant protection, diseases and their control, after harvesting and threshing. As per participants demand, diseases and their control were discussed in detail:

- Loose smut & flag smut; use resistant varieties, seed treatment with Carboxin or Carbendazium., rounce out the affected ear heads at yellowing stage.
- Yellow rust; use resistant varieties, spray the crop with Bayleon 200 @ 0.1% Mancozeb or tiadimefon @ 0.1% 1 spray at the initiation of diseases & repeat after 10-14 days
- Brown Rust; use resistant varieties.
- Leaf Blight; spray the crop with Zineb or Manozeb @ 0.25% or Propiconazole @ 0.1



At the end of the training, harvesting and threshing was discussed, wheat crop should be harvested and threshed before it is dead ripe. Combines can also be used for harvesting and threshing operations.

### Crop Insurance

During the programme, resource person explained about Pradhan Mantri Samman Nidhi Scheme. The scheme aims to supplement the financial needs of all landholding farmers families in procuring various inputs to ensure proper crop health and appropriate yields, commensurate with the anticipated farm income as well as for domestic needs. Under the scheme an amount of

Rs. 6000/- per year is released by the Central Government online directly into the bank accounts of the eligible farmers under Direct Benefit Transfer mode, subject to certain exclusions. This financial benefit of Rs. 6000/- per year is to be released to the eligible farmers in three installments of Rs. 2000/- each in every 4 month/trimester i.e. April-July, August-November and December -March.



All the questions and clarifications asked by the participants were dealt with satisfactory answers by the resource person.

#### Vegetable Cultivation using organic means

During the programme, resource person explained about timely preparation of soil to a fine tilth with 2 to 3 ploughings to remove all debris, stubbles, stones, etc. and to avoid infestation of ants and termites. However, he said, minimum tillage is considered as a very important component of organic farming.

He also added that use of organic manures as basal dose @25 to 38 t/na through FYM, Poultry manures, use of organic cakes from neem, groundnut and castor develop into imperative. Raising of green manures crops like sesbania or dhania and incorporating into the soil, besides using biomass of other vegetable plant species.



He explained very well about the Nutrient management, which is a key factor for organic farming systems.

There is no place for synthetic chemicals then use of chemical fertilizers is abandoned in organic farming, nutrient management deepens on biologically derived nutrients through recycling of on-farm inputs.

### 10. Seminar for women on Financial Inclusion

One seminar was organized on financial inclusion at Akalpur. The main aim of this seminar was to help women to become aware of the many ways to increase their financial capacities through SHG and Federation Savings, inter loaning and IGP. During the programme, a theatre group was invited who displayed importance of financial inclusion and its role in women empowerment through drama and songs. The women were also made aware that wherever banks are not accessible or not responsive, federation may be prepared to take up the command, use of Payment Banks



for SHG, keeping a vigilant eye on the notorious SHGs where one party benefits, regular checking of the funding of SHGs, boosting its penetration to urban poor communities too, imparting management and entrepreneurial skills and educating and replicating the best practices.

It was also shared that SHG bank linkage programme could have a multiplier effect of SHGs as by linking an SHG with a bank goes beyond linking one entity (SHG) to the formal financial sector, by enabling all group members to access savings, credit and other financial services from the bank, so effort to promote financial inclusion through SHG should continue.

It was also communicated to the participants that financial inclusion is an effective way to bring everyone on board on the path of development. It also gives opportunities as well as helps to distribute the benefits of development, thus reducing dissatisfaction among the poor and the marginalized section of the society, SHGs have potential to contribute a lot in this regard bringing economically sections to the mainstream.

### **11. Training on Digitalization**

On 25th September 2020, training on digitalization was conducted at Akalpur in which 17 SHG leaders participated. We provided training to SHG leaders on computer literacy and data entry of SHG accounts to the selected group members. This will help in better monitoring of SHGs function through increased transparency leading to an overall improvement in the quality of SHGs. This will also ensure easier and self-reliant mode of bookkeeping that is cost effective and more secure. This will also help strengthening of linkages with the banking system and access to suite of financial products.

