VIKAS SAMVAD ANNUAL REPORT 2023-24





VIKAS SAMVAD

ABOUT VIKAS SAMVAD

Vikas Samvad Samiti (VSS), widely known as 'Vikas Samvad' (meaning 'Development Dialogue') is a capacity building, social research, community empowerment and evidence-based knowledge development and promotion institution. In the context of the social, economic, cultural rights and constitutional values perspective, it seeks to focus on the main issues of human wellbeing and flag them. The idea is to help the society make concerted efforts to surface issues and voices of people at the democratic forums, i.e. civil society networks, communication channels and state institutions with the motive of bringing about the requisite positive and sustainable social change.

It was way back in year 2001 that a diverse group of individuals had come together to take up the cudgel for the most marginalised and vulnerable sections of the society. The group determined to take up their cause across a host of pathways as its key strategy in steering a collective action aimed at its shared and joint vision. It, thus, vigorously continued its collective non-formal thrust for about 5 years with the nickname, 'Vikas Samvad' before having itself transformed into a legal entity in year 2006.



Vision

To build a society that is equal, democratic, and free from all forms of poverty and marginalization.

Mission

To bring people-oriented policy-level changes by taking initiatives to build leadership in society through collaboration of evidenced-based public advocacy, capacity building of social institutions, and developing a people-oriented approach in avenues of communication.

Principle

Building itself as an impactful organization that is responsive, trustworthy, transparent and accountable integrating constitutional values with the rights and entitlements perspective on the one hand, and larger public welfare approaches, on the other.

Intervention Canvas

Comprehensive Intervention on Food and Nutrition Security, Health and Education-

3 States- 10 Districts

- Madhya Pradesh Shivpuri, Guna, Vidisha, Bhopal, Panna, Satna, Rewa and Umaria
- Rajasthan Baran
- Jharkhand Gumla

Approach

- VSS being a civil society and not-forprofit organisation working with the differentiated approach to empower women, youth and children towards bringing about an equal and just society free from all kinds of poverty.
- Promote and pursue evidence-based dialogue across the canvas of key stakeholders and render the requisite programme materials including manuals and modules.
- Follow, facilitate and build communityled and community-embedded course of actions duly manifested in integrated core humane and constitutional values.

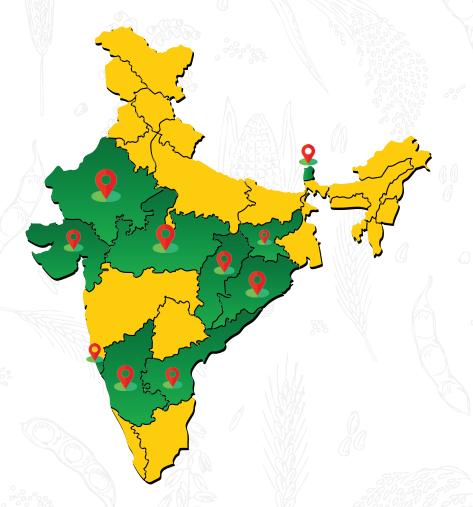
Operational-cum-Thematic Framework

- Food and Nutrition Security and Community Health
- Civil Society Capacity Building (Strategic Communication and Institution Building)
- Adolescent and Youth Development
- Knowledge Management (Catalysing Action and Informed Insights and Experiences)
- Constitutional Values and their Reflections in Practice

Strategic Framework

- Thrust on Partnerships
- Community-based Programming
- Developing and Disseminating Knowledge Products
- Multi-layered and Multi-Directional Dialogues
- Abiding Focus on Learning and Capacity Building
- Being Facts and Evidences-Driven





Strategic Communication and CSOs' Strengthening- 8 States

Rajasthan, Maharashtra, Chhattisgarh, Madhya Pradesh, Uttar Pradesh, Bihar, Jharkhand, Odisha.

Major Interventions and Programs

1. Food and Nutrition Security Interventions

Committed to adoption and promotion of Model on Community-based Integrated Management of Malnutrition and evidence-based grassroots programming by scrupulously pursuing State-Community-CSOs convergence. Earmarked thrust on capacity building engagement with civil society organisations on the themes of Food and Nutrition Security.



2. Capacity Building of CSOs on Strategic Communication and Institution Building

We seek to empower Civil Society Organizations through training on strategic communication, Institution Building, and constitutional values.

3. Adolescent and Youth Development

India, with its youthful population and boundless potential, holds a pivotal role for its youth in shaping society's future. Recognizing this, Vikas Samvad has sought to prudently focus on the development of adolescents and young people, creating a broader platform for their active engagement—for their own growth and for the betterment of society at large.

4. Build up and Dissemination of Bibliographed-Knowledge Products

Conduct Research Studies, Development of Contextualized Information Packs with the use of Data from diverse sources, Publication of Manuals and Modules on Youth Leadership, Maternal and Child Nutrition, Community Health, Constitutional Values, Strategic Communication etc.

5. Promotion of Constitutional Values

Adoption of Constitutional Values – Democracy, Liberty, Dignity, Justice and Fraternity in Thinking and Practice by developing manuals, modules, handbooks and through fellowship initiatives and Facilitate Training Programs for Community Institutions and CSOs on Constitutional Values





VIKAS SAMVAD BOARD



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FROM THE DESK OF PRESIDENT

It is with great pride that I present this year's annual report, reflecting on our collective journey, achievements, and the

challenges that lie ahead. Our work in malnutrition mitigation, grassroots CSO capacity-building, and knowledge creation has impacted countless lives across Madhya Pradesh and in other states. The dedication of our team members, the resilience of our community partners, and the support of our well-wishers have been the motivating factors, driving us forward.

