

2019-20

Annual Report



A word cloud featuring various terms related to social service and development. The words are arranged in a roughly circular pattern, with 'Collaboration' being the largest and most central. Other prominent words include 'Farming', 'Livelihood', 'Children', 'Community', and 'Health'. Smaller words include 'Youth', 'Stakeholders', 'Microcredit', 'Livestock', 'Horticulture', 'CBO', 'SHG', 'Action women', 'PKC', 'Empowerment', 'Skill', 'People', and 'EDP'.

Collaboration
Stakeholders
Microcredit Livelihood
Livestock Farming People
Horticulture Skill Children
CBO EDP SHG Action women Community
PKC Health
Empowerment

Catholic Social Service Society of J&K (CSSS)

Reach & Presence

Where we work: Our focus is mainly the rural areas and villages where livelihoods and access to opportunities is an issue. Presently we are working in Jammu, Samba, Kathua and Pulwama districts of Jammu & Kashmir covering 116 villages with 6074 households.

Our target beneficiaries: We work for rural communities who are deprived of vocational skills, livelihood and opportunities for sustainable development. We work for rural youth, children but women and farmers are our prime focus. We believe in holistic approaches in solutions and therefore it needs to engage the entire community in the development process. Apart from the regular community engagement, CSSS is involved in Rehabilitation and Institutional care of children with special needs.

Our Strategic Approach: We believe every society is the change maker of their own lives and their community. All they need is inspiration, guidance and support. CSSS practices and implements its work through:

- Encourage community participation
- Empower and strengthen the aspiring rural people
- Reinforce effective leadership and institution building at local level
- Promote and support livelihood opportunities for rural communities

CSSS- At a Glance

40,600 Direct and Indirect Beneficiaries

6074
Households

1970 families under
livelihood

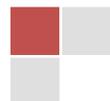
1150 children under
PKC/Tuition
Centers/
Rehabilitation
centers

1100 families are
trained under
livelihood options

116 villages
Reached

44 field staff

6 Projects
on Livelihood,
health, Education,
DRR and
Rehabilitation



Our Projects



Preamble

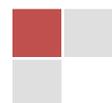
CSSS works with the last mile, marginalized communities in Jammu and Kashmir and has continued delivering programmes to address their needs in 2019-20- in livelihood and health, in education and governance, in Rehabilitation and social inclusion. In the last year we have deepened our work with the particularly marginalized and improved the lot of women and children, small and marginal farmers, and the displaced and impoverished Gujjar families. We are proud that our programmes have helped women's empowerment as farmers and entrepreneur. We have helped smallholder families adopt cash cropping including cultivation of high-value medicinal plants, increase their agricultural incomes and gain livelihood security.

CSSS pay more emphasis on people led development and facilitates the communities to organize themselves in groups, understand their strengths, weaknesses, opportunities' and threats. Where we further facilitate them in identifying their local resources to convert their weaknesses into opportunities' and threats into their strengths. We envisages supporting community-based groups in leveraging their collective power for a sustained civil society action which addresses emerging concerns and needs of the marginalized. Communities and its groups are encouraged to engage with different structures, institutions, civil society organizations that promote people's power and their constitutional rights and responsibilities in a democratic and peaceful manner.

CSSS has also stepped up its work on disaster risk reduction, building community awareness, risk governance and resilience, and facilitating a range of mitigation and preparedness measures. Our project SHIRKAT focuses on assessment by involving community and the Task Force in particular which includes vulnerability mapping, risk assessment and resource inventory development leading to early identification of signs of disaster, increased level preparedness and effective response to disasters, leading to mitigation of disaster.

In noble cause of rehabilitation & education of special children we promote child's education and self-dependence through proper special schooling and vocational activities. If required, we also provide medical treatment for the child. We Sensitize families of the differently challenged persons, empower them to integrate them in a family and in the larger community and to make intervention for the normalization of the persons through home-based training making use of the ordinary articles and simple teaching aids. Moreover, their health is our top priority that is why we provide them proper medical care and therapies (Physiotherapy & Speech).

We are also engaged strongly with youth in our client communities and helped them to take up roles to build their societies and drive social change in them, while developing their economies. As we step into the 35th year of our programming, we look forward to work with continuing dedication and commitment and to move the needle on the issues we work on and further the cause of sustainable and equitable development.



Highlights of the Year

April 2019

Workshop on Nutritional Security at Bishnah

Livestock Management training programme at R.S.Pura.

Capacity building for PRI at Nagrota

Farmers training on Organic Farming at R.S.Pura

May 2019

Exposure visit for the staff of S.T John's Rehabilitation Center, Mandal to Red Cross Home for Handicapped" in Udaywala, Jammu.

