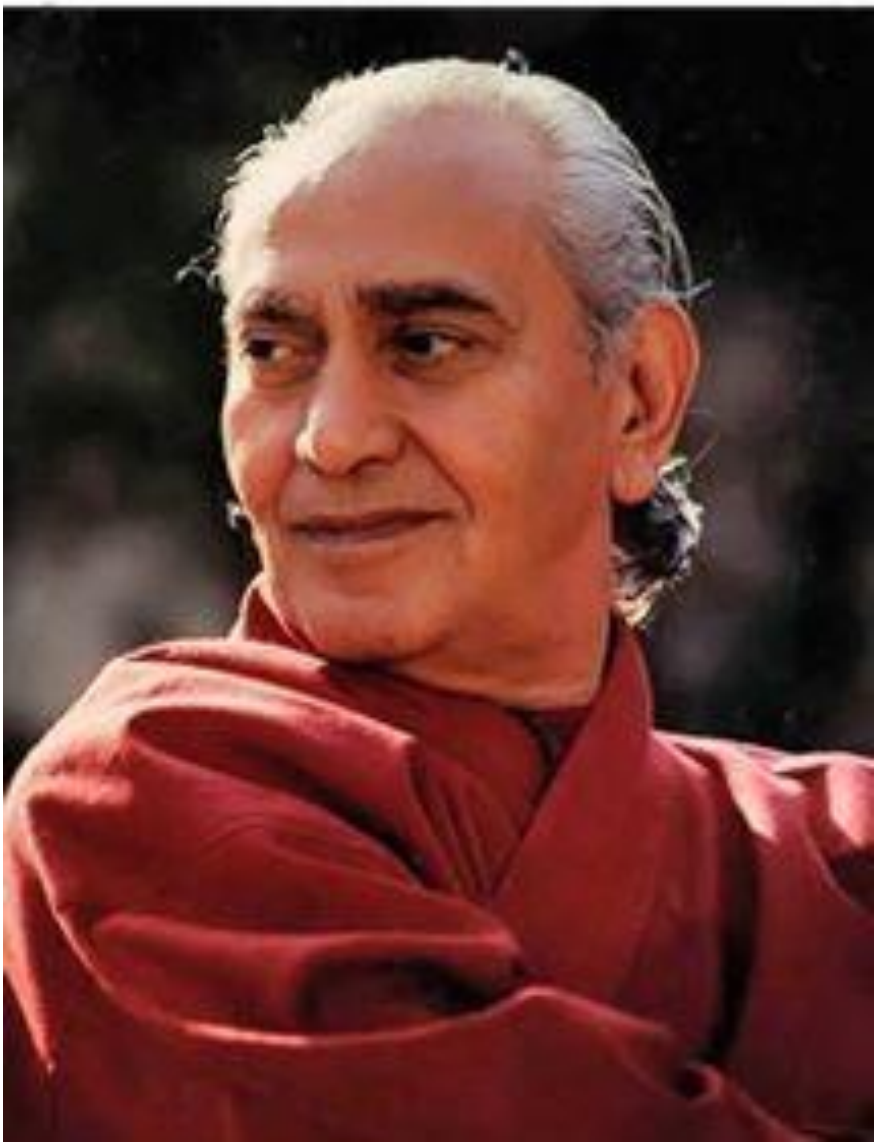
# Rural Development Institute

## Annual Report
## (1 April 2024 – 31 March 2025)



www.hihtindia.org rdihiht rdi.hiht RDI HIHT Rdi_Hiht hihtrdi



# INDEX


| Topics | Page |
|---|---|
| Abbreviations | 4 |
| Organizational Highlights | 5 |
| Health | 6 |
| Education | 21 |
| Livelihood | 26 |
| Water & Sanitation | 32 |
| Relief & Rehabilitation | 36 |
| Advocacy/Workshops | 45 |
| RDI Foundation Day | 46 |
| Media coverage | 48 |
| Publications | 49 |
| Visitors | 50 |

# ABBREVIATIONS

| | |
|---|---|
| ADL | Activities for Daily Living |
| AFHC | Adolescent-Friendly Health Clinics |
| ANM | Auxiliary Nursing Midwife |
| ASHA | Accredited Social Health Activist |
| AWW | Anganwadi Workers |
| BMI | Body Mass Index |
| CPR | Cardiopulmonary Resuscitation |
| CSR | Corporate Social Responsibility |
| D&ID | Disability & Inclusive Development |
| Hb | Hemoglobin |
| HRP | High-Risk Pregnancy |
| HPV | Human Papillomavirus |
| ICMR | Indian Council of Medical Research |
| IEC | Information Education Communication |
| ICIMOD | International Centre for Integrated Mountain Development |
| IFA | Iron-Folic Acid |
| ISA | Implementation Support Agency |
| ISHGs | Inclusive Self-Help Groups |
| MCH | Maternal Child Health |
| NBSU | New Born Stabilization Unit |
| NCSC | National Career Service Centre |
| NKRC | National Key Resource Centre |
| NMR | Neo-natal mortality rate |
| PE | Peer Educator |
| RKSK | Rashtriya Kishore Swasthya Karyakram |
| PRI | Panchayati Raj Institutions |
| RTI | Reproductive Tract Infections |
| SDGs | Sustainable Development Goals |
| SHG | Self-Help Group |
| SHHC | School Health & Hygiene Clubs |
| SLWM | Solid and Liquid Waste Management |
| SNCU | Sick Newborn Care Unit |
| STI | Sexually Transmitted Infections |
| STP | Sewage Treatment Plant |
| UDID | Unique Disability ID |
| UT | Union Territories |
| UWSC | User Water Sanitation Committees |
| VHSND | Village Health Sanitation Nutrition Day |
| VWSCs | Village Water and Sanitation Committees |
| WHO | World Health Organization |

# ORGANIZATIONAL HIGHLIGHTS 2024-25

A major milestone for the organization was the international exposure through the hosting of participants from Nepal and Bhutan during the Regional Training on GESI-responsive Springshed Management in the Hindu Kush Himalayas. This event not only highlighted our ongoing commitment to sustainable water management but also reinforced our dedication to gender equality and inclusive development across borders, paving the way for broader collaboration in environmental conservation efforts.

In the fragile Himalayan region, where climate change is making access to clean water increasingly difficult, the organization has received a vital project under the National Mission on Himalayan Studies. The project focuses on developing a low-cost, climate-resilient, prefabricated water supply prototype tailored to the unique challenges of high-risk districts like Uttarkashi, Chamoli, and Pithoragarh. This initiative aims to bring not just clean and reliable drinking water to vulnerable communities, but also a sense of security and resilience in the face of floods, landslides, and erratic rainfall.

This year, we witnessed a significant transformation in our community engagement strategy, facilitated by our partnership with ECHO India. Through a series of online training sessions on reproductive health, home based newborn care including menstrual hygiene management, we were able to connect with frontline health workers and school teachers, extending our reach to even the most remote areas. These virtual platforms provided valuable opportunities for learning, collaboration, and support, particularly for those working in underserved regions and Rajeev Gandhi Navodaya Vidyalayas. Maternal and child health was advanced in collaboration with ICMR and Swami Rama Himalayan University by implementing the SANKALP Project in Haridwar, focusing on community-driven, evidence-based solutions to reduce neonatal mortality.

One major highlight of the year was the renovation of the Exhibition Area, which has been redesigned with an aesthetic and welcoming look, significantly enhancing the visitor experience and engagement.

# HEALTH

## 1. Women and Child Health

Enhancing the health and well-being of women and children has always been at the core priority of the organization's mission. From the very beginning, its flagship maternal and child health initiatives have reached deep into the rural, mountainous areas of the state—bridging gaps, strengthening health systems, and ensuring access to quality care. These sustained efforts have played a pivotal role in driving positive change and improving key health outcomes for mothers and children across the region.

### Maternal child health camps



To reach underserved areas with limited access to healthcare—and where maternal and infant mortality rates were alarmingly high—comprehensive maternal health camps were organized in villages. Focused efforts were made to conduct regular camps every Wednesday and Saturday, prioritizing early pregnancy registration, complete antenatal checkups, and timely identification and management of high-risk cases. A dedicated team comprising a lady doctor, nurse, pharmacist, counselor, and field supervisor delivered quality care including health screenings, growth monitoring, blood pressure, blood sugar and hemoglobin testing, fetal heart sound monitoring via Doppler, and distribution of IFA and calcium tablets. Nutritional and care counseling was also a key part of the support provided. Through 60 camps, 1756 pregnant and lactating women accessed these vital services.