As we grow, we must remain rooted in critical self-reflection. Our work is not just about reaching more people but ensuring deeper, more lasting change. How do we make our interventions sustainable? How do we empower grassroots CSOs to stand strong in the face of evolving challenges? These questions must guide our future strategies.

One of our core strengths has been working with and enabling others. Supporting over 200 grassroots organisations is no small feat, and our role as a mentor and knowledge hub becomes more vital as this number grows. However, we must guard against spreading ourselves too thin. Not every challenge needs our direct intervention, and not every funding opportunity should dictate our path. Instead, we must remain focused on our core mission—creating systemic change through knowledge, advocacy, and capacity building.

The landscape of civil society is shifting, and with it, our approaches must evolve. New funding models, emerging technologies, and changing government regulations demand that we remain adaptable. But while strategies may shift, our commitment to serving the most vulnerable must remain unwavering.

This year has shown us that our impact is not measured merely in numbers but in the strength of the networks we build, the sustainability of the change we create, and the values we uphold. As we step into the future, let us do so with renewed energy, a spirit of innovation, and an unshakeable belief in the power of collective action.

Together, we can transform challenges into opportunities and aspirations into realities.

Anwar Jafri
 President, Board of Directors



FROM THE DESK OF DIRECTOR



Dear Friends and Well-Wishers,

Greetings from VSS!

Next year we would be completing 25 years of our journey that has been marked with several exciting and invigorating twists and turns, successes and challenges. Since its inception in 2001, Vikas Samvad has been reaching out to the poorest of the poor and vulnerable communities for their integrated community development and social transformation.

Our initial strategic focus was on two fronts. The first one was to bring the attention of the mainstream media journalists to the pressing issues of the society, especially the deprived and disadvantaged communities and to influence and motivate those journalists with facts and evidences on how and why the people are suffering in the society and their voices are not getting heard. The second front was to equip our own organization to play a critical social role to end food insecurity, hunger and malnutrition, especially in the vulnerable areas.

This successor intervention had critical components such as capacity enhancement of grassroots level Civil Society Organisations and Voluntary Organisations through trainings and workshops, development, and production of knowledge-based resource materials for collaborative learning and dissemination and initiating Integrated Community-based Malnutrition Mitigation and Management Program.

During the period of 2001 to 2015, we conducted as many as 120 training programs for more than 70 CSOs across different states of the country. Books and booklets numbering 54 were published on topics ranging from food security, nutrition, ecology, and climate change to food security systems in tribal communities, health, child nutrition, and education. Till now, more than 200 CSOs and approximately 3000 social workers have drawn upon this knowledge- material.



In 2015, we embarked upon one of the flagship programs. It is called Integrated Community-based Malnutrition Mitigation and Management Program in 100 villages across four districts - Satna, Panna, Umaria and Rewa- of Madhya Pradesh. The program covered nearly 60000 people. In 2017, it was expanded to include 20 more villages, predominantly inhabited by the people of Saharia tribal community, in Shivpuri district of Madhya Pradesh. When we launched this program, more than half of the child population in the targeted areas were in the deadly grip of malnutrition and the child mortality rate was menacingly high. Alongside, they were also the host for menace of tuberculosis. As a result of the pursuit, since 2020, not a single child has died in 40 villages across these five districts. Malnutrition has decreased from 55 percent to 12 percent and not a single child is severely malnourished in as many as 29 villages. A pool of community-based mobilizers and leaders have emerged. Besides the above, Vikas Samvad has also played a critical role in the drafting and finalisation of Madhya Pradesh Government's State Nutrition Policy (2020-2030).

We also strongly believe that the CSOs have always played significant roles in shaping and developing the society. They have been pioneering to defend, protect and promote the human values. They have not only come up with models of sustainable development but have also gone for course -correction of government - run development path.

Since 2022, we are embarking on yet another salient program which is called Strategic Communication and Value Inculcation Program. We engage with the grassroots level CSOs, community-based collectives, educational institutions and governmental bodies and influence and motivate them on how they can develop values in their own organizational structures and practices.

The path we have traversed so far has shaped our understanding and taught us many lessons. We now stand at a point from where we need to take a quantum jump by way of navigating the society and its constituents in consolidating the participatory learning and action. The vision and mission to which we subscribe fervently must be realized. Of course, we are much grateful to our well-wishers, our development partners, our donors, and our board members. Our strong and committed team is ready to take our dreams forward. We look forward to your continued support and endorsement.

With best wishes.

- Sachin Kumar Jain

Director





Our Journey, Our Work, Our Impact



Vikas Samvad Samiti has been working for the past 19 years in Madhya Pradesh, Rajasthan, and Jharkhand on sustainable farming, food security, eradicating malnutrition among children and women, documentation of civil society organizations, development of effective communication skills, and fostering awareness about the values of the Indian Constitution—fraternity, dignity of the individual, freedom, justice, and unity-integrity.

In the last ten years, Vikas Samvad, in collaboration with the civil society community and the government, has helped as many as 10,000 children to free themselves from the vicious cycle of malnutrition. During this period, the organization has made 40 villages in Rewa, Panna, Satna, Umaria, and Shivpuri districts of Madhya Pradesh free from malnutrition. In 30 villages, no child deaths have occurred over the past three years. Through its programs, Vikas Samvad has helped 9,000 families to establish nutrition



gardens using indigenous seeds and has engaged 500 families in poultry farming. It has also reconstructed and/or constructed 160 water structures—including wells, ponds, and stop dams—in 120 villages across Rewa, Panna, Satna, Umaria, and Shivpuri districts. Over the past decade, approximately 1,600 acres of agricultural land have been equipped with irrigation facilities through local initiatives.