Training of Trainers (TOT) program conducted on Right to Information Act for the youths at Nagrota

Skill Development program on **Plumbing** started in Marh Panchayat for 26 identified youths from different target villages.

June 2019

Teacher's training" was organized on Early Identification , intervention and Rehabilitation of Special Children.

3 medical checkup camp in Trewa, Adlehar and Kotla villages of Bishnah Block.

A study was conducted to see the performance and functional level of 63 SHGs running in Akalpur area.

July 2019

Free **L.P.G connections** were given to 30 B.P. L beneficiaries of the village Flora, R.S. Pura through our facilitation.

Farmers training conducted on **multiple cropping and crop rotation** in village sandhi, R.S.Pura.

A **baseline survey** was conducted in 300 households of 15 villages in the Marh and Kot Balwal Blocks

August 2019

Farmers field school was started in R.S. Pura area.

Medical camp was organized by CSSS for the children of St. John's Rehabilitation Centre, Mandal.

Livestock Management program organized in 2 target villages of Nagrota in collaboration with Department of Animal Husbandry.

September 2019

Training programme was organized on **food and mouth disease (FMD)** at R.S.Pura

On the occasion of Prime Minister Narendra Modi Birthday, a programme was organized to create **awareness** and educate the farmers about the ill effects of climate change due to decrease in forest cover, besides other man-made circumstances in R.S. Pura Unit.



October 2019

Dental camp was organized at St. John's Rehabilitation Centre, Mandal.

55 progressive farm women participated in the **Mahila Kisan Diwas** programme organized by us in collaboration with KVK.

Farmers collective from R.S. Pura unit participated in a **workshop on climate change** and its impact on agriculture and its allied field at KVK, SKAUST.

"PARENT TEACHER MEETING" was organized at St. John's Rehabilitation Centre, Mandal.

PRAGATI, ABHILASHA and NISHA FARMS displayed their stall at Carmel convent & Holy Cross convent during Parent teachers meeting.

Capacity building for PLF. The key persons, Panchayat representatives attended the programme in Chibba and deliberations took place on the advantages and need for the Panchayat Level Forum for the overall development.

November 2019

Minority commission and JKEDI visited St. John's Rehabilitation Centre, Mandal to assess the needs of the centre.

Farmers training conducted on **Processing of Fishery products** at R.S. Pura.

on the occasion of **CHILDREN'S DAY**, the founder of local NGO Beloved's Grace, Ritika Sharma visited St. John's Rehabilitation Centre, Mandal and celebrated the day with our students.

Annual Day was celebrated by St. John's Rehabilitation Centre, Mandal at Carmel Convent Higher Secondary School, Jammu. Dr. Manu Arora Head of Department at Govt. Medical College, Jammu was the chief guest. Rev. Fr. Bishop Ivan Pereira was the guest of honor.

Programs were conducted in all the PKCs and Activity Centres in the form of Cultural program like songs/Dance and art & craft activities to mark the **children's day**.

December 2019

On the Occasion of **World Disability Day**, St. Johns Rehabilitation center participated at a program at Abhinav theatre

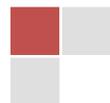
25 students from **Xavier Institute of Social Science, Ranchi**, Faculty of rural management came for **one-day exposure visit to CSSS**

50 **children from Carmel Convent School** visited **R.S. Pura unit** and interacted with children and village women.

Capacity building for Farmers happened in Marh in collaboration with the Department of Agriculture on schemes and services and initiatives to enhance livelihood through the issuance of licenses for the subsidized seed shop and pesticide shop.

Christmas get together was celebrated at CSSS, main office Kunjwani. All the office staff including sisters from all the units participated in the event. On this occasion, **Fr. Senoj Thomas** was **officially welcomed as Assistant Director, CSSS**. Programme ended with lunch and Christmas gift distribution to all the staff.

Training programme was conducted on **Kitchen gardening** in Bishnah area. 46 women participated in the training programme and they were also provided with kit of 9 seasonal vegetables seeds

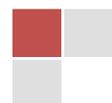




Major Events

WORKSHOP ON NUTRITIONAL SECURITY

A workshop on Nutritional Security was organized at Fatima Convent School, Bishnah. The resource person of the programme was Dr. Sumit Kour from Government Medical College. She enlightened the parents about the different techniques to feed children affected by Cerebral Palsy, Mental Retardation, Muscular Dystrophies, Epilepsy, Down syndrome and Poliomyelitis. She emphasized on hygiene at home and laid stress on washing their hands before feeding their children. She narrated that “A clean and serene atmosphere plays an important role in the mental, emotional and physical development of children”.