### Home visits




A total of 3,204 pregnant and lactating women were followed-up through home visits. During these visits, health supervisors assessed the well-being of both mother and child and offered tailored counseling on antenatal, delivery, postnatal, and newborn care. Families—including husbands and key caregivers—were sensitized on key practices such as timely checkups, nutritious diets, institutional delivery, colostrum and exclusive breastfeeding, complementary feeding, recognizing high-risk signs, IFA and calcium intake, and available family planning services.

### Special care for high risk cases

Supporting high-risk pregnancies has been a key focus of the maternal and child health program. During the reporting period, 156 high-risk pregnant women received dedicated

care, including transportation, diagnostic services, treatment, and nutritional supplements. Early identification was prioritized through regular screening and special training provided to ASHAs to recognize early warning signs and symptoms. Women with hemoglobin levels below 7 gm were given nutrition kits, and transportation support was arranged for those facing financial barriers to access higher health facilities. Total 238 Nutrition Kits were distributed to pregnant and lactating women. ASHAs and field supervisors closely tracked each case throughout pregnancy and postpartum, ensuring timely support and continuous care..



*Nutrition kit provided to pregnant women*

**Village Health, Sanitation and Nutrition Days (VHSNDs)**




Village Health, Sanitation, and Nutrition Days, held every Saturday once a month, serve as a vital platform to raise awareness about available health services at the village and higher levels. These sessions promote healthy practices and deliver essential nutrition and primary healthcare—particularly for women and children from marginalized and vulnerable communities.

To strengthen the impact of VHSNDs, health camps and focused counselling sessions on nutrition, family planning, and other key health topics were organized.

A special initiative of distribution of millet laddoos, started in the previous years, continued this year also. Prepared by a local Self-Help Group, these nutritious laddoos are consumed on-site by pregnant and lactating women to ensure intake. This locally-driven approach not only supports maternal health but also empowers women through livelihood opportunities. In total, 1985 pregnant women participated in the VHSNDs during the reporting period.

**Community Mobilization and Sensitization**



Community mobilization plays a crucial role in raising awareness about health rights and the range of services available to them across various health facilities. It helps build an informed and supportive environment where communities actively participate in promoting adolescent well-being.

To strengthen this effort, regular meetings were organized with a different stakeholders, including community leaders, self-help groups (SHGs), parents, and youth. These interactions served as platforms to share information, address

misconceptions, and encourage the utilization of available health services such as health clinics, counseling support, and preventive health programs. Through consistent engagement, communities were empowered to take collective responsibility for their health issues, ensuring that people receive the care, support, and guidance they need to lead healthy and informed lives.

**Screenings and Awareness: Breast and Cervical Cancers**



In alignment with this year's World Cancer Day theme, 'Closing the Care Gap,' the organization launched a breast cancer awareness and screening initiative across its operational areas, addressing one of the leading health challenges faced by women globally and in India. Recognizing the limitations of traditional screening methods like mammography in low-resource settings, the organization introduced Mythri Thermalytix, an innovative, AI-powered, non-invasive, and cost-effective breast cancer screening technology developed by NIRAMAI, Bangalore.

In collaboration with the Cancer Research Institute (CRI) and the Department of Community Medicine, orientation sessions were conducted for staff, followed by screening camps across Haridwar, Dehradun, and Pauri districts, where 48 women were screened at seven camps. These camps also included awareness sessions, counselling, and discussions on breast cancer symptoms and early detection practices. To build community-level capacity, orientation sessions were held for ASHAs and Anganwadi workers to strengthen early screening and referral mechanisms, and as part of a holistic approach to women's health, the yoga posture Makrasana—promoting stress relief and hormonal balance—was recommended to participants. For cervical cancer, community outreach programs were organized in Haridwar and Dehradun, engaging around 236 women and girls



**Menopause Outreach Clinics**



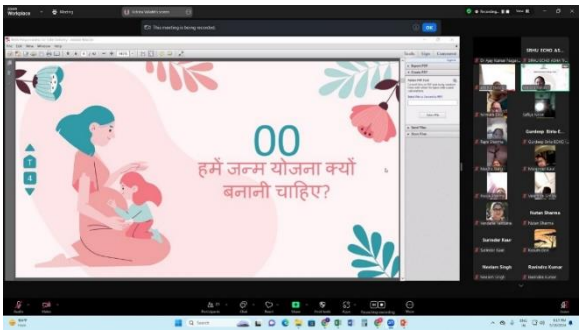
Menopause marks the natural end of a woman's reproductive years and is often accompanied by a range of physical and emotional changes, especially during the transition phases of perimenopause and postmenopause. For women in rural mountainous areas where seeking health care is still a challenge, these changes can significantly impact quality of life.

To address this, the organization conducted 10 outreach camps from across villages in Yamkeshwar block, Pauri District, reaching 329 women. These camps offered personalized counselling and introduced targeted yoga asanas for different menopausal stages, promoting holistic well-being. Yoga, while not altering hormones, helps manage symptoms by improving fitness, reducing stress, and enhancing emotional balance. The presence of medical support ensured integrated care, empowering women with knowledge and tools to navigate this important life stage confidently.




## Virtual Immersion Program on MCH for Frontline Health workers of Low-Performance Areas

The organization, in collaboration with ECHO India and the National Health Mission, Uttarakhand, conducted an online training program focused on Maternal and Child Health issues for frontline health workers. ECHO India has developed an innovative 'Hub and Spoke' model that connects expert mentors (hubs) with local health professionals (spokes) through virtual platforms. This model facilitates knowledge sharing and capacity building, empowering frontline workers with the skills and confidence needed to provide quality healthcare services in underserved communities.




In the first phase of the program, ASHAs from low-performing urban areas of Dehradun were selected to participate in weekly sessions. The training, held every Saturday for 1.5 hours over a period of three months (April to July), included a total of 12 sessions. A total of 41 ASHAs completed the program, which covered essential MCH topics such as pregnancy diagnosis, anaemia management, pregnancy and delivery complications, intrapartum care, infant and young child feeding, malnutrition, immunization, diarrhoeal diseases, and acute respiratory infections (ARI).




Offline trainings at field level were also conducted for frontline health workers in Kalsi block of Dehradun districts. A total of 163 ASHAs, were trained on different aspects of maternal and child health.

**Case Study**

**Momina's journey: overcoming adversity with care and support for a healthy new beginning**




Momina, a 27-year-old woman from Hazaragrant, Bhadrabad, Haridwar had faced the emotional loss of two stillbirths, one in 2022 and another in 2024. During the early stages of her pregnancy, she was diagnosed with anaemia, her haemoglobin level at a concerning 7.7 gm. However, with the support of the RDI, under the Wipro-care Project, Momina's journey took a positive turn. The project team ensured she received consistent follow-up check-ups and tests at a Government Hospital Haridwar, while also inviting her to attend regular health camps. We provided her with the necessary iron and calcium supplements and offered counselling to help her through the process. By the end of her last trimester, her haemoglobin level had improved to 11gm, and, with determination and care, Momina gave birth to a healthy baby at a the hospital. This positive outcome is a testament to the power of support, education, and proactive healthcare in overcoming challenges

**Case Study**

**Timely care, healthy birth: Sapna's story of safe motherhood**



Sapna, a 32-year-old woman from Ibrahimpur village, was first identified at the Anganwadi Center when she was three months pregnant. During a routine check-up camp at Ibrahimpur, she suddenly fainted. Upon further examination by our doctor, her haemoglobin level was found to be critically low at just 7 g/dL.Recognizing the urgency, the team immediately referred her to the Government Hospital in Haridwar with our field supervisor for better medical assistance. She was admitted, and two units of blood were transfused. Our team continued to monitor her closely through regular home visits and follow-ups. All necessary pathology tests and routine ultrasounds were conducted to ensure her well-being. One day, our team received an emergency call regarding Sapna's condition. Without delay, our field team arranged a vehicle and transported her to Himalayan Hospital. At 7 PM, she safely delivered a healthy baby girl weighing 2.8 kg. Sapna, her husband Brijmohan, and their entire family expressed their heartfelt gratitude to RDI-HIHT-Wipro Care for their prompt response, continuous support, and life-saving interventions during this critical time.

## 2. School Health



The School Health Program was implemented in primary schools to provide essential health services to children. A total of 37 health camps were conducted, screening 2,266 students for growth, anemia, malnutrition, and the 4Ds (Defects, Diseases, Deficiencies, and Developmental Delays). Identified cases received treatment, nutrition counselling, or were referred for advanced care through RBSK.



