



Sahaj Sansthan

Annual Report 2023-2024

About Us

Sahaj Sansthan is a Non-government Organization (NGO) and was founded on 01 October 1999 by a group of social activists from Phalodi (Jodhpur), Rajasthan with a vision of social and economic empowerment of rural communities living in Western Rajasthan. The primary focus on children, women and marginalized groups of society. Sahaj Sansthan is registered as NGO under “Rajasthan Societies Registration Act 1958” and also registered under Foreign Contribution Regulation Act (FCRA) and eligible for foreign donations/aids. Currently, Sahaj Sansthan is active in over 250 villages. Sahaj also work in partnership with Central and State run schemes/programs, National and International Organizations, Corporate, etc in Jodhpur and neighboring districts of Barmer, Pali, Jaisalmer ,Nagaur and Sirohi.

Vision

Our vision is “to empower communities with a vision of gender equity to enable an environment of fulfilling human aspirations with highest moral values”

Mission

Our mission is to “aware, educate and empower poor and marginalized communities to participate in rural development missions and programs for the alleviation of poverty among the masses. Our mandate is organize local level institutions to identify the local level issues and raise voices of the masses at the appropriate forums and bring solutions for the advancement of the poor and marginalized communities”.

Objectives

Sahaj Sansthan since inception has emphasized on raising the awareness and educating the poor and marginalized communities towards the process of democratic decentralization. This was introduced by the government of Rajasthan for the development of rural areas of the state to cultivate a sense of leadership among the people. It aimed to help in the implementation of development-work in future.

Despite decentralized governance, the development-work in the rural areas remained negligible. Geographically Rajasthan is the largest state in India. Two third of its geographical area is either drought-stricken or semi drought-stricken while the remaining area is green and fertile. Human beings as well as live stock largely depend upon nature. Human conditions of living are not equitable and there is very slow progress towards a non discriminatory, violence free society. In such a situation, the role of civil society to accelerate development becomes all the more necessary. Therefore, the organizational aims and objectives are aligned towards but not limited to:

- a) Awareness and education primarily to the children, women and adolescence to support the issues faced by them. Community based organizations (such as Self Help Groups, Children, Aganwadi, School Management Committees, Panchayats, etc) are instrumental in improving the overall health and education standards of the children, women and adolescence by providing better access through government run schemes, Corporate Social Responsibility initiatives and the other resources available at the local level;
- b) Regular capacity building of the community, community level organizations, volunteers and local level Panchayati Raj Institutions (PRIs) to enhance the level of awareness at the community level on various focal areas and the core competencies of the Sahaj Sansthan;

- c) Sahaj Sansthan brings direct support for the people or groups in special need (Deaf and Dumb, and special circumstances (natural calamities such as drought) through voluntary contribution at the community level or from the various donors in order to protect such type of groups and circumstances;
- d) Community development without the participation of the community and local level institution usually remain unsustainable. Therefore, Sahaj Sansthan keep sustainability of program/project activities as the primary mandate and the programs/project are implemented with the participation and aspiration of the community and local level organizations/institutions.
- e) There are enormous issues and challenges at the community level and communities have been trying to cope with their level best. However, the emerging Issues such as climate change is one of the serious challenge and will have multiplying effects or impacts for our as well as for the future generations. Sahaj has been building its capacities to aware and educates communities in days to come to mitigate the effects of the climate change
- f) Sahaj Sansthan has highest level of accountability to serve the communities without compromising the rich traditions and cultural diversities of Rajasthan. Gender sensitivity and equity of the community is the primary mandate for Sahaj Sansthan;
- g) Sahaj Sansthan is grown over a period of time and is open to add value to its focal areas by developing strategic alliances for expansion of its activities and bring the convergence for the activities that are implemented.

Core Competencies

Over a period of more than 20 years, Sahaj Sansthan has attained the competencies in following areas:

- Mother and Child Health and Nutrition
- Adolescent reproductive sexual health
- Girls Education
- Youth Empowerment
- Family Welfare
- Child Rights, Human Rights, Right to Education
- HIV/ AIDS Prevention Awareness
- Water and Sanitation (Total Sanitation Campaign)
- Environment & Forests
- Formation of Self Help Groups, Micro Credit and enterprise enhancement
- Local Institutions Building, Policy advocacy and local governance