Dr. Shervinder Kour (Rehabilitation Coordinator) explained about the nutritional demands of expectant mothers. She emphasized on the importance of a balanced diet to prevent birth defects in infants. As in the present time the ratio of congenital birth defects is soaring high, she counselled and guided the parents of the children how such defects can be prevented in the antenatal period. Nutritional supplements in the form of multi vitamins and B complex syrups among the children and all the participants. In the programme children from villages near Bishnah and St. John's Rehabilitation Centre, Mandal participated and learnt about nutritional importance in the daily life.



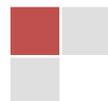
SKILL TRAINING ON PLUMBING

Skill Development program on Plumbing conducted in last six months in Marh Panchayat for 26 identified youths from different target villages. The program was aimed to skill the uneducated youths so that they can supplement in the family income after the completion of the program. Both theoretical and practical inputs were provided to the candidates as the quality of education in the entire area is miserable and as a result the children do not perform well in the higher studies and are compelled to indulge into low waged work for their livelihood due to lack of skill and their poor education. This kind of programme not only made them skilled but also generated livelihood opportunities.



After the successful completion of programme parents of the candidates showed their contentment towards the programme as Government services are not able to cater to the deserving youths because of the negligence from the part of the state. Nowadays, there are lot many opportunities are available from different actors on plumbing but due to the lack of skill and certificate they were not able to tap those opportunities.

This programme was intended to cater to the need of the socially excluded youths by skilling them in the aforesaid trade. The candidates not only learnt but also got exposed to wider



opportunities to support in the family income. After the successful completion of the programme they will be awarded with certificates and will also be enrolled with National Institute of Open Schooling (NIOS) for additional certificates and recognition.

EXPOSURE VISIT TO RED CROSS HOME FOR HANDICAPPED IN UDAYWALA

In an exposure programme the staff of St. Johns Rehabilitation Center visited “Jammu Red Cross Home for Handicapped” in Udaywala, Jammu. During the exposure visit staff interacted with around 60 students in the shelter home coming from different regions of Jammu such as Poonch, Rajouri and Mendhar. The shelter home, the school has classes from LKG to 12th; the classes are well equipped Edu-com smart classes on CBSE pattern. Apart from smart classes, they have a physiotherapy unit comprising of exercise therapy unit and electrotherapy unit. The special children are treated as per their challenge. Team also observed that every month regular health check up is organized for the children in order to keep them healthy and fit. Many girl children are provided vocational training for stitching and beauty parlour courses. Apart from education and health care interventions, children are trained in co-curricular activities too. Overall, it was very enriching experience for the staff and Paramedics.

TEACHERS TRAINING PROGRAMME

A programme was organized for teachers on “EARLY IDENTIFICATION, INTERVENTION AND REHABILITATION OF SPECIAL CHILDREN”. A total of around 35 participants were present including teachers from private school in Bishnah, parents and special students of CBR-Bishnah and S.T John’s Rehabilitation Center, Mandal. The resource person of the programme was Dr. Shervinder kour. She explained the participants how to identify a disability, counsel the parents, and educated them about the intervention and rehabilitation part of the special children. In addition to the training assistive devices such as AFO’S were distributed to Amit, Suhani and Rakhi Devi. Physiotherapeutic modality such as Electrical stimulation and TheraBand’s were given to Rajat Rana for treatment purpose. Monetary assistance was also given to the students for their educational support. The exercises to be done by the help of bands and AFO’S fitting were demonstrated.



DENTAL CAMP FOR SPECIAL CHILDREN

A “Dental camp” was organized by at St. John’s Rehabilitation Centre, Mandal. Dr. Sourav Sharma (BDS) from Dental college Sehora along with two fourth year students Visited the school. He thoroughly checked the students and he referred some of the students to the medical college as they require urgent medical attention. Further, he also checked some parents those who complained of dental ailments. He paid keen attention on dental hygiene and paid emphasis on the mantra “brushing twice a day” for good dental hygiene. The camp was very beneficial for students and parents, they showed very much interest in the camp. While concluding the camp Dr. Sourav Sharma counselled the parents to show interest in the hygiene of their wards and its importance. Also, some parents got their queries answered regarding the dental problems.

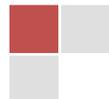


INSPECTION BY MINORITY COMMISSION

An “Inspection” was held by Minority commission and JKEDI at St. John’s Rehabilitation Centre, Mandal. The inspection team was very elated to see the teamwork put up by CSSS and St. John’s Rehabilitation Centre’s staff. They lauded the efforts of the management and also provided useful physiotherapeutic and Recreational items for the special children.