Health and hygiene sessions focused on handwashing, nail cutting, and oral care, while parent-teacher meetings were used to counsel families. Two teachers per school were trained in health, hygiene, and nutrition to ensure ongoing support, and school-level Health & Hygiene Clubs were formed. These clubs, led by trained students from Classes 4 and 5, supported teachers in promoting healthy practices among peers.

**Health checkup for children of migrant families**



Health check-up camps at the Aakhar Centre brought essential medical care to 243 children, many of whom were dealing with routine health concerns like coughs, colds, and fevers. Timely attention and treatment ensured relief and comfort for the young ones.



At Flying Birds, monthly health camps continued to support the well-being of 76 children and their parents. While children were mostly treated for seasonal issues such as fever, cold, and allergies, a notable number of parents shared concerns about joint pain. The medical team provided necessary medications and guidance, helping both children and parents feel cared for and supported.

## 3. Adolescent Health

The Adolescent Health Program focuses on nurturing the overall well-being of young people by addressing their physical, emotional, and social health. Through a blend of community outreach, health education, and skill-building initiatives, the program equips adolescents with the tools they need to make informed choices and lead healthier lives. Activities range from reproductive health awareness and mental health support to life skills training and personal development. At the heart of the program is the creation of safe, inclusive spaces where adolescents feel heard, supported, and empowered. By fostering confidence, resilience, and healthy relationships, the program helps adolescents grow into empowered, self-aware individuals ready to shape their futures.

### Orientation of School Teachers

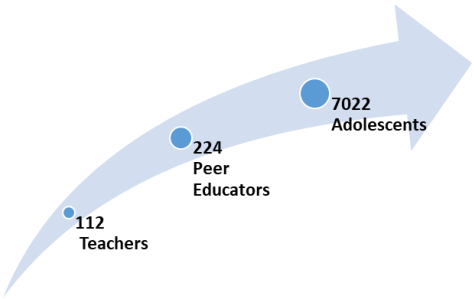



Teachers play a vital role in guiding adolescents through critical health-related topics such as nutrition, sexual and mental health, substance abuse, and hygiene. By creating a supportive environment, they can facilitate open discussions, share accurate information, and promote healthy lifestyle choices among students. In addition to education, teachers serve as key connectors—identifying students in need and referring them to school counselors, nurses, or relevant health professionals for further support and care.

112 teachers of primary, high school and intermediate collegs were trained to enhance their knowledge and skills on adolescent health issues.

### School Health & Hygiene Clubs led by Peer Educators

School Health & Hygiene Clubs (SHHC) have been formed at school level conceptualized to implement a sustainable adolescent health program. These clubs aim to equip students with the knowledge and skills needed to navigate adolescent-related issues and challenges effectively. They promote health education, hygiene practices, and a culture of wellness through a blend of education, practice, peer support, and community involvement.



SHHCs bring together students, teachers, and parents to openly discuss adolescent health concerns and find appropriate solutions. Teachers and students are designated as club members responsible for planning and executing adolescent-focused activities within the school. Peer Educators play a key role in these clubs, serving as a communication bridge between teachers, parents, and fellow students. The Peer Educator model, initiated by the organization over two decades ago, has grown into a widespread movement. It has been adopted by the government under the Rashtriya Kishor Swasthya Karyakram (RKSK) at both school and village levels.



This year, 224 Peer Educators were selected and trained in crucial areas such as reproductive and sexual health, menstrual hygiene management, mental health, growth and development, nutrition, gender, and violence prevention. As a result, 7022 adolescents were sensitized on these topics by trained Peer Educators and teachers, fostering awareness and empowering youth to make informed choices about their health and well-being.



| Adolescent Health Program | | | |
|---|---|---|---|
| **Funding Agency** | **Teachers** | **PEs** | **Adolescents** |
| Wipro Cares | 92 | 160 | 5511 |
| New Space India Limited | 20 | 64 | 1511 |
| **Total** | **112** | **224** | **7022** |

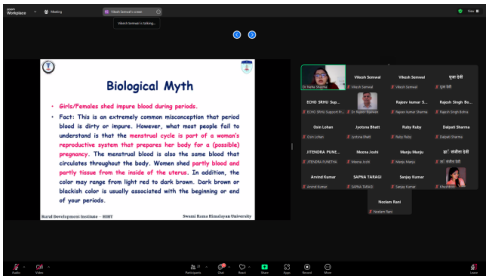
## Adolescent Friendly Health Clinics




Adolescent-Friendly Health Clinics (AFHCs) were organized to provide comprehensive health services tailored to the needs of adolescents. These clinics offered individual and group counseling sessions, general health check-ups—including physical examinations and hemoglobin level testing—and growth monitoring. Key counseling topics included menstrual hygiene management, menstrual disorders, nutrition, adolescent growth and development, as well as the causes and prevention of non-communicable diseases. In addition to these, other adolescent health concerns were also addressed through personalized support and guidance.

.

## Menstrual Hygiene Management Program throuhg ECHO Platform




The School Menstrual Hygiene Management (MHM) program was implemented this year through the ECHO platform. In collaboration with the Department of Education, Uttarakhand, a series of online training sessions were organized for teachers from 13 Rajeev Gandhi Navodaya Vidyalayas across the state. A total of 104 teachers (55 male and 49 female) participated in the training, which was conducted in four batches between January and March 2025.

The sessions were facilitated by expert faculty from the departments of Community Medicine, Gynaecology, Paediatrics, and the RDI. The training comprehensively addressed various aspects of menstrual health, including health-related concerns, infrastructural challenges, myths and taboos, and appropriate disposal methods for menstrual waste.

The program received largely positive feedback from participants, though some uncertainties indicated areas for further improvement. Key issues highlighted during the training included gaps in menstrual health awareness, inadequate school facilities, and the significant impact of menstrual health issues on girls' school attendance and participation.



Offline trainings were also conducted for adolescent girls in slum areas and forest-based Gujjar tribal communities. These sessions focused on menstrual health awareness, hygiene practices, and dispelling myths, while addressing challenges such as limited access to sanitary products and poor sanitation. By reaching girls in remote and underserved areas, the program ensured inclusive and accessible menstrual health education.

## Training on First Responder/CPR



First Responder Training sessions were organized for young participants (both male and female) aged between 18 to 25 years. The resource persons facilitated the sessions which incldue personal hygiene, basic lifestyle practices, and emergency response during health crises and disasters. Hands-on sessions on cardiopulmonary resuscitation (CPR), demonstrating the step-by-step process and guiding participants through practical training on CPR, first aid, splinting, and patient transportation using dummies were conudcted.



In addition, age-appropriate CPR orientation sessions were held for children in Gujjar Basti Athoorwala, Mayakund, and the Laltapper Aakhar Centers. These sessions aimed to build awareness and basic emergency response skills among children, fostering early preparedness and responsibility. The training used engaging methods such as chart visuals, dummy demonstrations, and participatory group activities to ensure clear understanding and active involvement. While children may not perform CPR like adults, these sessions equipped them with foundational knowledge that could prove life-saving in emergencies.

**Youth day**




Youth Day & Road safety Awareness activity organized by RDI-HIHT at Aurangabad, Bahadarabad, Haridwar & Nagthat kalsi block on 13th January 2025 were 87 adolescent particated in the program, aimed at inspiring and empowering the youth of these communities. The event brought together a wide demographic, including adolescents, youth, teachers, Gram Pradhan's, ASHA workers, and key community leaders. The event featured a series of programs that included powerful speeches, thought-provoking discussions, and engaging cultural performances, Yoga session & educate people about the importance of following traffic rules to prevent accidents and save lives. Key messages can focus on wearing seat belts, avoiding drunk driving, using helmets, obeying speed limits, and the importance of pedestrian safety. The theme for this year's celebration centered on "Youth for a sustainable Future: Shaping the nation with Resilience and Responsibility" a call to action for young individuals to realize their potential and contribute to creating a better future for all.

# 4. Primary Health

## General Health Camps



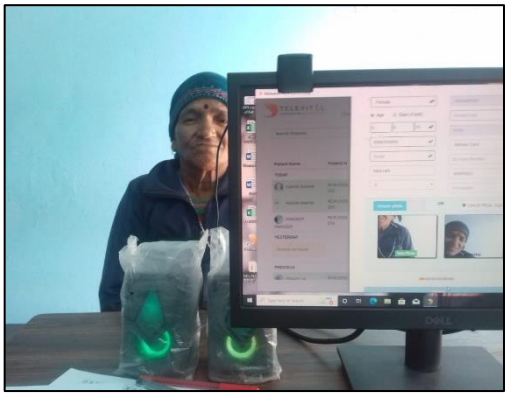
General Health Camps played a vital role in promoting overall well-being and preventing both communicable and non-communicable diseases in remote tribal communities. These camps aimed to bring essential healthcare services closer to underserved populations, with a strong focus on preventive care, health education, and early diagnosis. Services included growth monitoring, blood pressure measurement, blood sugar and hemoglobin testing. Iron Folic Acid (IFA) and calcium tablets were distributed to women in their antenatal and postnatal stages, along with free medication for those diagnosed with various health conditions.