Similarly, digitalization of SHGs can play a vital role in facilitating greater outreach of financial services for the women. SHG information can be orchestrated at a minimal periodic cost. Digitization will help to address accountability and transparency concerns, but also opens the doorway towards facilitating and enabling SHGs to digitize their financial transactions and function with less cash. Moreover, given the possibility of women being left behind in the digital financial revolution, it is a viable channel to on-board women onto digital financial products. It can tackle some of the main challenges of the traditional SHG model and can provide a platform for low-income households to access formal financial services at affordable costs and greater convenience.



During the programme, an excel format was shared with SHG leaders in which they need to fill the amount as they used to do manually in registers. The format developed is very simple and free of any complicated formulas. The SHGs formed in this project are following this format and keeping their accounts digitally secure and transparent.

## 12. Training programme on Kitchen gardening

The programme started with motivational tips to the participants about utility of kitchen gardening. They were guided that main objective of having a kitchen garden is to have uninterrupted supply of organic quality vegetables for the family throughout the year. Since, they are grown naturally, one can be assured that no chemicals are added that are harmful to the crop, so we can avoid long term sickness. Planting, weeding, watering, and harvesting add purposeful physical activity to our regular life. Later,



they were explained about the process of cultivation. The first step is to dig the garden area to a depth of about 8-10 inches. However, we need to make sure that we do not start the digging process, when the soil is too wet. To check whether the soil is too wet or not, we need to squeeze together a handful of it. If it sticks together in a ball and does not crumble under slight pressure by the thumb and finger, it is too wet.

To improve the quality of the soil, participants were advised to add some organic matter to it. This would help release nitrogen, minerals, and

other nutrients for plant use. Thereafter, add some well rotted com-post or manure into the soil. we can even go for mulch of partly rotted straw, compost or crop residue on the soil. This would help to keep the soil surface in good condition and also slows down the process of water evaporation from the soil. Similarly, they were explained about other steps of vegetable cultivation.

## 12. Community Awareness Programme

In the last one year more than 10 community awareness programme were conducted in which people were made aware of the available government policies and schemes. Such as NATIONAL RURAL LIVELIHOOD MISSION, NREGA, PRADHAN MANTRI AWAS YOJNA, ANTYODYA ANNA YOJNA, AYUSHMAN BHARAT, AAM ADMI BIMA YOJNA. In conjunction with AYUSHMAN BHARAT, 5 lakh annual health insurance for residents of Jammu and Kashmir has been introduced by Central Government.



Enumerating the salient features of the scheme, resource person explained that it will provide health insurance cover free of cost to all those residents of Jammu and Kashmir, who are presently not covered under AB-PMJAY or Ayushman Bharat Pradhan Mantri Jan Arogya Yojana.

The scheme would also include employees and retirees from government services of J&K and their families. It will have the same benefits as available under AB-PMJAY with an annual health insurance cover of Rs. 5 lakh per family on floater basis.

Similarly, other important policies and schemes were explained to people during the programmes. In one of the programme, awareness towards COVID-19 vaccination were also given in which certain myths and facts were discussed about the same. All the programme organized and conducted keeping all the post COVID-19 protocol.

### **13. Livestock Management Training Programme in R.S.Pura**

#### *De worming*

The resource person was Dr. Prem from KVK, R.S. Pura and Mr. Raghubir singh from community resource team. They discussed in detail about deworming. Resource person explained that worms are internal parasites found mostly in the digestive system of animals. Some worms will pass through another animal (an intermediate host) before getting to the final (definitive) host. Worms cause several types of damage to the host: They suck the blood of animals and this may lead to death from anaemia; they steal nutrients causing deficiencies and leading to poor health, growth and production. This is the major negative effect of worms on farm animals. Some worms may block the intestines and small passages in the body interfering with movement of food and flow of digestive enzymes. They cause damage to the cells lining the gut and interfere with production of enzymes and absorption of nutrients. Irritation to cells of the gut may cause diarrhoea and loss of body fluids leading to dehydration, abdominal pain (colic) and loss of appetite. Later he discussed about ways to manage worms in livestock. Altogether 25 men and women farmers participated in the programme.

#### *Food and Mouth Diseases*

During the programme the resource person Dr. Prem talked about food and mouth disease (FMD) which is a severe highly contagious viral disease. The FMD virus causes illness in cows, pigs, sheep, goat, deer and other animals with divided hooves. FMD is caused by a virus. After an animal is infected with the virus, the first signs of illness usually appear within 2 to 14 days. There are many symptoms of this like great increase in body temperature for 2 to 3 days. Sticky, foamy, stringy saliva, eating less because of painful tongue and mouth blisters. FMD is one of the most difficult animal diseases to control. He said, if such suspicions signs of disease are seen in the cattle then immediately go veterinarian.