ANNUAL DAY OF ST JOHN’S REHABILITATION CENTER

“Annual Day” was celebrated by St. John’s Rehabilitation Centre, Mandal at Carmel Convent Higher Secondary School, Jammu. Dr. Manu Arora Head of Department at Govt. Medical College, Jammu was the chief guest. Rev. Fr. Bishop Ivan Pereira was the guest of honor. The students showed their caliber via many cultural items such as dancing, singing, poem recitation and speech. Rev. Fr. Bishop Ivan Pereira addressed the audience and blessed the students for their yardwork. Dr. Manu Arora was elated to witness such an event; he congratulated CSSS and management of the school for the hard work.



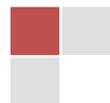
WORLD DISABILITY DAY

On the Occasion of “World Disability Day” students and staff of St. John’s Rehabilitation Centre, participated in a programme at Jiger institute, Abhinav theatre. The theme of the program was “Flying towards the Empowerment of a Disable Person”. This NGO is run by Ms. Sandhya Dhar, who herself a patient of Cerebral Palsy. Mr. T.K Bhat (Minister of relief and rehabilitation) was the chief guest for the occasion. Many specially-abled students from various NGO’s took active part in the program. In the concluding part of the program, teachers who are working in the field of disability were given appreciation awards. Sr. Annet, principal of ST. John’s Rehabilitation Centre, Mandal was also given the award by the chief guest. She was congratulated for her contribution in the field of disability. Her selfless service towards children with disability was appreciated at the occasion.

BORDER VILLAGES BENEFITED BY MEDICATION AND FREE MEDICAL CONSULTATION

In the last one year 4 medical camps were conducted at border villages of Arnia area. The medical camps conducted were very well appreciated by villagers especially the women and elderly people. Majority of the people who attended the camp were suffering because of nutritional deficiencies, sedentary lifestyle and polluted water. People were diagnosed with various common but seriously neglected problems such as gastric problems, hypertension, diabetes, and cataract in the eyes. There were also a few cases, where problems related to urethral discharge, the kidneys and cancer were detected; these cases were further referred to the referral hospital, where they will be properly taken care of. There were around 525 patients came for the checkup in which 25 cataract patients, were sent for operation in government hospital, Jammu.

It was for the first time when any organization had conducted medical checkup camps in these villages. Another objective of conducting the health camp was to create awareness of general health among the people, provide general health care services and counseling them on basic healthcare and hygiene.



TRAININGS CONDUCTED UNDER SUSTAINABLE AGRICULTURE

The following key components were covered under the sustainable agriculture farming system:

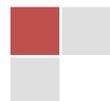
1. Providing inputs on agriculture production and diversification

In the agricultural context, diversification can be regarded as the re-allocation of some of a farm's productive resources, such as land, capital, farm equipment and paid labour, into new activities. The farmers know that they can only sustain themselves if they diversify their crop system and that was the major reason that they were motivated to grow more of vegetables, cash crops, and fruits. We focused on bringing more diversification in farming thus enabling farmers to sow economically viable crops like vegetables in Rabi season, and increasing productivity and survival percentage of traditional crops. These initiatives are bolstered by exposure visits for new adoptees and imparting technical knowledge by Agri domain experts which aids in augmenting income levels of farmers who are otherwise largely dependent on growing rainfed paddy in the kharif season.



2. Vegetable cultivation using organic practices

We mobilize women and farmers club members to cultivate vegetables in the kharif season and as much as possible in the rabi season by adopting organic practices. Therefore, besides promoting green leafy vegetables for nutrition, the cultivation of potato, tomato, brinjal, chilli, cauliflower, maize, strawberry, and mushroom promoted as cash crops. They were guided on various organic ways of pesticide such as neem oil, castor cake, Panchgavaya, fermented butter milk, Beejamrit, Jeevamrit, cow urine, himsol, agnihotra etc. They were also guided on



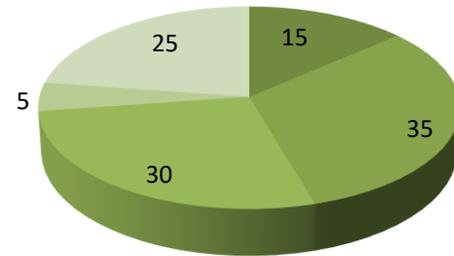
scientific nursery preparation for organic farming and explained the organic methods for the control of insects-pests & diseases.