The camps drew active participation from individuals across all age groups, reflecting the strong community demand for accessible healthcare. This wide engagement underscored the effectiveness of such grassroots initiatives in addressing critical health gaps.

A total of 31 general health camps were conducted during the year, providing medical services to 1,482 beneficiaries.

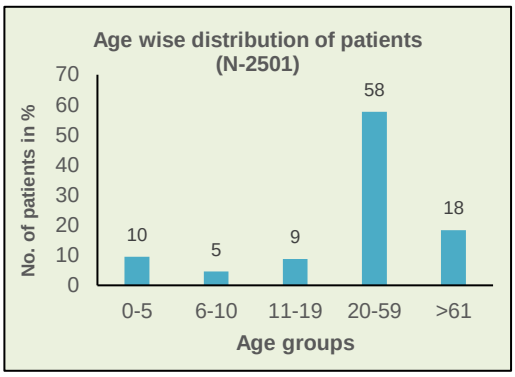
## Telemedicine services



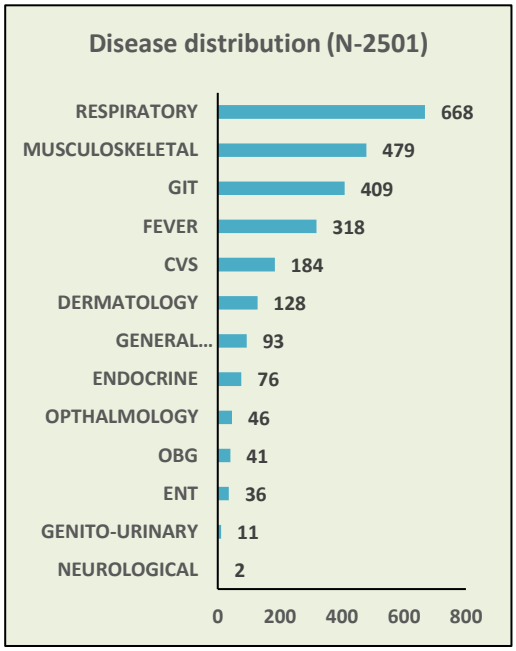
Telemedicine has emerged as a transformative solution for delivering healthcare in remote and hilly regions where access to medical facilities is often limited. Continuing the efforts from previous years, online connectivity has once again been established through the Televital platform to provide telemedicine services in the Toli area of Jaiharikhal block (Pauri district) and Nagthat in Kalsi block (Dehradun district). These services are extending essential healthcare support to an estimated population of around 70,000 people, bridging the gap between rural communities and quality medical care.

## Himalayan Sanjeevani Clinic, Nagthat, Dehradun

The Himalayan Sanjeevni Clinic continues to serve as a vital lifeline for remote communities, offering both primary and secondary healthcare consultations through its telemedicine platform. Regular specialist support from the Himalayan Hospital, SRHU, ensures access to a wide range of services, including clinical investigations, treatment, counseling, and follow-up care. Routine diagnostic tests such as blood pressure monitoring, blood sugar testing, hemoglobin (Hb) assessments, and ECGs were provided to patients at the center.




During the reporting period, a total of 2,501 patients accessed services through the telemedicine centers, with 2,047 of them receiving secondary consultations from specialists at the Himalayan Institute of Medical Sciences. Of the total patients, 1,204 were female and 1,297 male. The majority (58%) belonged to the 20–59 age group, while children aged 6–10 years accounted for the lowest proportion (5%).




A breakdown of disease distribution revealed that respiratory disorders were the most frequently reported health issues, followed by musculoskeletal and gastrointestinal conditions. Cases related to genitourinary and neurological disorders were relatively few. Additionally, a number of obstetric and gynecological cases, primarily involving antenatal and postnatal concerns, were addressed during the course of the project.

## Tuberculosis (TB) Elimination program

Since June 2023, RDI has been actively contributing to the TB elimination initiative in collaboration with the Departments of Pulmonary Medicine and Community Medicine of HIMS. The program focuses on supporting TB patients in Dehradun and Haridwar districts through the provision of basic nutrition kits and regular health screening camps. The initiative aims to assist 2,000 TB patients, with field-level identification and outreach support facilitated by the Aas organization.



Food kits are distributed every Saturday at designated centers in Doiwala and Bahadrabad blocks to ensure consistent nutritional support for TB patients. This year, 1248 individuals benefitted from both nutrition kits and regular health screening services under the program. A total of 2634 nutrition kits were distributed this year. Notably, a higher proportion of women have been affected by TB compared to men. Beyond patient care, the initiative also focuses on empowering TB Champions—individuals who have successfully overcome the disease—by involving them in awareness campaigns and community mobilization efforts to strengthen outreach and reduce stigma at the grassroots level.

***On the occasion of World TB Day, held on 24th March, the Government of Uttarakhand recognized our organization's efforts towards TB elimination by presenting us with a memento and certificate of appreciation.***




**Nutrition Week (1-7 September)**

National Nutrition Week 2024 was celebrated during the first week of September with the theme "Nutritious Diets for Everyone." The week aimed to raise awareness about the importance of incorporating nutrition into daily life. Field supervisors, ASHAs, and Anganwadi workers conducted open discussions and counseling sessions to highlight the role of a balanced diet. A key focus was on the health benefits of local millets and their integration into everyday meals to promote better health and well-being.



## Holistic Health

The timeless teachings of H.H. Swami Rama on holistic health continue to hold profound relevance for humanity—especially in today's fast-paced world, where stress and imbalance are increasingly common. These teachings offer immense potential to foster inner harmony and well-being, empowering individuals to bring about meaningful and transformative changes in their lives.

This year, three staff members– Dr. Naincy Barthwal, Ms. Leela Uniyal and Mr. Digvijay Bisht underwent for a 15-day Teachers Training Program (TTP) at Swami Ram Sadhaka Gram Rishikesh.




As part of this ongoing initiative, a free monthly residential yoga program is conducted from the 19th to 21st of each month, exclusively for members of the rural community. The program features immersive experiences at Sadhana Mandir and Sadhaka Grama Ashrams in Rishikesh, where participants gain deeper insights into the principles of yoga, meditation, and mindful living. This year, the program saw active participation from 43 individuals, including community members, students, teachers, health workers, and newly inducted RDI staff.



In addition, weekly one-day workshops on holistic health were conducted in RDI and the field, focusing especially on women's well-being. These sessions introduced participants to key practices such as breath awareness, makarasana, correct sitting posture, nadishodhana, and relaxation techniques. A total of 130 women benefited from these experiential and empowering workshops.



International Yoga Day was observed on 21st June across field areas, engaging local communities in the spirit of wellness and unity. The theme for the day, "Yoga for Self and Society," emphasized the role of yoga in enhancing both individual well-being and collective harmony. An awareness session was conducted to highlight the importance of yoga and its numerous health benefits. This was followed by guided practice sessions, where community members actively participated in performing various yoga asanas, fostering a shared experience of mindfulness and physical wellness.

**ASHA Certificate Course- Comprehensive Maternal Health Care and Services**



RDI, in partnership with Swami Rama Himalayan University, has been conducting a six-month ASHA Certificate Course focused on comprehensive maternal and child health care since 2019. Adapted from the national ASHA training curriculum developed by the Ministry of Health & Family Welfare, the course covers five key modules, including community mobilization, national health programs, basic AYUSH concepts, first response, and disaster preparedness. The program aims to enhance the practical knowledge and skills of community health workers, equipping them with effective communication, counseling, and problem-solving abilities. Participants also gain hands-on experience through field visits to villages and health centers. During year 2024-25, 49 candidates, 45 females and 4 males, sucessfully completed the course in 7$^{th}$ & 8$^{th}$ Batches, with many securing placements in reputed organizations. The 9$^{th}$ batch of the course started in January 2024.