One of the core objectives of Vikas Samvad has been the creation of knowledge resources. To date, the organization has published 100 books and booklets in Hindi on topics such as nutrition security, nutrition gardens, malnutrition management, children's rights, climate change, and women's and children's health.

The organization conducts training programs to enhance the capacities of civil society organizations. Over the past five years, 34 training sessions have been organized, benefiting over 850 workers from 262 organizations in various aspects of communication.

Vikas Samvad actively works to promote and adopt constitutional values—fraternity, dignity, freedom, justice, and unity-integrity. It has published 32 books and booklets and is collaborating with 45 journalists and 10 lawyers through a Constitution Fellowship program. The organization has also developed a website named "Samvidhan Samvad" to compile reference materials on the Constitution. Additionally, efforts are being made to introduce constitutional values to children through interactive games like "Chadhati Seedi Utrati Seedi" (Ascending Ladder, Descending Ladder).

The organization operates with a policy that its projects will be of limited duration but will have a long-term impact. To ensure this, it focuses on developing leadership and capacities within communities. As part of this effort, 100 groups each of youth, women, children, and adolescent girls have been formed, with regular orientation and training sessions conducted on life skills, health, nutrition, and social values. Through this process, 6,000 youths, women, children, and adolescents have been engaged.

Vikas Samvad has also developed a community-practical work guide for the Madhya Pradesh government's Chief Minister's Community Leadership Development Program (a social work graduate program).

The organization is committed to addressing malnutrition and food insecurity in Madhya Pradesh. Under this initiative, Vikas Samvad had played a central role in drafting the state's Nutrition Policy (2020-2030). During the COVID-19 pandemic too, the organization provided nutritional support to 80,000 people for three months across various districts in the state, along with 200 oxygen devices.



Food and Nutrition Security and Community Health



Under this domain, we have different interventions in four States. We have Dastak program, which runs in 4 districts of MP, and 3 in Bihar. We have another intervention in the Sahariya tribal community, Shivpuri, PAHAL for Parivartan in Gumla in Jharkhand works at two-fold; Up-scaling income levels of marginal and small farmers and nutrition security. We also support Nutrition Smart CommUNITY Program focus on food diversity and the eradication of malnutrition.

The objectives

• Strengthen community leadership to develop a model for community-based management of food and nutrition security.



- Increase access to provisions entitled under the National Food Security Act (NFSA, 2013) through community monitoring and social audit processes.
- Monitor the health and nutrition status of children, adolescents, and women and aiming to reduce malnutrition by 50% and mitigate child mortality and morbidity.
- Strengthen food production for food and nutrition security through the promotion of nutrition gardens, poultry, enriching biodiversity and smallholder's farmers using nature-based solutions.
- Providing a sustainable solution to the broken food systems and addressing underlying causes of hunger, malnutrition chronic illnesses like TB, and malnutrition through participatory planning and community empowerment.
- Mobilize and empower Communities towards better nutrition, health and child care practices for tackling malnutrition and chronic illnesses like TB

Major Activities

- Formation of community groups, leadership development training, and capacity building for ASHA, ANM, and Anganwadi workers to carry out community led nutrition management process.
- Establishment of nutrition gardens with diverse grains, vegetables, and fruits to enhance food security.
- Repair and revival of water bodies for improved irrigation, safe drinking water, and biodiversity conservation.
- Village-level seed banks promoting self-sufficiency with a focus on local seed varieties.
- Promotion of backyard poultry farming for resource-insecure families.
- Conducting Individual Dietary Diversity Score (IDDS) assessments and organizing food fairs to promote dietary diversity.
- Promotion of sustainable agriculture systems, including crop diversity, nutrition gardens, poultry, and fisheries.
- National consultation, "Poshan Samvad" with Anganwadi workers, and setting up nutrition corners at centres.
- Newsletters, social media updates, a video documentary on 'sustainable farming', and 30 podcasts in the "Poshan Ki Baten" series.
- Documenting 45 success stories showcasing transformative outcomes in nutrition security across India, Bangladesh, and Nepal.



Outputs, Outcomes and Impacts

- The Nutrition Garden Intervention abstract was recognized as an outstanding submission, earning a travel bursary and the highest-scoring implementation abstract award at the 'Delivering for Nutrition in South Asia: Equity and Inclusion' conference in Kathmandu, Nepal.
- An Assessment Study on the Nutrition Garden Initiative was completed, with participatory planning and capacity building conducted among women collectives.
- Over 9,800 households (Madhya Pradesh: 8,129, Bihar: 1,679) now cultivate diverse vegetables year-round, supported by 60 operational seed banks and the repair or construction of 152 water structures.
- Community efforts include 400 functional groups of children, youth, and women, with 10-15% of participants taking on leadership roles.
- Nutrition improvements include a 10% reduction in malnutrition, increased dietary diversity from 2–3 food groups to 3–4 groups, and a significant decline in Moderate Acute Malnutrition (15.1% to 9%) and Severe Acute Malnutrition (7.5% to 3%).
- In Madhya Pradesh, 26 intervention villages reported no cases of Severe Acute Malnutrition, and child mortality was eliminated in 59 villages over the past year.
- Madhya Pradesh's Department of Women and Child Development adopted and distributed Nutrition Garden and Women Leadership booklets across all districts.
- Egg and meat production and consumption increased among 80% of families, with 20 farmers diversifying into poultry farming.
- Organic farming practices expanded, with 50% of farmers avoiding chemical fertilizers, 61 organic fertilizer tanks established, and organic pesticides developed.
- Community campaigns included children planting 2,000 mango seeds in the "Eat Mangoes, Plant Seeds" initiative, and 135 Nutri Gardens were developed by women in 26 villages.