#### 14. Awareness Camp for CBR children and Parents

An awareness camp was organized in Bishnah for community Based Rehabilitation children and parents. The topic of the said program was “Parenting children with Special needs during COVID-19”. The program majorly aimed at the health of disabled children. Presently, everyone is susceptible to Corona virus irrespective of age and gender. Prevention is better than cure so by taking wiser precautions this virus can be kept at bay. The four important things were taught time and again. Parents were satisfied because their queries got answered and at the same time the dilemma of rumours cleared from their minds.



#### 15. Medical Camp

A Medical camp was organized by CSSS on 29<sup>th</sup> October the students of Community Based Rehabilitation and Institution Based Rehabilitation at Adlehar, Bishnah. The camp started at around 11 am. The panel of MBBS doctors from St. Joseph’s Hospital, Smailpur, Bari Brahmana attended the camp and checked the patients thoroughly. Counselling them how to take care of themselves amidst COVID. Medications were distributed to the children and those who require follow ups were called up to the hospital for further interventions.



#### 16. Training for CBR Staff

Staff training was organized by CSSS for our staff members of IBR and CBR. The topic of the said program was “Behavioural Psychology and Psychosocial Counselling” for children with Disability. Rehabilitation Coordinator Dr. Shervinder kour illustrated the effect of such positive things on special children and how we as social members can work for their betterment.



### 17. Parent Teacher Meeting

Parent Teacher Meeting was conducted in PS Pura (Laliyana) where the parents of Community Based Rehabilitation took part actively. The prime of parent-Teacher interaction is to break the gap between parents, teachers and children. To discuss the problems parents must be facing whilst handling their disabled children. Most importantly, to welcome the suggestions of parents to further enhance the way we can improve our services towards our children.



### 18. Establishment of Tailoring Producing Unit at Bishnah

This is the new initiative started by our organization from Feb 2021. The project aims to enhance the quality of life of women through increased knowledge and skills. It will promote employment-oriented skill, up gradation of training to the girls and women from the community. We are planning to give them training in Bag and Uniform making. Jammu has huge demand for jute/cloth bags owing to religious tourism and educational institutions. A unit set up by the Society can effectively address this demand particularly keeping in mind the increasing ban of plastic bags and awareness on eco-sensitive products. Women trained from our centre can be enrolled into our unit after forming a Self Help Group so that the ownership of the venture lies with the women themselves. CSSS will help them in marketing of the product and ensure quality control to meet the market standards.



### **19. Formation and strengthening of Community based Institutions:**

The target population were organized into various community -based groups like Self Help Groups (SHGs), Farmers clubs, Panchayat Level Forums (PLF) etc. Meetings and consultations are being arranged as per the schedule on a regular basis. Different measures are adopted to make these groups sustainable and contribute towards inclusive development both within the groups and in the larger community. Currently we are working with 36 SHGs with the membership of 415 people. The members are mostly women in these groups, but there are few groups that are heterogenous. The members meet once in a month where they discuss about various issues, particularly with regard to development of micro enterprise and income generating ventures.



We are also working with the farming communities under the projects. The farmers meetings are organized once in two months and various deliberate on the issues related to improving the farming techniques and resource mobilization. Panchayat level forums meetings are also being organized regularly to promote inclusive development, community led monitoring and good governance.

### **20. Community meeting with GP members:**

The community members have benefitted a lot from these meetings. They are now in regular contact with their elected members. They discuss regularly about the various schemes/services that are being allocated for their respective villages and also have benefitted in developing rapport with the elected PRI members. The meeting was conducted in every target village.

### **21. SHG leaders meeting:**

The leaders of the formed SHGs are encouraged to meet once a month to share their knowledge, experiences and the issues they discuss in their respective groups. Various challenges that are being encountered in the individual groups are also being discussed with the fellow representatives and probable solutions are being shared. They also discuss about the financial inclusion as well as tapping resources for the sustainability of their groups.