3. Training on soil fertility of soil

The farmers were given training on different ways of maintaining fertility in soil. **Sweeping** pit: by collecting everyday sweepings from the house and yard in one place, we can make enough compost for the kitchen garden.

Mulching; putting a thick layer of biomass mixed with compost on the soil helps to increase fertility. Green manures; sowing seeds of green manures helps to protect the soil and gives extra fertility for more

production. **Legumes;** planting legumes such as peas, beans, Sesbania, sun hemp, etc, provides extra nitrogen to the soil which is good for other crops. Resource person also explained about ash, oil seed cake, hair etc. are all resources which can be added to the soil to increase fertility, as well as helping to prevent pests and disease.



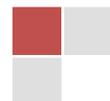
■ Vegetable Cultivation ■ Crop Production Protection
 ■ Cash Crops ■ Soil fertility & crop rotation

4. Training on multiple cropping and crop rotation

The objective behind the training was to equip farmers with better knowledge of multiple cropping and crop rotation. The resource person of the programme was Mr. Swarn Lal. He explained that mix cropping is the outstanding feature of organic farming in which variety of crops are grown simultaneously or at different time on the same land. In every season care should be taken to maintain legume cropping at least 40%. Mix cropping promotes photosynthesis and avoids the competition for nutrients because different plants draw their nutrients from different depth of soil.



Later, we focused on Crop rotation which is the back bone of organic farming practices. To keep the soil healthy and to allow the natural microbial systems working, crop rotation is must. It also helps in controlling weeds. It is better for improving productivity and fertility of soil. Crop rotations help in improving soil structure through different types of root system.



PRAGATI, ABHILASHA AND NISHA FARM DISPLAYED STALL AT CARMEL CONVENT

In the month of October CBOs got ample opportunities to sale their product in stalls and through direct marketing. PRAGATI, ABHILASHA and NISHA FARMS displayed their stall at Carmel convent and holy cross convent during Parent teachers meeting. The products displayed were cushions, handmade folders, pickles and Jams. The producers received good sale and appreciation from the visitors and parents. Around 400 cushions and same number of folders and pickles were sold during the stall.



EXPOSURE VISIT OF STUDENTS FROM RANCHI

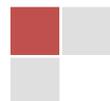
In the month of December, 25 students from Xavier Institute of social service, Faculty of rural management came for one day exposure to CSSS. In the morning they visited R.S. Pura area and interacted with SHG women at village Balachak. They were oriented by the activities undergoing in the project area and how it is empowering rural women. They also saw the various products made by different SHG groups and were motivated to see their hard work and dedication. Later, under the guidance of CSSS project team they visited Krishi Vigyan Kendra and interacted with the Agriculture Scientist there.

EXPOSURE VISIT OF STUDENTS FROM CARMEL CONVENT SCHOOL

In the month of Dec, 50 children from Carmel Convent School visited the R.S. Pura and interacted with children and village women. They performed songs, skit and dance along with various other activities at the village level. They played separate games with children and women. Later, children were exposed to rural lifestyle and environment. Children were thrilled to see mushroom cultivation, kitchen gardening and local grinding machines. Overall, it was enriching experience for both children and villagers

CAPACITY BUILDING TRAINING FOR STAFF ON LIVESTOCK SECURITY

In the month of Jan, capacity building training was conducted for all the ground staff of CSSS on livelihood Security. The resource person of the programme was Dr. Sheetal Scientist (Scientist, KVK, SKUAST). During the training programme, she motivated everyone to reach a satisfactory level of human development, it is imperative for all individuals to enjoy a sense of security. This sense of security must prevail for each individual, not only within oneself,



but also within the family and the community. This kind of brainstorming on livelihood security or overall sense of belief made the members understand the importance of livelihood. After the motivational session of livelihood security, she gave them options in which we can provide them immediate training and which will help them to be independent. The options discussed were food processing, skill training on cushions, folder making, handicraft items, kitchen gardening etc. She also laid emphasis on exploring local market as well as knowledge available with farmers and SHG women. During the training several questions were raised by participants which were answered in satisfactory way by the resource person.

CAPACITY BUILDING TRAINING FOR STAFF WORKING IN THE FIELD OF DISABILITY

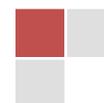
The topic of the said program was Early Identification, Prevention, Referral Services for persons with Disabilities. Dr. Imran Khan, a profound physiotherapist, was invited as a resource person. He illustrated the term disability in very simple words. Further, he described the types of disability and its causes both antenatal and post-natal. Dr. Imran explained the staff how to interact within the community regarding disability. He categorized different disabilities and the concerned departments where such cases could be referred.