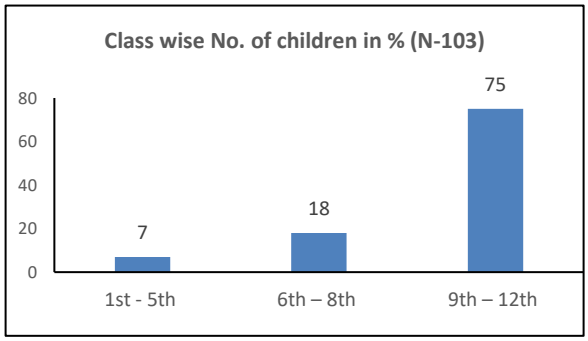
# EDUCATION

The education program of the organization aims to support the educational needs of children from marginalized sections of society. These programs involve various activities for school-going children, such as selecting new scholars to replace those who have dropped out, distributing fees, organizing sessions on personality development, career counseling, exposure visits, sports, and creating awareness about personal hygiene, menstrual hygiene management, and first responder training, among other things.

## Scholarship



This year, the program awarded scholarships to 103 children. 30 Children moved out of the program as they completed 12th gade. 30 New children were selected in place of the droped children. For academic session 2024-25, the result of 47 children have been declared, all the children have passed out their annual exams and promoted to next grades. The results of 56 children, mostly in grade 10th and 12th, still awaited. All the children have secured good marks, one Shivani Dabral securing 90% marks.




Apart from the fees, children were provided with uniforms, winter clothing, and other essentials tailored to their educational needs.

Beyond covering school fees and uniforms, the program ensured that students received hygiene kits, sports items, and other necessary supplies throughout the year.





## Extra-curriculur and Personality development activities



Throughout the year, several personality development workshops were organized to engage children in a variety of enriching activities. These included yoga, art therapy, and book reading sessions in the library. Recognizing the importance of yoga for overall well-being, dedicated yoga sessions were conducted at RDI. The children practiced various asanas such as Makrasana, Shavasana, Lion Pose, and Sitting Postures, helping them improve flexibility, focus, and relaxation. Additionally, art therapy sessions provided a creative outlet where children explored different techniques of artistic expression, using colors and drawings to convey their thoughts and emotions.



To support students in making informed career choices, career counseling sessions were also arranged. The Admission Cell team from Swami Rama Himalayan University led an engaging session, using interactive presentations to guide children on potential career paths and educational opportunities. Competition books were also made available to students preparing for various exams. Students utilized these resources by reading the books on-site and borrowing them to continue their preparation at home.



A one-day Children Retreat Program was held for scholars in Sadahak Gram Rishikesh. The program offered a blend of physical, mental, and creative activities aimed at enhancing the children's well-being. Participants learned Hatha Yoga and meditation, engaged in fun games, practiced breathing exercises with balloons, and visited the ashram.

## Language classes



Online English classes were conducted for scholars every Sunday, led by Mr. Paul, who volunteered as the trainer. The 20 participating scholars have shown increased confidence after attending the sessions and expressed appreciation for the sessions.

## Vidya School

Vidya School provides pre-primary education for the children of organization’s faculty and staff, fostering a nurturing and engaging learning environment. Alongside academic lessons, emphasis is placed on personal hygiene, cleanliness, and interactive, play-based learning.

The school celebrates key events throughout the year, including its annual function, Sports Day, Republic Day, and Independence Day, creating memorable experiences for the children. A special farewell party was also organized. In the academic year 2024-25, a total of 16 children were enrolled in the program.

## Flying Birds



Flying Birds empowers the children of laborers by providing education, healthcare, and nutrition while fostering holistic growth through extracurricular activities like sports, yoga, cultural programs, and art and craft.



This year, the program moved to a new, spacious facility, enhancing the learning experience with better infrastructure and resources. The children were thrilled to attend classes in the upgraded space, which offers a more comfortable and engaging environment.



Beyond academics, students participate in poetry recitation, body-part identification, general knowledge exercises, and creative crafting. Each day begins with prayer, physical exercises, and gesture-based activities to keep them energized. Emphasizing personal hygiene, children practice daily routines like handwashing and tidying their surroundings. Additionally, government school students join Flying Birds for homework support in a nurturing environment.



To ensure well-being, children receive daily mid-day meals, milk, and occasional nutritious snacks. Winter essentials like sweaters, shoes, and socks are provided, along with school supplies such as stationery and books.

This year, 101 children attended the program, with 14 successfully enrolling in regular government schools, taking a significant step toward a brighter future.

## Aakhar Program: Bridging Educational Gaps for Underprivileged Children



Launched in 2021, the Aakhar program was created to address the educational setbacks caused by the Covid-19 pandemic, especially for children from underprivileged backgrounds who lacked access to online learning. Initially, five centers were established across Dehradun and Pauri Garhwal districts. The initiative later expanded with three additional centers—two in Dehradun and one in Tehri—bringing quality education to even more children.

Two of these centers in Dehradun operate within forested areas, catering specifically to the nomadic Gujjar tribe, whose primary livelihood is animal husbandry. Without agricultural land or access to conventional schooling, these children had limited opportunities for education. The Aakhar centers now provide them with elementary education, offering a crucial stepping stone toward a brighter future.

| Details of Centres | | | | |
|---|---|---|---|---|
| **SN** | **Name of centre** | **Block** | **District** | **No. of children** |
| 1. | Thalda, Toli | Jaiharikhal | Pauri | 15 |
| 2. | Gujjar Basti Athoorwala | Doiwala | Dehradun | 20 |
| 3. | Gujja Basti Lachhiwala | Doiwala | Dehradun | 34 |
| 4. | Ithaarna | Doiwala | Dehradun | 26 |
| 5. | Maya Kund | Doiwala | Dehradun | 35 |
| 6. | Laltappar | Doiwala | Dehradun | 46 |
| 7. | Nagthaat | Kalsi | Dehradun | 14 |
| 8. | Hindolakhal | Narendranagar | Tehri | 19 |
| | | **Total** | | **209** |






*Digital technology has been seamlessly integrated into our learning centers through the Chimple application, enabling children to engage in interactive and self-paced learning using tablets provided at each center. This initiative is a significant step toward strengthening foundational literacy skills among young learners, making education more accessible, engaging, and effective. By leveraging user-friendly digital content, we are fostering early reading, writing, and comprehension abilities, laying a strong groundwork for lifelong learning.*

Currently, over 200 children benefit from the Aakhar program, receiving books, notebooks, and stationery. Each center follows a structured two-hour daily class schedule based on a well-designed syllabus. To nurture a love for reading and independent learning, library sets are also made available.



Moreover, exposure visits were organized for Aakhar teachers to help them adopt modern teaching methodologies, ensuring continuous improvement in the quality of education provided.



Additionally, nutrition and hygiene kits were provided on a quarterly basis to Shaurya, a child from Kalsi in the Nagthat area. Shaurya has been under our care and support following the tragic passing of his mother, who was a dedicated teacher at our Aakhar Centre. She passed away just a few days after giving birth to him. Since then, the organization has been consistently supporting Shaurya's well-being, ensuring he receives the necessary nutritional and hygiene care to grow up in a healthy and nurturing environment.

# LIVELIHOOD

## Comprehensive Community Development Program-SRHU

Launched in 2019 in the Toli region of Jaiharikhal block, Pauri Garhwal district, the Comprehensive Community Development Programme is designed to promote inclusive and sustainable development at the grassroots level. The initiative focuses on strengthening livelihoods through income-generation activities. Based on community-led demand-responsive approach, it actively involves Panchayati Raj Institutions (PRI), with a special emphasis on women's participation. The program supports the creation and execution of individual and community-level action plans to improve overall living standards, embodying the project's core vision of a community-based development model.

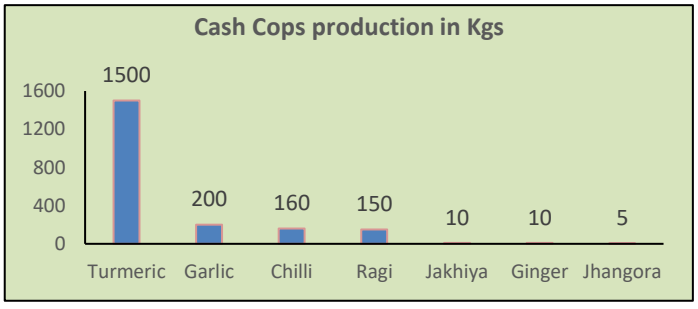


One of the key outcomes has been the productive use of previously unused land, now cultivated with crops like rosemary, black cardamom, ginger, turmeric, and garlic—varieties well-suited to dry, wildlife-prone areas. This has led to increased earnings for many families. A value addition center has also been set up, enabling better sorting, processing, and packaging of local produce, thereby linking communities to broader, more stable markets. Additionally, by introducing modern tools and methods to mitigate labor shortages, the initiative is making agriculture more appealing and feasible for young people, reducing the need for intensive physical labor.