### **22. Capacity building for the SHGs:**



During the past one year 12 capacity building programmes were organized. The programmes mainly focussed on thrift management, account maintenance, income generation, financial inclusion and mobilization of resources for the lasting impact. The experts from the relevant fields were approached for the programmes. These trainings are organized as per the need of the groups. The members are in process of forming their own forum to work for

the financial advice and resource mobilization.

### **23. Income Generation Programme (IGP in Nagrota Unit**

The formed SHGs were further supported for livelihood enhancement in the form of IGP. The members from different groups took financial support in the form IGP loan. During the last year 18 members were supported. The members repay the loan amount and the same is being again revolved in the group. 7 members were also benefitted through the revolved amount. The beneficiaries have invested in the trades like cattle rearing, grocery shops, beauty parlour and purchase of sewing machines and have been able to support in their family income.



#### **24. Training of trainers (TOT) on RTI:**

The like-minded and passionate youths were identified from the community during the course of intervention who are working as crusaders of RTI. These members were given inputs and guidance by the experts to build their capacity on Right to Information (RTI) and Public Service Guarantee Act (PSGA). During the past year 3 capacity building programmes were organized. The trainees are now sensitizing the larger community on the use of RTI. They are also trained in drafting RTI applications on different issues.



#### **25. Capacity building of PRI members:**

The Panchayat as an institution in the UT of Jammu and Kashmir is very fragile. They are often being dissolved and the state administration does not give priority to the institutions, the infrastructures have been developed, but never function as an institute. Instead, the power and authority (though very negligible) are being given to 'Sarpanches' to head and run the institute. Therefore, decentralized system never existed. The most appalling part is neither the administration nor the people have been capacitated to impart knowledge and awareness on the functioning of the panchayats. Thus, it is our belief that in order to have vibrant self-governing structure in place, the whole PRI needs to be strengthened. We organized 7 such programmes including 5 Gram panchayats where various inputs were given on the role and functioning of the gram panchayats, revenue generation and future scope of building the capacity of the existing practice.



We have also sensitized the larger community to proactively work towards establishing the functional GPs in place. The people are organized into groups like PLFs, sensitized them on the concept of PRI and good governance, built purposeful relations with the local bodies, created conducive environment for Gram Sabha meetings and ensured greater participation.

## 26. Livestock Management:

In the target villages of Nagrota block, the most commonly employed farm power apart from manual labor, invariably comes from Cattle which distinctly stand out from other farm animals. The majority of the population of the target villages of Nagrota belongs to Gujjar. These tribes' rear animals like sheep, goats and buffalo and they earn much of the income through these farm animals. Thus, for the efficient use of these animals, their feeding patterns, maintenance of their health and fitness 4 training cum Participatory session programme were conducted last year with the support from the department of Sheep husbandry and Department of Animal husbandry.



## 27. Skill development/entrepreneurship development

The During the course of intervention it was found that, in most of the target villages, the youths especially the girls do not go for the higher studies and are often engaged in household works. Many of these girls wanted and looking for programmes that would allow them to sharpen their skills in various trades so that they can secure their future with sustained economic development but due to the lack of availability of affordable programmes they



were forced to live with limited mobility and forced dependent life. After series of meetings and consultations with different actors, and initial survey it was found that that the girls and women are concerned about their appearance & thus pay great attention to their body, dress & makeup. There is increasing demand for trained personnel in beauty culture. There are good employment opportunities in this trade. Understanding this trend and benefits of being skilled for wage or self-employment in the local



area and taking into account the large number of women who could benefit out of this venture, we started 6 months skill development programme on Beauty Culture in 2 Panchayats, one in Marh panchayat and another one in Nadore Panchayat in the month of September 20 catering to the need of 43 candidates from the target villages. Well trained diploma holder Instructor with required knowledge and exposure were appointed from the locality in consultation with the community key persons. Both theoretical and practical inputs were given during the course. Apart from regular course, various sessions with beauticians/experts were organised for the the candidates to provide knowledge, information, inputs and guidance on life skills, personality development, business skills with more focus on financial inclusion and resource mobilization.

*Cutting & Tailoring centres:* 4 Cutting & Tailoring Centres were functional in Patler, Thandapani, Bamyal and Tanda villages during the last year. Each centre benefitted 15-20 young women and girls, both theoretical and practical inputs were provided to the candidates.