Proper counseling plays a vital role in the lives of people with disability. Dr. Imran advocated that no special child should be treated less than a normal one. Moreover, he laid stress on how to break superstitious myths and council parents to seek medical attention for their wards if they suspect something like, delayed milestones, abnormal or violent behavior, learning or social abnormalities.



He emphasized on Intellectual disability like mental retardation, low IQ, their symptomatic treatments like teaching them ADL'S (Activities of Daily Living), general active exercises and Anger management techniques. In-between the session there were many questions answered by Dr Imran regarding disability and its prevention. He also suggested that prevention is better than cure, so the pregnant mothers should also take adequate diet to reduce the risk of developmental defects in infants and if an abnormal child is born than one should go for his/her treatment as soon as possible rather than indulging in false practices that may delay the treatment.

In the concluding part of the program he shed light on Rights of people with disability. He discussed about many benefits provided by state and central government for the welfare of disabled people. The benefits can be availed in form of concession during travelling, Purchasing medicines or any assistive devices and a fixed monthly pension.



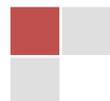
SHG MOBILIZATION AND MONITORING STUDY IN AKALPUR

In order to prepare for future a performance study was conducted on SHGs in Akalpur villages. We created a questionnaire including several parameters to assess the functioning level of all the SHGs. 40 SHGs were selected at random by the external surveyors and the interviews were conducted with the leaders and members in the village to know the nuances of their relativity and functioning level. This study helped the team to draw conclusions and categorize the SHGs into 4 levels which are foundation, Basic, Promising and vibrant which were scored as poor, average, good and excellent respectively. Among the selected 33 SHGs in which the externals conducted the study 8 SHGs scored above 80% , 21 SHGs scored above 70% both falls under excellent category and 4 SHGs got 60% which showed they are just in good category. Therefore the study suggests that all the SHGs are qualified to be members of the federation and they can self sustain their SHGs in the future with the help and support of a strong and well functioning federation.



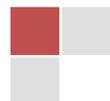
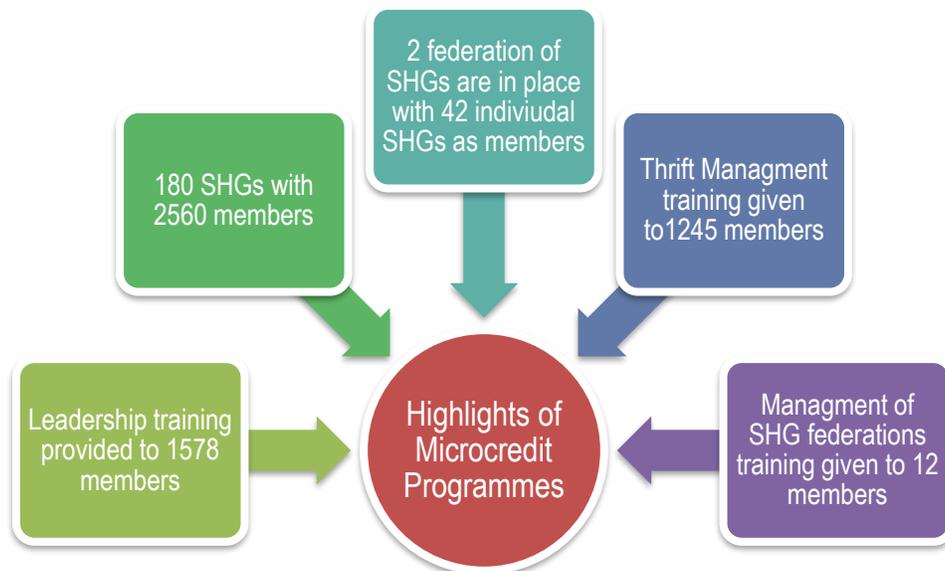
INCOME GENERATING TRAINING FOR WOMEN ON JUTE BAG MAKING

The young women who were part of the tailoring course in Akalpur are selected for the income generating activities to learn the art of bag making. The women learnt various types of bags such as tote bag, hand bag, shopping bags etc. and are now able to create them by themselves as per the availability of materials. The trainer also helped them to make bags with used fabric. As Jute is a natural degradable material which helps in environmental sustainability therefore these bags will be promoted at village level for the people to use them during their daily purposes. This added to our dream of 'no plastic' at homes and villages.