Building on the positive outcomes in the Toli region, the program was expanded this year to include the Malethi area, thereby extending its reach to new communities and bringing a greater number of households into the fold of development interventions.

### Cultivation of Turmeric, Ginger, Millets, Garlic and Chilly




In the current year, farmers in the project area cultivated a total of 20.35 quintals (2,035 kilograms) of various cash crops, including turmeric, garlic, chilli, ragi, jakhiya, ginger, and jhangora. Adopting a buy-back model, the organization procured the harvested produce directly from the farmers, ensuring they received fair and timely prices. This approach not only boosted farmers' confidence but also provided them with a secure market, reducing their financial risks.

In addition to cash crops, farmers also cultivated traditional millets such as jhangora (barnyard millet), manduwa (finger millet), and jakhiya (wild mustard). These climate-resilient, nutrient-rich crops fetched competitive prices, reflecting a growing demand for local and healthier food alternatives in urban and niche markets.



The organization played a key role in adding value to the produce by undertaking its processing, packaging, and marketing. The raw crops were cleaned, sorted, and packaged in consumer-friendly units of 100 grams, 250 grams, and 500 grams. These were then introduced to wider markets and various expos/exhibitions under a local branding initiative, aimed at promoting indigenous produce and enhancing the visibility of farmers' efforts. This integrated value chain approach not only improved farmers' incomes but also helped build a sustainable and scalable market model rooted in the local economy.



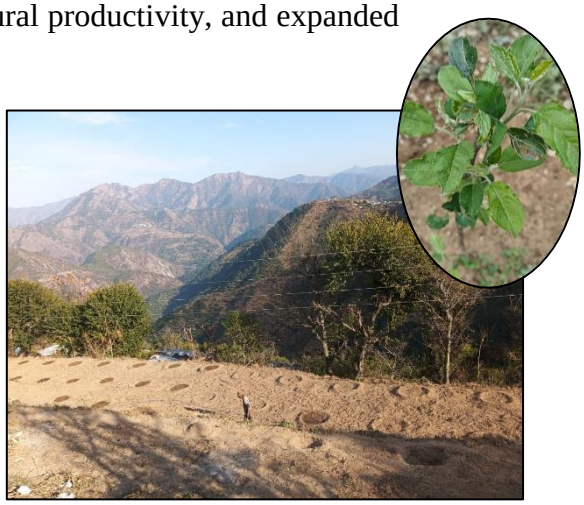


For the upcoming agricultural season, the organization has provided farmers with saplings and seeds of onion, green chilli, cabbage, cauliflower, and ginger, which have already been sown in their fields. These crops were selected based on their market demand and suitability to the local agro-climatic conditions, with the aim of enhancing both food security and income generation.

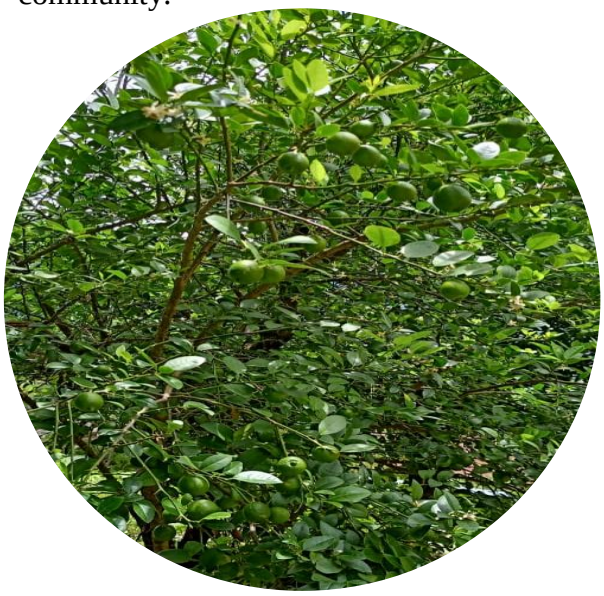
Additionally, a significant achievement this year has been the development of 4.374 acres (7 bighas) of previously barren land in the Malethi area. This reclaimed land is now being brought under cultivation, further contributing to improved land use, increased agricultural productivity, and expanded livelihood opportunities for the local farming community.

**Apple Orchard**

As part of the ongoing efforts under the program, a pilot initiative for apple cultivation has been introduced this year. A total of 150 apple saplings have been planted, taking into account the region's favorable climatic conditions for apple farming. The local environment—characterized by its temperate climate and elevation—offers promising potential for successful cultivation.



This pilot aims to assess the adaptability and productivity of apple trees in the area. If the results are positive and the saplings demonstrate healthy growth and yield, the initiative is expected to serve as a model to inspire other farmers in the region. By showcasing the viability of apple cultivation as a high-value crop, the project hopes to diversify local agricultural practices and improve household income through the adoption of fruit-based farming systems. In the long term, this could lead to the expansion of apple orchards across suitable areas, contributing to both economic growth and sustainable land use in the community.



*Lemon trees distributed to farmers in previous years have now begun to bear fruit, marking a positive milestone in the long-term horticultural efforts under the program.*

## Tailoring

The Tailoring and Handicraft Unit has had a meaningful and productive year, supporting both institutional needs and community outreach. The team undertook all hospital-related stitching work, including gowns, sponges, curtains, sheets, and other necessary items. Uniforms for hospital staff and students were also stitched by the department. In support of the yoga programs, the unit produced items such as sandbags and relaxation kits. A variety of cloth bags were made for different hospital departments, along with cloth bags, paper bags, and paper envelopes used in various RDI program kits.



Beyond regular assignments, the unit actively participated in community service activities by helping distribute food, clothes, shoes, and other essentials in underserved basti areas. They also provided event support at RDI by assisting with arrangements and creating rangoli designs during celebrations and programs. Their contribution extended to SRHU's convocation, where they stitched stoles for dignitaries and student for the ceremony. The unit showcased its work through a two-day exhibition on the SRHU campus.



On the training front, the Nagthat Tailoring Center continued to function with 11 women enrolled in tailoring training. Meanwhile, weaving training was provided to 4 women at the Handloom Center on the SRHU campus, contributing to skill development and livelihood promotion. One tailoring center was opened for the women and girls of the Gujjar Basti, Athoorwala to equip them with skills to diversify their income and support their families.

## Waste Paper Reccyle Unit



The Waste Paper Recycling Unit was established in 2019 with the primary objective of promoting the reuse of waste paper and fostering a culture of environmental sustainability within the university. The initiative aims to minimize the volume of paper waste sent to landfills, thereby reducing the overall carbon footprint and environmental impact. It also contributes to job creation in the fields of recycling and waste management, while supporting cost-effective paper use across departments.




Waste paper is collected from various departments within the university and processed through a comprehensive recycling procedure. This involves multiple stages, including collection, separation, grading, pulping, contaminant filtration, deinking, thickening, bleaching, drying, rolling, and packaging. The recycled paper is then repurposed into new, usable forms, thereby closing the loop in the paper usage cycle.

In the reporting year, the unit successfully produced 7,242 sheets of recycled paper, 1,003 diaries, and 1,500 envelopes. These products were utilized within the university for various academic and administrative purposes, reducing the need for fresh paper procurement. The Waste Paper Recycling Unit stands as a testament to the institution's commitment to sustainable practices and environmental stewardship.

## Handloom Unit



Handloom unit has been setup in the campus to preserve traditional craftsmanship and promote sustainable livelihood. The unit produces eco-friendly, handmade textiles such as waistcoats, mufflers, and stoles, empowering local artisans through employment opportunities. By integrating traditional techniques with modern quality standards, the initiative supports cultural heritage and sustainable development while offering high-quality, sustainable products.

During the year, the Unit made significant strides in both production and community engagement. A total of 300 meters of handwoven cloth was produced, along with 40 stoles and 60 mufflers. These products

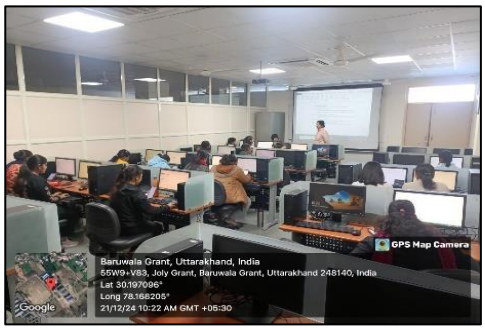


reflect the unit's commitment to promoting traditional craftsmanship while catering to contemporary utility and aesthetic needs.