### **28. Inclusive education in the form of Participatory Knowledge Centres/Activity Centres**

Children of the target areas do not get enough opportunity to have extra support to improve their educational needs. Most of the parents are not literate, even if in some cases parents are literate, they do not have enough resources to support their children in their studies. Thus, in order to promote inclusive education, overall development of the children we have established centres in the target villages in the form of Participatory Knowledge Centres (PKCs) and Activity Centres.



These centres are functional for 10 months (July to April) every year. We have 27 functional centres catering to educational needs of 409 children.

Apart from educational support, the centers continue to hold various competitions among students to promote extra -curricular activities among the children and to inculcate a feeling of collective action among them. Thus, the centers are helpful in all round development of the children of the target areas. The Instructors for the centers are selected in consultation with the community and are based on the criteria of education, family income and commitment towards educating children.



*Joseph Durandem*

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# COVID-19 RESPONSE

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Catholic Social Service Society J&K



*Vision: Attainment of a Just and Peaceful Society wherein every human person enjoys fullness of life.*

*Mission: Promotion, restoration and sustenance of dignity of human beings, preferentially the poor and the less privileged, by partnering with state and non-state actors through the process of empowerment and right*

*Joseph Durandain*



The world and our country are witnessing the worst epidemic breakout since the Spanish Flu in 1918. Corona virus disease or Covid-19 that broke out in Wuhan, China in late December 2019 has spread across the world and now it's a big concern how the world's second most populous nation, with 1.3 billion people, is going to deal with this crisis situation.

During the pandemic, lockdown left a lot of migrant workers, stuck in the cities, jobless, with hardly any resources. Many who retreated back to their villages are also struggling to sustain their families. Though the government has provided best relief to the most vulnerable then also there are large numbers of needy communities who are not being catered.

CSSS with its immediate relief work tried to bridge this gap by providing food kits and hygiene items to the most vulnerable and ignored communities living in the region. We are also providing support to government hospitals and institutions in the form of Personal Protective Equipment Kits, sanitizers and N95 face masks.

As a responsible social organization CSSS is also taking step towards preventing the spread of Corona virus in Jammu region, CSSS is helping rural as well as urban community to deal with the virus threat by providing them free masks. We are making masks with the help of our Self- help group's network and distributing it for free among the local population, district administration and health Institutions. We are also making awareness about COVID-19 among the lesser-privileged classes who have very limited access to trustworthy information about the viral infection and its prevention.

The field staff and volunteers of CSSS are there in the field every day to spread awareness about the novel Covid-19 and reach out to the people living in urban slums, rural areas, and remote locations. This rapidly spreading pandemic can only be contained by individual efforts at the moment. The people living in extreme poverty and unhygienic conditions are the most vulnerable. Not only are they do not have the complete knowledge of the right way to protect themselves against the disease, they may fail to reach for the necessary treatment.

Addressing this crucial requirement of the hour, we are motivating people and make him/her aware of the critical situation that we as a nation are facing with the motto that together with the selfless dedications and individual contributions through practicing hygiene and social distancing, we all can contain this disease.

#### IMMEDIATE SUPPORT OF FOOD KITS, FACE MASK & PPE KITS

Immediate Relief support to affected people: we reached around 425 families and have distributed dry ration kits with a close network of people comprising our local partners, volunteers, and community workers. We focused on ignored communities: we supported communities from tribal groups and leprosy patients.

Food Kit	425
PPE Kit	80
N95 Mask	500
Surgical Mask	50000
Hand Sanitizers	5000
Cooked Meal for Migrants	680
Relief to Migrants on highway	110



Personal Protective Equipment Kit (PPE Kit): As on date we have procured 80 kits, of which 50 are given to the Government Medical College that has an isolation facility for COVID patients.

N-95 masks: We pro-cured 500 N-95 masks for free distribution among healthcare professionals. These masks have been given to the hospitals through liaison with the district administration

### SHG WOMEN TOOK INITIATIVE OF MASK MAKING

We have nearly 20 women who have offered their time as well as skills for preparing surgical masks. Till date the women of R.S.Pura and Akalpur have prepared nearly 50000 masks.

These masks have been distributed free of cost through liaison with government officials. We have given masks in Jammu, Samba, Kathua and Doda in Jammu Division and Srinagar and Baramullah in Kashmir division. This is one of the major interventions we have under-taken till date. It is heartening to note that the women have come forward and offered their skills to support this venture. It is worth mentioning here that the Self-help groups, were earlier trained in tailoring by one of our livelihood program, is now volunteered their support in manufacturing of face masks. During this tough time these ladies are playing a constructive role in making people aware of the virus and saving precious lives.