Major Learnings

- Community-based integrated management model is an effective strategic approach to prevent malnutrition.
- Women and Youth Leadership in Nutrition Governance and Community Monitoring Systems is very crucial.
- Promotion of nutrition gardens, poultry, and other local food sources help achieving food and nutritional security.
- Sustained integration with community, governmental institutions and frontline workers and PRIs can only eliminate malnutrition. Inter-sectoral coordination becomes easier with departmental cooperation, and it brings substantive results.



- In an age of chemical-based farming, determined farmers embarked on organic farming.
- Seed Bank has been a major inputs support system.
- Agricultural education at Farmers Field School was a challenge as well as a learning.

Contributing to the Goal of the Organization

Vikas Samvad's vision is to establish a poverty-free, healthy, and egalitarian democratic society is driven by its commitment to eradicating hunger, malnutrition, and poverty-related health disparities through these various interventions. This also focusing on reducing the immediate risks of child malnutrition, mortality, and morbidity. and empowering communities with sustainable nutrition and healthcare practices, the organization lays the foundation for long-term societal transformation. Its integrated agricultural approach and emphasis on guaranteeing food and nutrition security underscore a comprehensive strategy to achieve enduring poverty reduction and equitable health outcomes.

Stories of Change

Empowered Women of Community

In Dadin, a small village in Madhya Pradesh's Satna district, women transformed their community by addressing malnutrition through the Dastak Women Collective. Without formal health facilities, they educated themselves about the root causes of malnutrition, debunked myths about "dry disease," and measured children's weight and height to identify malnourishment.

The women introduced Nutri-Mix, a homemade, nutrient-rich supplement, for malnourished children and established Nutrition Gardens on their land, encouraging others to follow suit. These efforts not only promoted sustainable food practices but also improved awareness of healthy eating habits in every household.

By the end of 2023, the village saw remarkable progress, with only three children classified as moderately malnourished. This transformation highlights the power of collective action and the determination of the women of Dadin in creating a healthier, stronger community.



Community Initiative to End Infant Deaths

Amai, a small village in Shivpuri district's Jakhnaud panchayat, is home to 25 tribal and 32 other backward caste families. The village has a mini Anganwadi centre and a primary school, but challenges such as infant deaths and malnutrition plagued the community for years.

Sunita Yadav, the Anganwadi worker, had studied only up to Class 5, leaving her unable to maintain records or track the village's pregnant women and malnourished children. To address these issues, the VSS team stepped in, mobilizing the community and assigning responsibilities to bring collective change.

The team worked closely with Anganwadi workers, ASHA, and ANM, providing them with regular training to enhance their capabilities. To assist Sunita, her son was trained to maintain records. The Child Development Project Officer (CDPO) was approached to address infrastructure issues, and a house was rented for the Anganwadi centre, ensuring inclusivity for all castes and classes.

The village's self-help group (SHG) began managing meal preparation for children at the Anganwadi and school. With guidance from the Matri Sahyogini Committee, children started receiving regular breakfast and meals, greatly improving their nutrition.

Thanks to these concerted efforts, Amai saw a remarkable transformation. For the past three years, no infant deaths have been reported, a significant milestone for a village where such losses were once common.

This story of Amai showcases the power of community participation, ownership, and collective responsibility in creating lasting change and improving lives.



Towards Sustainable Farming

Gurugura village, located approximately 23 kilometers from Gumla, falls under the Baghima Panchayat in Palkot block. The village has about 60-70 houses, and the majority of the residents work outside, with a higher representation of men from various households. Among these families is the Khadiya family, where one family member, Bhairav Khadiya, stands out on his own. Earlier he used to earn his livelihood by driving a tractor or some other vehicles outside the village. He spends about 6-7 months away from home, leaving his wife and daughter in charge of agricultural activities; He returns back during the rice cultivation season when he also lends a hand.

During the scorching summer of 2022, Bhairav had a chance encounter with Cornelius Baa, a fellow villager, while going to the market. Cornelius shared information about sustainable agricultural practices and modern techniques. Getting intrigued, Bhairav inquired about the source of this knowledge, and Cornelius informed him about the Field Farm School under the Pahal project. Motivated by this information, Bhairav, along with his wife, decided to participate in a session at the Field Farm School at Marda in Palkot. During the session, they learnt the methods of preparing organic manure like Kanda paani (alternative to urea) and ghana jeevamrut (alternative to DAP). Armed with this knowledge, they took the decision to apply these techniques to improve their own farming practices at home. He shares that there is no food insecurity at his home and by selling diverse kinds of vegetables in the market he earns a net profit of ten thousands every season.





Capacity Building on Storytelling of the CSOs, Strategic Communication and Institution Building



VSS aims at raising and amplifying socio-economic issues such as Food Security, Livelihoods, Nutrition, Health, and Community Leadership at different platforms by way of developing a people-centric perspective amongst the core civil society institutions including media and communication systems by providing strategic capacity-building support and by co-creating space for communication at different levels.