Table of Contents

ABOUT US	2
HEALTH AND NUTRITION	4
EDUCATION	6
SOCIAL AND ECONOMIC EMPOWERMENT	8
ANIMAL HUSBANDRY	11

Health and Nutrition

Kangaroo Mother Care

202 critical newborns cared for

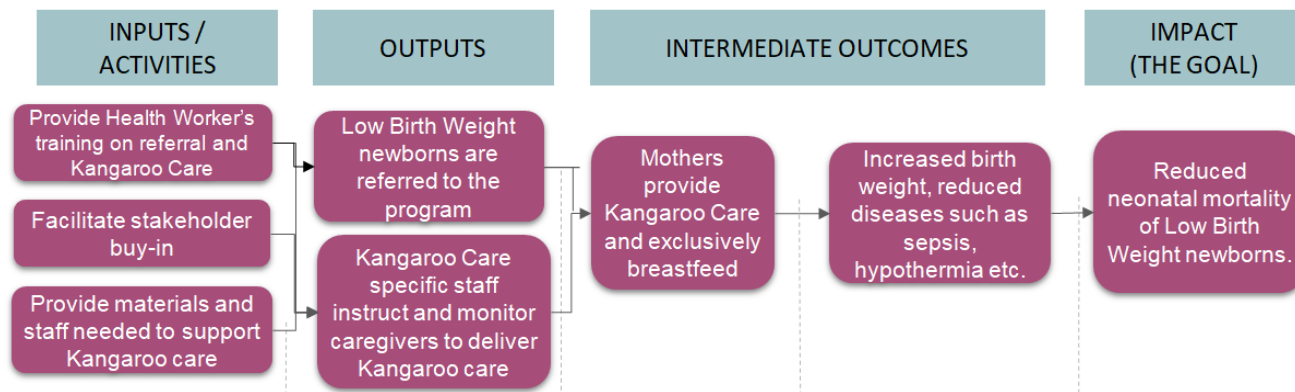
734 family members given 1-1 training

12 dedicated staff appointed

4 months

32+ critical babies referred from ward

The Kangaroo Care Program, an initiative by Ansh, a Charity Entrepreneurship Incubation, is dedicated to enhancing the capacity of public healthcare facilities to provide lifesaving kangaroo care.



Support Provided

- 12 dedicated staff to provide 24hour counselling
- 1 program coordinator and 1 monitoring person
- Sling bags for mothers to provide Kangaroo Care
- Caps , mittens and booties for each child
- Temperature watches for baby to alert mother when baby temperature drops
- 45 deg back rest and reclining chairs for easy breastfeeding and all day kangaroo care
- Telephonic counselling and follow up upto 30 days after discharge



one on one counselling



KMC in room with visual learning



Family counselling in wards

Celebrating Poshan Maah

As part of our commitment to improving nutrition and health awareness, we celebrated Poshan Maah across our rural project areas with active participation from local communities. Through interactive sessions, recipe demonstrations, kitchen garden exhibitions, and awareness rallies, we engaged women, children, and frontline workers in conversations around balanced diets, child nutrition, and the importance of local food practices. Special focus was given to promoting kitchen gardens, locally available nutritious foods, and strengthening the role of mothers and caregivers in early childhood nutrition.

These efforts not only enhanced awareness but also encouraged long-term behavioural change towards healthier food habits and practices at the household level.



Education

Pragati Project

75 *motivators*

1224 *14-29 yr drop outs enrolled*

63% *pass of attendees*

10 *months of support*

Pragati Project is a second chance program implemented in Phalodi and Jodhpur district, Rajasthan. It is supported by Foundation to Educate Girls Globally. Through the program we aim create pathways towards completing 10th Grade and opportunities like further education, employment, and training so that adolescent girls and young women have choices and can reach their full potential.

The focus is on building life skills of learners such that they can the confidence and critical thinking for self learning. The program maintains data on the progress of each learner through live applications and dashboards.



Activities

- Identify and train preraks at the village level to support learners. Preraks act as facilitators not teachers
- Ensure RSOS enrolment of learner and collect enrolment receipt
- Liaison with stakeholders (families, teachers, principal, nodal) for document completion and support of learners
- Regular training and review of preraks
- Provision of learning material, text books and tips for learners
- Prerak to conduct high quality camps for 3 hours each day to build capacity of learners
- Capacity building of learners to gain confidence, communication, problem solving and do self study
- Learners to give mock tests to practice for exam
- Learners to attend all subjects in exam and be sufficiently prepared
- Online reporting of all activities done on field by prerak and coordinator

“ After leaving school in 8th, I got a second chance to study through Pragati camps in my village. I now have passed 10th and have been working as a NREGA mate since 3 months.” ---Chandu devi, Pragati learner

“ Convincing parents to send their girls to study takes a lot of effort, moreover many of their documents are not available for enrollment. I enjoyed overcoming these challenges and being able to inspire other young girls and women in my village”---Licchu , Village level motivator (Prerak)

Infrastructural support

694 *students*

1 *senior secondary school*

Sahaj undertook the renovation of the Government Senior Secondary School in Kavni, Bikaner responding to urgent needs voiced by teachers, parents, and students. The school building, which had suffered from years of neglect, had leaking roofs, broken furniture, unsafe classrooms, and non-functional toilets—conditions that were not only discouraging attendance but also affecting the health, safety, and dignity of the children.