MICROCREDIT

Rural women lack four basic things: Knowledge, power, finance, Opportunity and self-help groups fulfils the four criteria cited -thereby making them financially stable and also granting them a sense of empowerment. Having worked in the development sector, CSSS has learned that SHGs can do wonders if formed with the purpose of solidarity and mutual help, and supported with finance, as per the credit needs of the poor women. However, it is difficult to imagine such groups being effective if formed with a short-lived agenda of credit delivery alone. Therefore, CSSS greatly values and supports SHGs though which women get an opportunity to come together to help each and explore new paths of life and livelihood.

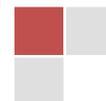


PARTICIPATORY KNOWLEDGE CENTERS (PKC)

With the aim to provide additional support to the socially excluded children to continue their school education and for their overall development, 15 PKCs were established in the target villages of Nagrota block catering to the need of 223 children belonging to the age group of Primary school going. Apart from educational support, the centers organize various healthy competitions among students to promote extra-curricular activities among the children and to inculcate a feeling of collective action among them. The eligible, educated and socially committed youths were selected as the Facilitators of the PKCs. The centers are functional for 3 hours on all weekdays. The Facilitators meet once a month with the fellow members and share and learn from their experiences. The parents' meetings are also being conducted regularly to monitor the progress of the enrolled children and to get regular feedback from them. The conventional educational support structures provide very limited space for the children to participate. When we talk about participation, we believe it



should be beyond just information sharing. The parents role in grooming the children is very instrumental but are rarely involved or consulted for designing any extra-curricular activities, The PKC aims to take into account the knowledge of the parents in framing the learning programmes and other activities on one hand and will be able to build their own knowledge base while actively participating in the programmes along with their children on the other hand. The participation of the parents during the meetings and involvement in the other activities in the PKCs have enabled the children improve their level of confidence and eagerness to learn. The community people are playing important role in monitoring and giving their inputs for the betterment of the programme.



FARMERS FIELD SCHOOL

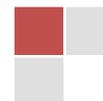
We have two farmers field school at Kaloyan in R. S. Pura and at Marh in Nagrota. The objective of farmer's field school is to provide services to marginal farmers or land users who are resource poor and have limited access to education, information, extension services, market access and financial constraints. The first meeting of farmers field school was on the functions and activities that school will carry out in future. We encouraged and facilitated all the farmers to share their ideas and expectations regarding the same. More than 60 farmers participated in this activity and gave their inputs. Series of meetings and consultations with the farmers and the key persons in intervention villages happened and the ideas shared by the farmers are depicted in the picture.



AWARENESS & WORKSHOPS IN COLLABORATION WITH GOVERNMENT AGENCIES

Farmers Collectives Participated in Climate change Management for sustainable Agriculture, Livestock Farming and Ecological Development at KVK, SKUAST

The main objective of the programme was to discuss climate change and its impact on agriculture and its allied field. In this programme about 55 farmers participated from our target areas. It was stressed that agriculture provides a sizeable contribution to green house gases to be driving force in climate change. They stressed upon to adapt various agricultural practices which could be able to mitigate climate change. In the second phase of programme importance of soil health was discussed and farmers were urged to go for soil testing. The Agriculture expert team



narrated that a healthy soil can produce the healthy crop and that recommended doses of manures and fertilizers should be utilized by the farmers for their crop production. They guided farmers on management of soil health and stressed on organic farming.

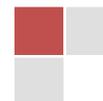
Exposure Visit of farmers to Indian Institute of Integrative Medicine (IIIM)

Farmer's collectives from R.S. Pura area went for an exposure visit to Aroma Mission by Indian Institute of Integrative Medicine (IIIM) in an effort to boost the cultivation of the aromatic plants like lavender, rosemary and lemon grass and medicinal plants like ashwagandha and satavar. The aim of the Aroma Mission is to give the farmers alternative choices in crop production viz-a-viz traditional crops, which have been giving them diminishing returns. These aromatic plants can be very profitable as farmers can earn as much as twenty thousand rupees per kanal, which they can never hope to get from traditional plants/crops. IIIM is providing seeds, training and other facilities like distillation units to the farmers to grow these flowers and plants.



Awareness programme on Climate Change in R.S.Pura on the occasion of PM Narendra Modi Birth Anniversary in collaboration with Krishi Vigyan Kendra (KVK) R.S. Pura

The programme was organized to create awareness and educate the farmers about the ill effects of climate change due to decrease in forest cover, besides other man-made circumstances. The programme was organized to mark the **birth anniversary to Prime Minister Narendra Modi**. On this occasion resource persons explained the benefits of Agroforestry and related benefits accruing to plantation. They further discussed the species suitable for different agro-ecological situations prevailing in Jammu district. They also elucidated the economics of climate change and importance of Integrated Farming System for mitigating the effects on agriculture through plantation. The correlation between climate variability and attack of insect pests in field and horticultural crops was also discussed. In the second session of the programme the importance of plantation for maintaining balances between different farm activities, especially crop and livestock. Resource persons emphasized upon the plantation of Agroforestry trees for ensuring off-season availability of feed and fodder to animals. After the programme, around 300 horticulture/Agroforestry plant saplings were distributed among more than 65 farmers who attended the programme.