Activities

- Training for CSOs to strengthen them to be able to disseminate their stories or narratives in a better way amongst different sections of society. 250 stories were received and those were edited and designed.
- The Webinar Series titled 'Historical Journey of the Civil Society Actions in India' was
 an inspiring endeavor to make CSOs and society at large aware of the insightful
 understanding of their work over the ages.
- Video Campaign during 'Poshan Maah' Nutrition Month' was yet another innovative campaign in collaboration with the Women and Child Development Department of the Madhya Pradesh Government. It involved creating short videos featuring the nutritional behavior of the people through core messaging in the form of songs, activities and success stories.
- Child Rights Media Awards processes were undertaken and research, documentation and dissemination followed.

Outputs, Outcomes, and Impacts

- 9 training workshops on Storytelling and effective communication that drew 284 participants from 112 CSOs.
- Development of 2 modules on Story Telling and Public Speaking.
- A pool of 25 Resource Persons with expertise in various dimensions of Communication.
- 6 modules and 4 manuals, 32 hand-outs have been developed alongside 2 brochures on the communication-related topics.
- 7 online sessions through a webinar series on 'Historical Journey of the Civil Society Actions in India' were broadcast successfully.
- 100+ videos on nutrition during Nutrition Month were prepared, edited, and disseminated on different social media platforms.
- 14 Qualitative case studies and 4 documentaries have been done, a total of 43 case studies and 8 documentaries have been completed on the agriculture, Nutrition, and food security domain.



Major Learnings

- Storytelling capability cannot be gained just through a few workshops. It requires continued practice and entails the significant process of handholding.
- Communication must be viewed from the perspective of values. It enormously helps in being aligned with the objectives in a purposive manner.
- Public speaking workshops proved to be a very meaningful and impactful in terms of effective communication.

Contribution to goal of the organization

Values and Communication are in sync with the VSS vision and mission, and all the training modules were developed accordingly. The sustained engagement with the CSOs through trainings and the knowledge resource transfer contribute to a comprehensive narrative building at a larger level.





Engagements with the Think Tanks

National Conclave at Kesla: Samvidhan Aur Hum





Conclave/Samvidhan Samvad was organized at Pradaan and 125 participants was organized. Media students, young journalists, senior journalist, experienced members of civil and media institutions were present in the dialogue conclave.



16th Conclave at Patna: Climate Change and Nutrition Security



16th National Media Conclave was organised on 30th Nov and 1 Dec. in Patna on the subject of "Questions of food security in the era of climate change" for 2 days. 50 communicator participants from the Bihar, Jharkhand and Madhya Pradesh participated in the conclave.

Best Child Rights Story Award Program





Four journalists from Madhya Pradesh have been selected for the Vikas Samvad Child Rights Media Award for outstanding reporting on child rights. For exemplary coverage in 2022, the award will be presented to Anurag Dwary, of NDTV India; Ruchi Verma of The Sutra, Shailesh Jain of Dainik Bhaskar and Satish Malviya additionally, Ajay Jain of Naidunia Vidisha, and Asif Siddiqui from 101 Reporter have been selected for consolation awards for their impactful stories.

This year, a large number of entries were received for the awards. The winners were selected by a jury comprising senior editors: Chandrakant Naidu, N.K. Singh, Rajesh Badal, and Shravani Sarkar.

Onthisoccasion, Professor Anand Pradhan from the Indian Institute of Mass Communication will deliver a lecture on "Truth vs. Misinformation, Rumors, and Conspiracy Theories in the Age of the Information Revolution: Challenges for Journalism." The program will be chaired by thinker and critic Vijay Bahadur Singh.

Awardees for Thematic Research Paper

- 1. **Sonali Singh :** Child Protection: Scio-Economic Status of Children of Banchhra Community
- 2. **Parvez Khan:** Education of Displaced Children: Status of Education of Children Displaced and Impacted by Bargi Dam
- 3. **Abhishek Das :** Child Participation and teachers: From Monologue to Dialogue-Impact of Teacher on Child Participation Abhishek Dass
- 4. **Saba Khan :** Child Labour and Food Security: Children's diet for a healthy and happy childhood needs and challenges of inadequacy



Institutional Strengthening of VSS



Institutional building is a critical integral of the project implementation. While we support CSOs to develop their communication skills, we also intend to establish Vikas Samvad as a Strategic Communication Centre. For this purpose, we have undertaken a process of revisiting our journey, experiences and adopted strategies. We have entered into a contract with Mumbai- based Social Synergy Foundation (SSF). SSF has expertise in the area of institutional development. Till date, we have engaged with the SSF in six online sessions. The SSF people have also visited Vikas Samvad and gone through the Policies and Manuals.

Two workshops have also taken place in which all Board members and entire team participated. One Follow up Workshop was also held. Vikas Samvad's constitution was discussed, roles and responsibilities were mapped, and deliberations were made on organizational policies.



Institutional Strengthening of VSS



We are now in process of:-

- Developing our own Charter of Governance
- Develop the comprehensive understanding on Constitutional Values
- Interlinking the Roles with Responsibility and Accountability
- Develop synergy within Administration, Program and Finance
- Continuous dialogue and discussions on processes with Social Synergy Foundation.
- Make necessary amendments to the Human Resource Policy
- work on the concept of the Management and Finance Committee and made amendments to institutional policies.

Institutional strengthening is a major task of the VSS. A 4-day residential capacity building training workshop was conducted for the VSS team. 48 colleagues from across the VSS team attended the workshop.