## HYGIENE & OTHER INITIATIVES

Hand Sanitizers: We purchased 5000 hand sanitizers and distributed among the people, particularly those living in slum areas, drivers, police Personnel and municipal workers.

Filling gaps and intensified networks: We identified institutions, groups who were in need of urgent relief measures. These included old age home, schools, child care centers, hospitals that are filling critical gaps amid the distressing situation.



We are making the poor and the lesser informed, aware of this deadly disease. As for them corona virus is still an unknown illness. They are unaware of the basic sanitary habits and precautions that can prevent corona virus infections. For them, a face mask offers the first line defense protecting them to some extent from a direct infection, if everyone wears a mask; the spread of this infection could be arrested.

*Joseph Durandem*

## COVID-19 pandemic

# Distribution of ration, essential items continue in various parts of J&K UT



*Members of Christian Fellowship Trust Jammu and Catholic Social Service Society distributing ration items among the needy persons.*

Christian Fellowship Trust Jammu in collaboration with Catholic Social Service Society Jammu and Kashmir with the support of Caritas India--The Social Agency of Catholic Churches in India distributed ration items and masks to needy people of 125 families from all religions residing in Christian Colony and its adjoining areas. The food items were distributed to the needy people at St Peter's Catholic Church Jammu under the supervision of Fr Kuriakose President Christian Fellowship Trust and Fr Shaiju Chacko Director Catholic Social Service Society J&K in the presence of Rajesh Gill Chief Prosecuting Officer, Rev Udhay Singh, Pastor Prince, Pastor Robin, Pastor Johnson and Lazar Kandyara.



# मॉक ड्रिल से बताए इलाज में सुरक्षा के उपाय

## जिला पुलिस लाइन में पुलिस कर्मियों को चारंटीन में अपनाई जानी वाली सावधानियों की जानकारी दी

संवाद सूत्र प्रदीप

जम्मू: जिला पुलिस लाइन में पुलिस कर्मियों को चारंटीन में अपनाई जानी वाली सावधानियों की जानकारी दी जा रही है। जिला पुलिस लाइन में पुलिस कर्मियों को चारंटीन में अपनाई जानी वाली सावधानियों की जानकारी दी जा रही है। जिला पुलिस लाइन में पुलिस कर्मियों को चारंटीन में अपनाई जानी वाली सावधानियों की जानकारी दी जा रही है।



जम्मू के जिला पुलिस लाइन में चारंटीन में अपनाई जानी वाली सावधानियों की जानकारी दी जा रही है।

जिला पुलिस लाइन में पुलिस कर्मियों को चारंटीन में अपनाई जानी वाली सावधानियों की जानकारी दी जा रही है। जिला पुलिस लाइन में पुलिस कर्मियों को चारंटीन में अपनाई जानी वाली सावधानियों की जानकारी दी जा रही है।



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### खैरौल के 45 परिवारों को छायादान विातित किया



खैरौल के 45 परिवारों को छायादान विातित किया गया है।

खैरौल के 45 परिवारों को छायादान विातित किया गया है। खैरौल के 45 परिवारों को छायादान विातित किया गया है। खैरौल के 45 परिवारों को छायादान विातित किया गया है।

### बाईर वेलफेयर अर्गनाइजेशन ने विातित किया छायादान



बाईर वेलफेयर अर्गनाइजेशन ने विातित किया छायादान

बाईर वेलफेयर अर्गनाइजेशन ने विातित किया छायादान। बाईर वेलफेयर अर्गनाइजेशन ने विातित किया छायादान। बाईर वेलफेयर अर्गनाइजेशन ने विातित किया छायादान।

### खाती होने लगे चणारटीन सेंटर

खाती होने लगे चणारटीन सेंटर। खाती होने लगे चणारटीन सेंटर। खाती होने लगे चणारटीन सेंटर। खाती होने लगे चणारटीन सेंटर।

### एसडीएम की 51 हजार का चेक दिवा



एसडीएम की 51 हजार का चेक दिवा

एसडीएम की 51 हजार का चेक दिवा। एसडीएम की 51 हजार का चेक दिवा। एसडीएम की 51 हजार का चेक दिवा। एसडीएम की 51 हजार का चेक दिवा।