Recognizing that a quality learning environment is foundational to meaningful education, we worked closely with the community, local authorities, and school staff to renovate the infrastructure. The work included repairing roofs and walls, providing proper flooring, repainting with bright, educational murals, ensuring functional toilets for both boys and girls, setting up clean drinking water units, and creating a safe and vibrant play area.

The transformation has led to a significant improvement in school attendance, especially among younger children and girls. Teachers report a more focused and enthusiastic classroom environment. Parents have shown increased interest in their children’s education, and the school has become a hub of pride and community activity.

By investing in school infrastructure, we are not just building walls—we are rebuilding hope, motivation, and the right to learn in a safe and supportive environment.



Before



After

Social and Economic Empowerment

Women Run Silai Enterprises

345 *Silai schools till date*

in 5 districts

360 *trainee days this year*

The Silai School Program aims at:

- To reach out to the most marginalized women residing in the remotest corners of the country
- To skill them on sewing and stitching
- To provide an income generating opportunities at their household premises
- To improve their social standing within the community
- To create a multiplier effect of skill development
- To address distress migration by generating self-employment opportunity within the village



Schools are established in 2 models. Classic and Satellite; the schools vary in expertise of women and advance equipment. Through this entrepreneurship model each woman earns 5000 to 6000 every month by teaching others, basic repair of machines and stitching various outfits.

During identification of women, priority is given to women led households and those with greater economic hardship. The process of receiving multiple day trainings gives a lot of confidence to run the enterprise. Familial support is also encouraged by keeping panchayat heads in the know how about the intervention and success.



Mobility support for dignity and independence

As part of our commitment to inclusive development, we supported a person with locomotor disability by providing a customized NeoMotion wheelchair—a step towards restoring dignity, independence, and mobility in everyday life.

Mobility support is a critical, yet often overlooked, need for persons with disabilities, especially in rural and underserved areas. Lack of appropriate mobility aids not only limits physical movement but also affects access to education, livelihood, healthcare, and social participation. Conventional wheelchairs often fail to meet the specific needs of users, leading to discomfort and underuse.

To address this, we partnered with NeoMotion, a social enterprise incubated at IIT Madras, known for its innovative, user-centric design. The NeoFly wheelchair provided to the beneficiary was fully customized to their body measurements, posture needs, and daily mobility patterns. Its lightweight frame, ergonomic design, and adjustable seating help reduce fatigue and prevent long-term posture-related health issues. The wheelchair also allows better maneuverability in both indoor and outdoor rural terrains, increasing the user's confidence and independence.



The recipient of this support now experiences greater freedom in mobility, improved self-esteem, and renewed engagement with their community and daily activities. This intervention demonstrates how the right assistive device, designed with empathy and precision, can transform lives.

We remain committed to expanding such support to more individuals with disabilities, enabling them to lead fuller, self-reliant lives.

Animal husbandry

Mobile Veterinary Unit

Door step free service to **100** villages

5.6 Lakh animals treated till date

2% mortality from 10% baseline

3400+ camps held till date

The objectives of the project are;

- Examine the general health condition and detect the common diseases prevalent in the area.
- To increase access to quality preventive, promotive and curative primary veterinary healthcare services amongst the target communities
- Create awareness on basic preventive health care & hygiene of livestock
- Increase awareness and utilization of government health services and programmes

This was executed by placing a veterinary care team with a BVMS (Bachelor of Veterinary Medicine and Surgery) Doctor, Livestock Service Assistant and project coordinator to provide doorstep care in every 50 villages. They are equipped with an inventory of essential medicines, and consumables for treatment. Each month they conduct camps as per a planned schedule and location is fixed with suggestions from the community.

Activities under the project

1. Conduct veterinary camps for screening and treatment (50 per month)
2. Conduct community meetings with animal owners for awareness generation
3. Liaison with animal husbandry department for joint planning and activities
4. Increase awareness and utilization of government health services and programs
5. Follow up with community members on health of their animals
6. Regular monitoring and reporting of program progress and engage in additional activities as per need eg. COVID

MVU-1 Outreach over the years

Indicator	Output				Total	Comments on achievement
	Year 1 Jul 20- June 21	Year 2 Jul 21- June 22	Year 3 Jul 22- June 23	Year 4 Jul 23- May 24		
Villages covered/ month	50	50	50	50	-	100 % target villages covered
Camp held	550	601	600	551	2,302	100 % camps held as per plan
Treated animals total	60,289	96,631	1,00,395	1,07,478	3,64,793	More than 7% increase since last year
Community meetings held	600	601	600	NA	1,801	Community engagement directly through camps
Community participation in meeting	7,575	6,737	6,903	NA	21,215	Community engagement directly through camps
Animal owners visiting camp	2,947	4,637	5,007	5,294	12,591	8 % increase in owners footfall