Promoting Constitutional Values for Resurgent Society and Nation



Vikas Samvad Samiti (VSS) endeavours to make society resurgent with constitutional values towards making India more just, secular and democratic. Towards this end, the VSS provides 'Samvidhan Samvad Fellowship' to media professionals and advocates to enable them to become aware and oriented on constitutional values and integrate these values in their personal and professional lives. This thematic zone encompasses research, knowledge resource generation, documentation, dissemination, orientation, handholding, capacity enhancement and strategic communication through many mediums such as 'Samvidhan Samvad' website, posters, calendars and play kits.

Activities

'Samvidhan Samvad' in Bhopal wherein renowned educationist and political scientist
Pratap Bhanu Mehta interacted with media and advocate fellows and delivered
lecture under Samvidhan Samvad Lecture Series. Senior journalists i Dayashankar
Mishra and Meena Kotwal also addressed and communicated with participants.



- A series of online and offline communication sessions with fellows from May to August 2023 and selection of 15 new media fellows.
- Presentation on 'National Food Security Act, 2013: Narratives from the Perspective of Indian Constitutional Values' in the symposium organized by Centre for Child and the Law, National Law School of India University, Bangalore.
- Presentation of paper titled 'Portrayal of Women in Indian Mass Media: A Constitutional Values Perspective' in 7th National Media Conclave 2023 organised in Bhubaneswar.

Outputs, Outcomes and Impacts

- Knowledge products development: 2 books, 0 booklets and 5 Manuals
- 'Samvidhan Samvad' website launched to put resource materials related to making of Indian Constitution in the public domain. Website link is samvidhansamvad.org
- Contents development, designing and printing of Calendar and Poster on Constitutional Values
- Development of 'Samvidhan Pathshalas' video/cartoon strip





Major Learnings

- The process of understanding constitutional values is as vital as vital is the process of
 imbibing and living with these values. Hence emphasis should be given on not only
 developing informative reference materials, but also on developing such manuals
 which can solve the dilemmas and difficulties which often come up in the processes
 of adopting the values in behaviours and practices.
- In the beginning the media and advocate fellows had either little or no understanding of the interlinkages between constitutional values and rights and entitlements and their works were centered largely on the implementation status of the governmental programs and schemes. They also had some hard perceptions and assumptions. The VSS team increased the frequency of mutual communication and thematic activities were conducted on what are the differences and interlinkages between value-based approach, rights-based approach and entitlement and universal welfare-based approach.

Contribution to Goal of Organization

VSS has initiated a long process-driven program to churn citizen's consciousness on the constitutional values to make society just, equitable and democratic. The organization has also developed a 'Charter of Governance' for adoption unto itself which duly reflects and aligns with the constitutional values.

Fight for Justice

In Sagar in Madhya Pradesh which reveals how caste, class and power intersect with each other to trample dignity of women. In Sagar a Dalit girl was continuously victimized for a year by a socially dominant upper caste man, and when the family of the victimized girl lodged case at the police station, the police too sided with the accused. The brother of the victim was beaten to death and her mother was de-robed. Senior media fellow Deshdeep Saxena followed these chilling story and made a significant ground report. The family of the accused is mounting pressure on the family of the victim to withdraw the case, but the advocate fellow Mohan Dikshit is pursuing the case on behalf of the victim in Sagar district court.



Intervention in Urban Areas of Bhopal

VSS's another intervention is in the Urban areas of Bhopal where majority of the people belong to scheduled castes, scheduled tribes, backward classes, and minority communities and they are engaged in manual and semi-skilled works.

Major Objectives

 Reduce malnutrition, infant and maternal mortality rates, and anaemia in selected neighbourhoods through ensuring access to health and nutrition services for the community.





- Ensure the care of pregnant/lactating mothers and newborns, promoting behaviour change related to nutritional food.
- Connect community members with basic schemes and entitlements, promoting community leadership development.

Activities:

- Formation of Adolescent Girls Groups and
- Activities based on Personal hygiene, Menstrual hygiene management, Dietary habits,
 Malnutrition and anaemia, Self-defence, Life skills and Leadership development.

Outcomes and Impacts

- The intervention successfully addressed knowledge gaps, influenced behavior changes, and positively impacted adolescent girls in the intervention area.
- These changes align with the organization's vision to eradicate poverty-related health
 disparities by promoting health education and addressing the needs of vulnerable
 groups like adolescent girls.
- In the Bhopal field, the organization provided intensive and regular care for pregnant women, collaborating with ASHA workers.
- The team met 46 high-risk pregnant women six times a month, resulting in 22 normal deliveries and only two low-birth-weight babies.
- Infant deaths were reduced from three last year to just one this year, demonstrating significant progress.



Empowering Adolescent Girls for Anaemia Prevention and Holistic Wellbeing Initiative in Urban Slums of Bhopal



Adolescents constitute a significant portion of the population and require tailored nutritional strategies to address rapid growth and development needs. Neglecting these needs can lead to severe health outcomes, making holistic wellbeing initiatives in urban slums crucial for their overall health and development.

Since 2021, Vikas Samvad has focused on improving health, nutrition, and education in 11 urban slums of Bhopal. The initiative targets women, children, and adolescents, particularly in marginalized communities, aiming to provide holistic support through integrated programs.



Objectives of the Initiative:

 To conduct comprehensive health assessments for adolescent girls, equip them with knowledge and decision-making skills for their health, and provide support to foster proactive steps towards improved well-being.