Livestock Management training on FMD in collaboration with Vetenerairy Department, SKAUST

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. Around 55 farmers participated from target areas and learned about FMD.

Celebration of Mahila Kisan Diwas at KVK, R.S.Pura

On 14th October around 55 progressive farm women from our target area participated in the Mahila Kisan Diwas programme organized by us in collaboration with KVK. During the programme, resource person briefed about the significance of the Mahila Kisan Divas and highlighted the extraordinary contribution of women in agriculture. She said that around 80 percent of the agricultural work is performed by the women farmers and they have pivotal role to raise the economy of the nation by increasing crops production and productivity. The efforts are needed to bring a positive change in the knowledge, attitude and skills of the women farmers by providing training and technical advice and also assisting them in taking decision in adoption of new agricultural technologies. They also elaborated number of economic empowerment schemes such as Pradhan Mantri Kaushal Vikas Yojna, employment programme for women (STEP), Rashiya Mahila Kosh, Indira Mahila Yojna, Mahila samridhi Yojna etc.

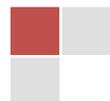
Back to village programme phase I& II

With our facilitation CBOs from all the areas actively participated in Back to village programme phase I &II which was aimed to provide governance at the doorsteps of the rural populace and to enlist community participation. This campaign was more intense than the earlier phase as it shall mainly focus on empowering panchayats and doubling income of rural people by giving more impetus to the rural economy.



Farmers training on Processing of Fishery products at KVK R.S.Pura

In order to diversify the non- farm activities we collaborated with KVK for training on processing of fishery products. 35 farmers both men and women participated in the programme. The training content included hands on training on hygienic handling of fishery



products, preparation of fish steaks, fillets, fish fingers, condiments-incorporated fish products, coated fish products like cutlets, fish balls, fish burgers, fingers, cured and dried products, smoked products from freshwater fishes, preparation of butterfly shrimps, PD and PUD shrimps and coating, packaging of value added products, waste utilization etc.

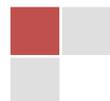
The participants were also oriented towards the concept of Agri-Business Incubation as well as preparation of business plan for the establishment of fish processing unit as a business venture in which discussions were held

regarding the equipments needed for establishing fish processing unit highlighting the cost-benefit analysis of fish processing unit.



Awareness programme on livestock Insurance Schemes in collaboration with Veterinary Department, RATHANA

Awareness programme on livestock Insurance Scheme was organized in collaboration with Dept. of Veterinary, Rathana camp on at village Balachak, R.S.Pura. During the programme participants were told about coverage of the scheme, duration, documents required for insurance, whom to contact, claim process and claim documents. They also made the people aware that this coverage is not applicable during transit, loading/unloading of cattle in a vehicle. Under the scheme, in the case of sale of insured cattle, transfer of animal insurance can be done by paying a fee of Rs. 50 and insurance company should be informed about this. In case the tag is lost due to any reason, it is necessary that the animal should be retagged and photos of the same with an intimation letter should be sent to insurance company. No payments are required for the same. The programme was very much appreciated by the participants.



COVID-19 Response

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.

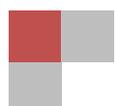
During the pandemic, lockdown left a lot of migrant workers, stuck in the cities, jobless, with hardly any resources. Many who retreated back to their villages are also struggling to sustain their families. Though the government has provided best relief to the most vulnerable then also there are large 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 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 or 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 to 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 500 families and have distributed dry ration kits with a close network of people comprising our local partners, volunteers, and community workers.

Focus on ignored communities: we are supporting communities from tribal groups and leprosy patients.

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 will be 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.

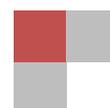
These masks have been distributed free of cost through liaison with government officials. We have given masks in Jammu, Samba, Kathua and Doda in Jammu Division and Srinagar and Baramullah in Kashmir division. This is one of the major interventions we have under-taken till date. It is heartening to note 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 for distribution among the people, particularly those living in slum areas, drivers, police Personnel and municipal workers.



Filling gaps and intensifying networks: We are in process of identifying institutions, groups who are in need of urgent relief measures. These include 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.