### पूर्व विधायक को मां ने टीएम रहत बोध में दिया दान



पूर्व विधायक को मां ने टीएम रहत बोध में दिया दान

पूर्व विधायक को मां ने टीएम रहत बोध में दिया दान। पूर्व विधायक को मां ने टीएम रहत बोध में दिया दान। पूर्व विधायक को मां ने टीएम रहत बोध में दिया दान।

# घरों में बना रहीं मास्क, प्रशासन को सौंप रहीं

## बिश्नाह में जरूरतमंदों को दिया भोजन और मास्क



घरों में बना रहीं मास्क, प्रशासन को सौंप रहीं

घरों में बना रहीं मास्क, प्रशासन को सौंप रहीं। घरों में बना रहीं मास्क, प्रशासन को सौंप रहीं। घरों में बना रहीं मास्क, प्रशासन को सौंप रहीं।



बिश्नाह में जरूरतमंदों को दिया भोजन और मास्क

बिश्नाह में जरूरतमंदों को दिया भोजन और मास्क। बिश्नाह में जरूरतमंदों को दिया भोजन और मास्क। बिश्नाह में जरूरतमंदों को दिया भोजन और मास्क।

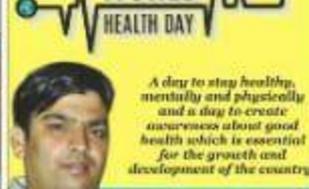
# जर्जोडवा में किया गया छिड़काव



जर्जोडवा में किया गया छिड़काव

जर्जोडवा में किया गया छिड़काव। जर्जोडवा में किया गया छिड़काव। जर्जोडवा में किया गया छिड़काव।

# महिला सरपंच ने 51 हजार दिए



महिला सरपंच ने 51 हजार दिए

महिला सरपंच ने 51 हजार दिए। महिला सरपंच ने 51 हजार दिए। महिला सरपंच ने 51 हजार दिए।

# एमसी चेयारमैन ले रहे काम का जायजा

एमसी चेयारमैन ले रहे काम का जायजा। एमसी चेयारमैन ले रहे काम का जायजा। एमसी चेयारमैन ले रहे काम का जायजा।

# जम्मूखंडमंद लोगों को राशन विातित किया

जम्मूखंडमंद लोगों को राशन विातित किया। जम्मूखंडमंद लोगों को राशन विातित किया। जम्मूखंडमंद लोगों को राशन विातित किया।

# अरनिया में बीबीसी चेयारमैन ने सैनिकों को राशन विातित किया

अरनिया में बीबीसी चेयारमैन ने सैनिकों को राशन विातित किया। अरनिया में बीबीसी चेयारमैन ने सैनिकों को राशन विातित किया।

# झंडा फहराकर स्थापना दिवस मनाया

झंडा फहराकर स्थापना दिवस मनाया। झंडा फहराकर स्थापना दिवस मनाया। झंडा फहराकर स्थापना दिवस मनाया।

# भाजपा का स्थापना दिवस मनाया

भाजपा का स्थापना दिवस मनाया। भाजपा का स्थापना दिवस मनाया। भाजपा का स्थापना दिवस मनाया।

# अरनिया में बीबीसी चेयारमैन ने सैनिकों को राशन विातित किया

अरनिया में बीबीसी चेयारमैन ने सैनिकों को राशन विातित किया। अरनिया में बीबीसी चेयारमैन ने सैनिकों को राशन विातित किया।

**WORLD HEALTH DAY**

A day to stay healthy, mentally and physically and a day to create an awareness about good health which is essential for the growth and development of the country.

**Dr. Sunny Devgon**

**DEVGON AYURVEDIC CLINIC**

Guru Road, Dera Wazir Khan, Jammu. Opp. Jammu College, Jammu. M: 9800210122, 9800210123

**WORLD Health Day**

STAY HAPPY STAY HEALTHY

Dear Parents... It is informed to all of you that the CORONA EPIDEMIC that is going on in INDIA at this time and due to this does not affect the Education of our Children.