Strategies

Adolescent groups provide platforms for girls to express issues and find solutions, focusing on health, safety, nutrition education through food demo sessions, focus on individual dietary diversity assessment and follow ups, health camps, Anaemia testing, BMI status assessment, values, leadership development, and entertainment. Monthly meetings and various activities enhance their overall well-being. Key initiatives include WASH awareness sessions, menstrual hygiene management, dietary behaviour counselling, self-defence training, life skills development, and leadership development. These efforts collectively aim to promote nutrition, health, well-being, and empowerment.

Summary of Findings

Haemoglobin Status : Data from March 2022 to December 2023 show an increase in normal haemoglobin levels and a decrease in mild anaemia. In March 2022, 8% of individuals had normal haemoglobin levels, increasing to 16% in March 2023, and further to 42% in December 2023.

Impact

- Normal haemoglobin levels showed a 26% increase from March 2022 to March 2023, and a total increase of 34% from March 2022 to December 2023.
- The analysis reveals a substantial 35% decrease in the prevalence of mild anaemia, declining from 90% in March 2022 to 55% in December 2023.

Body Mass Index Status: Improvements in BMI status include an increase in individuals with normal BMI and a decrease in underweight cases, though there's a slight increase in overweight individuals. Continued efforts are needed to address undernutrition and prevent obesity.



Impact:

- The percentage of individuals with a normal BMI increased from 41% in March 2022 to 54% in March 2023 (a 13% increase) and maintained stability at 53% in December 2023 (a 12% increase).
- The data indicates a 17% decrease in the prevalence of underweight individuals from 57% in March 2022 to 40% in December 2023.
- Group interventions have led to significant positive changes in the dietary habits, personal hygiene, and menstrual hygiene management of adolescent girls. Dietary improvements include increased consumption of pulses (68.4%), green leafy vegetables (70.9%), fruits (62%), milk/dairy products (49.4%), eggs (48.1%), and meat/fish (41.8%). Personal hygiene practices have also improved, with notable increases in handwashing before meals (64.4%) and after defecation (68.4%), daily bathing (59%), and handwashing with soap after defecation (70.9%). Additionally, 78.5% of girls reported practicing handwashing during menstruation.

Community Support and Care to Fight against Anaemia

Among these girls was Riya whose haemoglobin level was found to be 10 grams. Like 144 other anaemic girls, Riya underwent the same process. Riya a 12-year-old girl, lives in Balvir Nagar Basti, Bhopal, with her parents and a brother and sister. Her father works as a labourer, while her mother works as a domestic helper, collectively earning Rs. 15,000 per month to sustain the family.

Riya is also part of the adolescent group formed in the basti. During the girls' meetings, Riya shared that she often feels dizzy, experiences nausea, loses her appetite, and has excessive bleeding for up to 7 days during her periods. Following this, the team engaged in a one-on-one discussion with Riya to understand her routine and dietary habits. She revealed that she wakes up late in the morning because she uses her smartphone late into the night and prefers consuming fast food as she doesn't like home-cooked meals. Consequently, the team discussed this with Riya's mother and advised her to consult a doctor. Riya's mother took her to the hospital where she was prescribed iron and strength-enhancing medications to reduce bleeding. However, as there was no improvement after 15 days of medication, Riya's mother took her to a local faith healer, but there was no significant improvement in her condition upon returning to Bhopal.



Following this, the Vikas Samvad team continued to stay in touch with Riya's parents to address her issues. They advised replacing fast food with nutritious meals (sprouted pulses, green vegetables, jaggery, chickpeas, beetroot, whole grains, milk, etc.) and explained the importance of regular consumption of medicines prescribed by the doctor. One day, Riya experienced severe abdominal pain, prompting her father to rush her to the hospital where she was admitted. After undergoing a sonography, it was found that Riya's haemoglobin level was 9 grams, prompting immediate blood transfusion. She was given a bottle of blood and discharged after three days of admission.

After this incident, Riya's mother continued to contact the Vikas Samvad team members for advice and consistently followed their suggestions regarding Riya's diet. She stopped all outside food for Riya and took care of her for five months while ensuring she took her medication regularly. As a result, Riya's haemoglobin level reached 13 grams.

Currently, Riya is completely healthy. She now actively raises awareness about anaemia among girls in her neighbourhood. During the Nutrition Month in September 2023, Riya created a video to educate other girls on how to prevent anaemia by taking care of themselves and following good dietary habits.

*Note: The above case study has been modified, featuring an alternate name in place of the original





Education and Protection of Children Intervention in Baran, Rajasthan



This intervention focuses on education, protection, life skills and entrepreneurship development of children, adolescents and youth belonging to disadvantaged communities.



Activities

- Running of 5 cluster- level Children Activity Centers (CACs) with each centre having its own in-charge
- Imparting basic knowledge of computer application, life skills training and learning through games
- Linking communities with social security schemes
- Enabling communities to build chemical-free nutri gardens

Outputs, Outcomes and Impacts

- Substantial reduction in caste –based discrimination due to CACs
- Improved quality in language and mathematics
- 117 women and adolescent girls using sanitary pads
- 30 women in tailoring job
- 679 people avail MNREGA
- 39 people avail old-age pension benefits
- 88 children were freed from child labour and were enrolled with Open State School
- Rajasthan Government organized 'Viksit Bharat Sankalp Yatra' at every Panchayat level and 6000 people from intervention area participated in it. Awareness campaign on governmental schemes was undertaken and 1350 people applied for the benefits of various schemes.