MVU-2 Outreach over the years

Indicator	Output		Total	Comments on achievement
	Year 1 Aug 22- June 23	Year 2 Jul 23- May 24		
Villages covered/ month	50	50	-	100 % target villages covered
Camp held	550	550	1,100	100 % camps held as per plan
Treated animals total	97,170	98,985	1,96,155	Slight increase in total coverage- 3 times increase in outreach for camels
Community meetings held	550	NA	550	Community engagement directly through camps
Community participation in meeting	6,342	NA	6,342	Community engagement directly through camps
Animal owners visiting camp	5,077	5,341	10,418	3 % increase in owners footfall

Saving a Goat with a Torn Udder – A Story of Timely Intervention

Name of Livestock Owner: Arjun Ram

Village:Pratap Nagar

Age: 46 years

Livestock Details: 15 goats, 4 cows

About a month ago, a goat belonging to a local livestock owner sustained a serious injury when its udder got caught in a barbed wire fence, resulting in a deep tear. Initially, the owner sought treatment from a private compounder, but despite receiving medication, milk continued to leak from the wound. This only worsened the injury, increasing the risk of infection and further complications.

Realizing the urgency, the livestock owner reached out to the Mobile Veterinary Unit (MVU-2). The team responded promptly, examined the wound, and immediately cleaned the affected area thoroughly. They then stitched the torn udder carefully to promote healing. Pain relief injections were administered, and a mosquito repellent spray was applied to prevent flies and insects from worsening the wound.

The team also explained proper wound care and stitch-related precautions to the owner and provided a five-day course of medicines. Dr. Rajendra Kumar Dhayal personally followed up with the owner via phone calls for the next six days to ensure the goat was receiving continuous and proper care.

Thanks to the consistent monitoring and cooperation from the owner, the goat's condition improved significantly. By the 12th day, the stitches were safely removed, and the wound had completely healed.



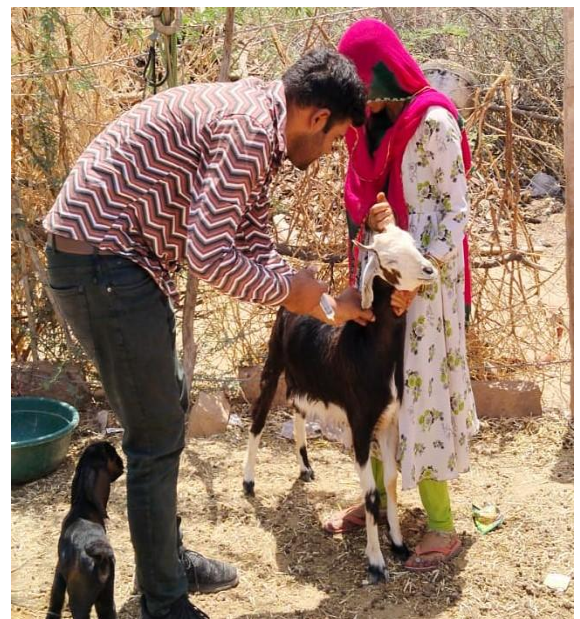
The livestock owner expressed heartfelt gratitude to the veterinary team, Saurya Urja Company, and Sahaj Sansthan for their timely support and life-saving intervention.

This case reflects the power of prompt veterinary care, continuous follow-up, and community partnerships in ensuring the health and well-being of livestock in rural areas.

Innovations to increase productivity



- Set up of Azola demonstration units in 10 locations to provide additional nutrition to milk producing animals
- Azola is rich in calcium, magnesium , zinc and other amino acids
- This acts as green fodder for the animals
- Maintenance of the units was a challenge especially in the intense heat of summer





CSR Award

Sahaj Sansthan has been awarded the prestigious Dalmia Bharat - CSRBOX CSR Impact Award 2023 for its outstanding accomplishment in the Livelihoods small category. Mr. Mahendra Singhi, Managing Director & CEO, Shri Banchha Nidhi Pani (IAS), Commissioner, Commissionerate of Technical Education, Government of Gujarat, Shri Naveen Kumar (IAS), Revenue Secretary/Relief Commissioner, Government of Uttar Pradesh and Ms. Swati Munjal, President, BML Munjal University felicitated the awardees. The CSR Impact Awards recognise organisations and projects that have created positive and lasting social impact through corporate social responsibility.

The award was received in appreciation for the Mobile Veterinary Unit Project supported by Saurya Urja Co. of Rajasthan which aims to Transform livestock rearing into a lucrative livelihood opportunity in remote regions. The project is an example of low-cost high impact achieved through the use of data and planning. With a per-animal cost of less than Rs 30, over 3.5 Lakh animals have been treated in 3 years.