So we are going to start **ONLINE CLASSES** on APRIL 10, 2020

**B.P WORLD PLAY WAY SCHOOL**

Sunderbani

For Admission & Any Other Queries: 9086100709

**WORLD Health Day**

STAY HAPPY STAY HEALTHY

देवराज पूर्ण सरपंच, सुपुल लोकार को अख्यर

कोरोना वायरस के बचाव कार्य में लगे देहा के कर्मवीर डॉक्टरों को सैल्यूट

अपनी जगत जैविक में दवाकर दिए गए कोरोना जैविक दवाकारों से लड़ने वाले सभी डॉक्टरों, सार्व, सार्व कर्मियों, पेशेवरिक कर्मियों को पेशेवरिक डॉक्टरों का रूप से अख्यर करार है।

ईस्वर्त इन्हें सार्विक से ऊर्जा दे। Good Health is the Main Source of Happiness in Life. It helps in maintaining the smile on your face.

**HAPPY WORLD HEALTH DAY.**

**देवराज**

पूर्व सरपंच, सुपुल लोकार को अख्यर

**BALWAN SINGH**

Block Development Council Chairman, Block Uthantpur

Web No: 941910122

# कैथोलिक सोशल सर्विस सोसायटी खुद तैयार कर बांट रही निशुल्क मास्क

जम्मू परिवर्तन ब्यूरो

आर एस पुरा। कोरोना वायरस को लेकर मास्क की बढ़ती जरूरत को देखते हुए गैर सरकारी संस्था कैथोलिक सोशल सर्विस सोसायटी जम्मू कश्मीर की तरफ से आर एस पुरा क्षेत्र के गांव चक वाला में मास्क तैयार किए जा रहे हैं जो निशुल्क बांटे जा रहे हैं। संस्था के निदेशक फादर एस चाको ने गांव का दौरा किया और मास्क तैयार करने वाली महिलाओं का हौसला बढ़ाया। उन्होंने बताया कि मास्क तैयार होने के बाद एसडीएम आर एस पुरा डीसी कदुआ तथा कश्मीर घाटी के क्षेत्रों

में अधिकारियों को दिए जायेंगे।

प्रोजेक्ट मैनेजर मधुलिका शर्मा ने कहा कि इसका अभियान में गांव की महिलाएं भी अपना बढ़-चढ़कर योगदान दे रही हैं।

उन्होंने बताया कि 5000 के करीब मास्क में एसडीएम को सौंप चुके हैं। इस मौके पर संस्था के प्रोजेक्ट एसोसिएट सुभाष चंद्र भी मौजूद थे।



# कैथोलिक सोशल सर्विस सोसायटी जम्मू कश्मीर द्वारा तैयार किए जा रहे मास्क

सोहन चौधरी

आर.एस. पुरा, 6 अप्रैल। कोरोना वायरस को लेकर मास्क की बढ़ती जरूरत को देखते हुए गैर सरकारी संस्था कैथोलिक सोशल सर्विस सोसायटी जम्मू कश्मीर के सदस्य आर.एस. पुरा क्षेत्र के गांव चक वाला में मास्क तैयार करने में जुटे हुए हैं।

सोसायटी मास्क तैयार करने के बाद अपनी जरूरी सेवाएं देने वाले लोगों में निशुल्क बांट रही है। संस्था के सदस्यों का कहना है कि उन्होंने कुल 20000 मास्क तैयार करने का टारगेट रखा है। संस्था के निदेशक फादर एस. चाको ने गांव का दौरा किया और मास्क तैयार करने वाली महिलाओं का हौसला बढ़ाया। उन्होंने कहा कि संकट के इस दौर में सभी लोगों को आगे आने की जरूरत है और उनकी संस्था के लोग बढ़-चढ़कर आगे आ रहे हैं।

उन्होंने बताया कि मास्क



तैयार होने के बाद एसडीएम आर.एस. पुरा, डीसी कटुआ तथा कश्मीर घाटी के क्षेत्रों में अधिकारियों को दिए जायेंगे। उन्होंने कहा कि इस काम में तेजी लाई जाएगी। वहीं प्रोजेक्ट मैनेजर मधुलिका शर्मा ने कहा कि इस

अभियान में गांव की महिलाएं भी अपना बढ़-चढ़कर योगदान दे रही हैं। उन्होंने बताया कि 5000 के करीब मास्क वह एसडीएम को सौंप चुके हैं। इस मौके पर संस्था के प्रोजेक्ट एसोसिएट सुभाष चंद्र भी मौजूद थे।