Efforts Of VSS to bring back the children to school

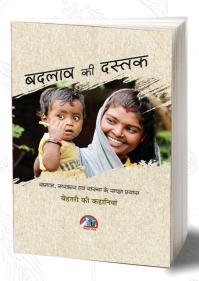
To connect children with education, Vikas Samvad organized a School Enrolment Festival at the village and school levels in July. A total of 2,500 children and youth participated in the event. Through this initiative, 218 out-of-school children were enrolled in schools. Additionally, 128 children who had dropped out of school and were engaged in labor or other activities were identified, removed from child labor, and admitted to regular schools or open schools.

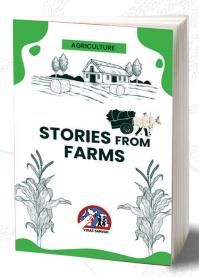


Knowledge Management

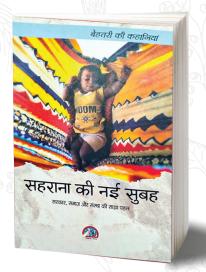
Publications

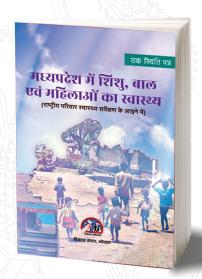
- 1. 'Badlav Ki Dastak' and 'Saharana Ki Nai Subah'.
- 2. Publication of 'Ground-Level Initiatives on Millets'.
- 3. "Chattanon Se Paar Jaati Hauslon Ki Udaan" (Soaring Through Challenges).
- 4. Publication of the 'Nutri-Smart Village' newsletter.
- 5. Publication of 15 short booklets on the Constitution.
- 6. Women and Child Health: Status Report (NFHS).
- 7. Poultry Farming Guide for Food and Nutrition Security.
- 8. Publication of the Pahal Samachar newsletter.
- 9. Documentation of the historical journey of social civic organizations.
- 10. Social Values and Constitutional Values: A Dilemma (Booklet 1 and 2).











Modules

- 1. Women Leadership Development Training Module Module prepared.
- 2. Development of 10 practical modules on constitutional values.
- 3. Module for a three-day communication workshop.
- 4. Module for media reporting.
- 5. Model document on food and nutrition security Model paper disseminated.

The thematic area of Knowledge Management is being further structured to render a bibliographed information on all knowledge products developed by the VSS as well as those by others.



Governance and Accountability

Board Meetings Held in the Year 2023-24		
31st May 2023		
30 th October 2023		
3 rd February 2024	38	

Bankers and Auditors			
Bankers	Statutory Auditors	Internal Auditor	
State bank of India	Sumit V Jain & Associates Chartered Accountant S-21B, 2nd Floor, Plot No 48 Gurukripa Plaza, Bhopal	CA Jahir Mansuri	
Union Bank of India		(Partner KCJM & Associates)	
HDFC Bank		D-407, The First, Bh. Hotel	
ICICI Bank		Ahmedabad	
Axis Bank			



Legal Compliance Completed		
*12 A, 80 G	1	
*FCRA Annual return (2023-24)	1 30	
* Income Tax return (2023-24)		
* Internal Audit (2023-24)	3 / 1///	
* Statuary Audit (2023-24)	3	
* TDS return (2023-24)		
* 27 & 28 return	1	
* FCRA Renewal	1	

Staff and Salaries			
Range (INR Per Month)	No. of Staff Members		
Up to 10000	17		
10001 to 20000	39		
20001 to 30000	16		
30001 to 40000	11		
40001 to 50000	10		
50001 to 60000	_10		
More than 60000	05		
Total	99		

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Particulars	Previous Year 2022-23		Current Year 2023-24	
	INR	%	INR	%
	INCOM	1E		
Grant from Indian Sources	31159404.66	59.14	32706492.00	44.90
Grant from Foreign Sources	19794348.78	37.57	38230592.50	52.48
Bank Interest	824071	1.57	782521.90	1.07
Other Income (Donation)	171969.5	0.32	131324	0.18
Self-generated Income (Donation)	740000	1.40	1000000.00	1.37
TOTAL INCOME	52689793.94	100	72850930.40	100
	EXPENDIT	TURE		
Project Expenditure (Indian Sources)	26167112.50	46.91	34523204.28	52.60
Project Expenditure (Foreign Sources)	29610506.48	53.09	31101018.35	47.40
TOTAL EXPENDITURE	55777618.98	100	65624222.63	100

Major Funding Partners			
Foreign/UN Agencies	CSR Institutions	Indian Institutions	
1. Ford Foundation	1. HDFC Bank Limited	1. Child Rights & You	
2. Terre Des Hommes	2. Child Rights & You (Bajaj)	2. Arti Industries	
3. Child Rights & You	3. APPI	3. Srijan (NCNF)	
4. Welt Hunger Hilfe (WHH)		4. National Foundation fo India	
5.Association for India's Development (AID)		5. Bharat Rural Livelihood Foundation (BRLF)	
		6. UNICEF	
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Our Partners

- Ter Des Homes BMZ-Germany
- Azim Premji Foundation
- Child Rights & You
- Ford Foundation
- HDFC Parivartan
- Goonj
- Dasra

Development Partner

- Department of Women & Child Govt of Madhya Pradesh
- Atal Bihari Vajpeyi Institute of Good Governance





Address : A-5, Aykar Colony, G-3,

Gulmohar, Bawadiya Kalan, Bhopal, Madhya Pradesh.

Contact : 0755 4252789

Email : office@vssmp.org

vikassamvad@gmail.com

website : www.vssmp.org