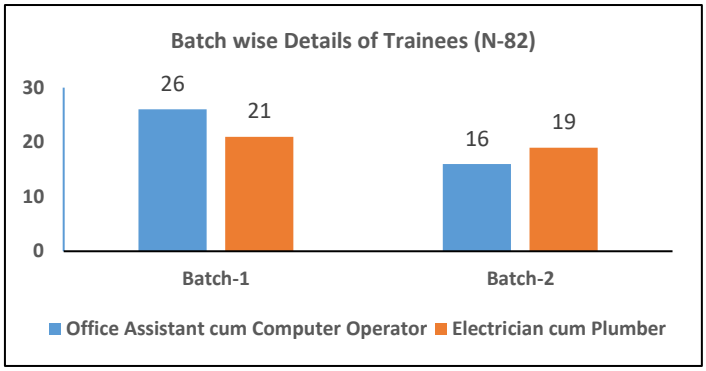
In addition to production, the unit has taken proactive steps toward community empowerment by providing hands-on training to three volunteers from nearby villages. These individuals are being equipped with practical skills in weaving and fabric design, enabling them to explore sustainable livelihood opportunities. By nurturing local talent and reviving traditional handloom techniques, the unit not only contributes to rural development but also preserves the region's rich artisanal heritage.

## Integrated Skill Development Certificate Course for Rural Youth (Office Assistant cum Computer Operator and Electrician cum Plumber)

RDI, in collaboration with Swami Rama Himalayan University (SRHU), is driving rural youth empowerment through free skill development programs. Launched in May 2024, these programs offer courses in Electrician cum Plumber and Office Assistant cum Computer Operator, each designed to train at least 30 students per batch. By equipping participants with practical, industry-relevant skills, these initiatives aim to boost local employment opportunities and reduce migration to urban areas.




The 450-hour Office Assistant cum Computer Operator Certificate Course is a three-month program that equips participants with practical skills in MS Office (Word, Excel, PowerPoint), communication, and task management. Covering computer basics, data entry, and digital financial services, the course blends technical training with soft skill development to prepare individuals for diverse administrative roles.




Electrician cum Plumber Certificate Course, a 90-day program, equips rural youth (minimum 10th pass) with 290 hours of classroom learning and 180 hours of on-the-job training. Covering 15 modules in

plumbing and electrical skills, the program emphasizes hands-on experience, personal development, and entrepreneurship, enhancing employability and supporting sustainable community development.



Two batches of both courses completed during the reporting year training a total of 82 students (Office Assistant cum Computer Operator-42 and Electrician cum Plumber-40).

# WATER & SANITATION

## Training and Capacity Building

- **Training Programs on Rural Water Supply and Spring Source Sustainability in Sikkim**



During the year, two residential training programs were successfully conducted in the state of Sikkim, focusing on Operation & Maintenance (O&M) of Rural Water Supply Schemes and Source Sustainability & Recharge of Spring Water Sources. Both programs were organized by KRC-HIHT and held in Gangtok, Sikkim.



The first training program, conducted from May 22 to 24, 2024, saw the participation of 53 stakeholders, including members of Village Water and Sanitation Committees, Gram Panchayat (GP) members, Implementing Support Agencies (ISA), Junior Engineers (JE), ASHAs, and Anganwadi Workers (AWWs) from across the state.

The second training program was held from May 27 to 29, 2024, with 49 participants representing the same categories of stakeholders.

The primary objective of both programs was to build awareness and strengthen the capacity of key community-level functionaries on effective operation and maintenance of rural water supply systems, as well as strategies for ensuring source sustainability and recharging of spring water sources, which are crucial for long-term water security in the region.

- **Level-2 Training on Change Management for Har Ghar Jal in Uttarakhand**



Between May and July, a series of seven two-day residential training programs were organized under Level-2 on “Change Management – Role of Public Health Engineers and Activities under Har Ghar Jal”. These programs were designed to build the capacity of mid-level engineers and were attended by a total of 287 participants across all batches.




All seven training programs were sponsored by the State Water & Sanitation Mission (SWSM), Government of Uttarakhand, and aimed to strengthen the understanding and role of engineers in driving the objectives of the Har Ghar Jal initiative through effective planning, implementation, and change management at the field level.

## Regional Training on Gender Equality and Social Inclusion (GESI) responsive Springshed Management in the Hindu Kush Himalaya (HKH)



A 4-day regional training on *"Gender Equality and Social Inclusion (GESI) responsive Springshed Management in the Hindu Kush Himalaya"* was organized from 29 January to 01 February 2025 in collaboration with International Centre for Integrated Mountain Development (ICIMOD), G.B. Pant National Institute of Himalayan Environment, Almora (NIHE), Ministry of Environment & Forest, Government of India and supported by United Kingdom International Development and Swiss Agency for Development and Cooperation.




Main objective of the program was to provide an interdisciplinary approach to understanding spring systems in the HKH, translating into knowledge and skills for springshed management to enhance the socio-ecological resilience of local communities and also to build skills regarding springshed management activities through sound concepts, analyses, and field experience; develop a systematic methodology grounded in hydrogeology alongside disciplines such as climate, environment, and water governance.



Training program was attended by 41 participants of different part of Himalayan States of the country including Arunachal Pradesh, Assam, Himachal Pradesh, Manipur, Nagaland, Sikkim, Telangana and Uttarakhand and the neighboring country Nepal and Bhutan those are covered with the Himalayan mountainous series, collectively known as the Hindu Kush Himalaya.

The training program highlighted details on how the springs that play an important role in the daily lives of thousands of rural and urban communities in the hills and mountains of the Hindu Kush Himalaya (HKH).

## Swachhata Pakhwada (23 Sep - 01 Oct 2024)



Swachhata Pakhwada was conducted from 23 September to 1 October 2024 in the SRHU and nearby villages with the powerful theme of "Swabhav Swachhata—Sanskar Swachhata." The campaign was a prelude to the Swachh Bharat Diwas celebrated on 2nd October marking 10 years of Swachh Bharat Mission. The objective was to promote awareness and involve students, faculty, and staff in maintaining a clean and hygienic environment.



As part of the campaign, a series of activities were organized across the university to promote cleanliness and environmental responsibility. The campaign began with the Swachchata pledge, administered by the university and registrar office to employees of seven colleges—Yoga, Medical, Nursing, Bioscience, Science & Technology, Pharmacy, and Management—reaffirming their collective commitment to cleanliness. A group of 150 students from five schools (Yoga, Medical, Nursing, Bioscience, and Management), accompanied by faculty, visited the Sewage Treatment Plant (STP), Effluent Treatment Plant (ETP), Recycled Wastepaper Plant, and Plastic Bank, gaining hands-on exposure to waste management and sustainability practices.



Street plays or *nukkad nataks* were performed by students at key locations such as the main hospital of the Medical College, the CRI Hospital under the Bioscience College, and near Anchal Dairy for the Nursing College, spreading awareness about sanitation through performing arts. Poster presentations on the theme "Swachchata Hi Sewa" saw enthusiastic participation from students across five colleges, showcasing creative expressions of cleanliness initiatives.

A walkathon was flagged off by the Principal of HIMS and Professor & Advisor, Er. H.P. Uniyal, following a pledge-taking ceremony and active participation from students. The campaign also featured a plantation caretaking drive, where students collaborated with the Gardening Department to undertake watering, weeding, and mulching tasks.




In a community outreach effort, Medical College students conducted a cleanliness drive and pledge-taking event in the nearby village of Bhogpur. Culminating the campaign was a Swachchata Workshop and expert talk by Mr. Anoop Nautiyal, Founder of the SDC Foundation, held in the Adi Kailash Auditorium. The event, attended by 320 students and 100 faculty and staff, was graced by the Hon'ble Vice Chancellor Dr. Rajendra Dobhal as chief guest, with Mr. Nautiyal delivering a powerful address on the significance of cleanliness and civic responsibility.

**World Water Day (22 March 2025)**



World Water Day was celebrated on March 22nd, discussing the theme "Glacier Preservation" and engaging approximately 150 students from HSYS, HSBS, HSST, HSMS & HCN through various activities. The objective was to raise awareness about the importance of water conservation and sustainable management.

As part of the awareness activities on water conservation, a guest lecture was delivered by Mr. Atul Uniyal on the theme "Water Conservation and Sustainable Development." Students from constituent colleges participated in poster-making and slogan-writing competitions centered around water conservation. They also took a water pledge, reinforcing their commitment to conserving water and understanding its significance. Additionally, a field visit was organized where students were shown rainwater harvesting structures and other water-related interventions showcased at the RDI Hall.



On March 23rd, the day was also celebrated in Kokalyal and Tachela village of Tehri Garhwal, where the organization had previously implemented water schemes. 40-45 villagers participated in the events who were educated about the importance of their Traditional Springs and water conservation. They were also administered a water conservation pledge. The villagers shared their water-related problems and challenges, citing issues such as water scarcity, pollution, and inadequate water storage. The team listened to their concerns and provided some solutions, including the use of rainwater harvesting systems, water-saving devices, and measures to reduce water pollution.

## Namami Gange: Measuring the Impact of STPs on Communities and Ecology



The organization has been entrusted with conducting the Environmental and Social Audit of STPs and I&D (Interception and Diversion) projects under the Namami Gange Programme at nine locations across Haridwar, Tehri, Dehradun, and Nainital districts. This initiative, sanctioned by the State Mission for Clean Ganga (SMCG), Government of Uttarakhand, aims to determine the environmental and social acceptability of these interventions while evaluating their impact on the local population and the river ecosystem.

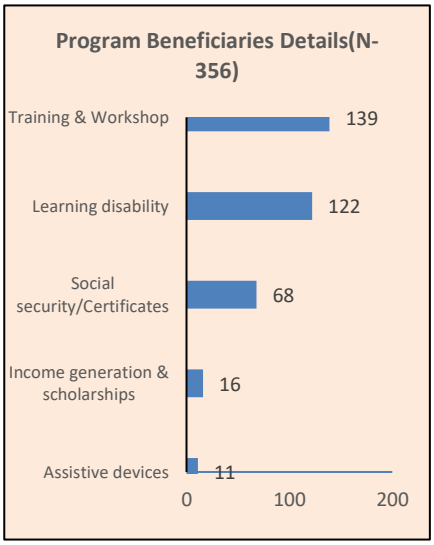



The primary objective of this audit is to assess how these projects have influenced community living standards, health, sanitation, and hygiene. Additionally, it evaluates their impact on water quality, air quality, noise levels, and aquatic ecosystems. Ensuring that STPs adhere to sustainable design and operational standards is crucial for minimizing environmental risks and maximizing social benefits. Furthermore, identifying best practices and areas for improvement in environmental and social management is essential for long-term sustainability. The audit follows a structured methodology, incorporating data collection, stakeholder consultations, and field assessments.

# RELIEF & REHABILITATION

For over a decade, the organization's rehabilitation program has been transforming the lives of people with disabilities (PWDs) through a holistic, community-based rehabilitation (CBR) approach. To date, more than 2,000 individuals with disabilities have been directly supported under this initiative. The program offers comprehensive support—medical, educational, and social—designed to empower PWDs and promote their inclusion in community life. Data from the field highlights that districts such as Dehradun, Haridwar, and Pauri Garhwal have notably high populations of PWDs. This insight calls for continuous focused, district-specific interventions to address the unique challenges faced by individuals in these areas.

Through sustained efforts, the program has built inclusive and resilient communities where every individual—regardless of ability—has the opportunity to thrive. Our Community-Based Rehabilitation (CBR) services are tailored to address the diverse and evolving needs of persons with disabilities (PWDs), with a strong focus on enhancing well-being, promoting independence, and ensuring access to essential services and opportunities.




This year's key interventions include monthly medical support camps offering physiotherapy, ophthalmology, and speech and hearing services, alongside training for school teachers on managing learning disabilities. Household visits and sensitization activities reached 794 individuals, while critical medical interventions such as surgeries, physiotherapy, and speech therapy benefitted many.

**Learning Disability Clinics**

The Learning Disability Clinic, established under the Paediatrics Department of Himalayan Hospital, offers integrated, multidisciplinary services for children with learning disabilities. The clinic brings together specialists from Neurology, Psychiatry, Psychology, Ophthalmology, ENT, Speech Therapy, and Physiotherapy to provide comprehensive care. Held every Tuesday, the clinic ensures efficient case management, expert consultations, and seamless departmental coordination. Regular monitoring, supervision, and progress reporting are conducted to maintain high service quality and stakeholder engagement.




159 students benefited from the clinic's wide-ranging services. These include detailed assessments, clinical and neurological examinations, counseling, and referrals for further treatment and certification.

**Corrective Surgery and Assistive Devices**




Neeru, daughter of Sachin Kumar from Ahmadpur Grant, Bahadarabad, was identified during a screening camp as needing corrective surgery. She successfully underwent the procedure at the Himalayan Hospital. This initiative is part of a broader effort to improve the quality of life for individuals with disabilities by providing access to surgeries that enhance mobility, daily functioning, and social participation. Neeru's case highlights the positive impact of timely screening and intervention.




A total of 11 assistive devices were distributed to individuals in need within the project area. The distribution included 6 wheelchairs, 1 tri-cycle, 1 walking stick, and 2 pairs of crutches. This initiative is a step toward improving accessibility and integration, ensuring that individuals facing physical challenges have the tools to enhance their mobility, independence, and overall well-being.

**Inclusive Economic Empowerment**




Seed money support is empowering persons with disabilities by enabling them to start small businesses such as tailoring, hawker carts, and selling puja items during festivals, benefiting 7 individuals and a group of 10 women. These seasonal ventures have generated incomes of up to ₹15,000. Additionally, 10 inclusive self-help groups with PwD members have been formed, with five already linked to banks—promoting financial inclusion and access to savings and credit. This initiative strengthens economic independence and fosters collective support among PWDs.

**Certificates & Other Social Securities**



A disability certificate is essential for persons with disabilities as it enables access to a range of government benefits, facilities, and concessions. These include the UDID card, pensions, educational and employment reservations, and scholarships. To ensure eligible individuals can avail these entitlements, dedicated support and facilitation were provided to help them obtain official certification. As a result of these efforts, 30 PWDs successfully received their disability certificates during the year, paving the way for improved access to social welfare schemes and services.



Unique Disability ID card applications were completed for 38 individuals in the Doiwala & Bahadarabad areas, comprising 25 males and 13 females. These cards facilitate smoother access to financial support for those unable to work due to disabilities.

**Education & Employment**

Inclusive education was promoted by supporting seven students with disabilities, aged 6 to 20, from grades 2 to B.Com., across the project area. The initiative provided resources and support to help them overcome challenges and succeed academically, fostering a more equitable learning environment.

Registrations of 15 Persons with Disabilities were facilitated for skill development and employment programs through the National Career Service Centre. As part of this initiative, PWDs also participated in Employment Fairs, connecting them with potential employers. The effort aims to enhance employability, promote independence, and support inclusive workforce participation.

**Sensitization, Advocacy & Training**

- ***Orientation of Teachers on Learning Disability***

Workshops on learning disabilities were organized to equip school teachers with the knowledge and strategies needed to support students with conditions like dyslexia, dyscalculia, and dysgraphia. The workshop saw participation from 28 teachers (24 females and 4 males), mainly from the Doiwala block. Led by expert resource persons, the sessions emphasized inclusive education and early identification, aiming to foster a more supportive and inclusive classroom environment for students with learning challenges.

- ***Workshop on Disability and Inclusive Development (D&ID)***



To promote disability inclusion and inclusive development a workshop was organized in RDI. Over 70 participants, including persons with disabilities from Doiwala and Bahadrabad, and inclusive SHG members, attended. Paralympians Nirja Goyal and Varun Jain shared powerful stories of resilience, while experts spoke on technology, cooperative management, and economic empowerment. Interactive sessions helped identify community needs and foster future planning. The workshop provided a platform for dialogue, learning, and action, reinforcing RDI's commitment to an inclusive society.

- ***International Disability Day Celebration – Envisioning an Inclusive Society for All***



On December 3, 2024, International Day of Persons with Disabilities was observed with the theme *"Promoting the Leadership of Persons with Disabilities for an Inclusive and Sustainable Future."* The event highlighted the rights, leadership, and contributions of persons with disabilities through inspiring talks, real life experiences. Dr. Vijendra Chauhan, Secretary, HIHT, in his keynote address emphasized the importance of inclusion in community development. He highlighted that in a truly inclusive society, every individual, regardless of their physical condition, should have the opportunity to contribute to the community's development.



Paralympic athlete Nirja Goyal shared her personal experiences, highlighting the unique challenges faced by women with disabilities. She emphasized that, despite the challenges posed by disability, with determination and hard work, one can overcome any obstacle and achieve success. Mr. Varun Jain, a motivational speakers further inspired the attendees with his motivational talk, focusing on resilience and perseverance.

Around 70 persons with disabilities and their family members participated in the event. On the occasion wheel chairs, tri-cycles, assistive devices, and scholarships were distributed.

- ***Workshop on Menstrual Hygiene Management***

A training session on Menstrual Hygiene Management (MHM), focusing on empowering individuals with accurate knowledge and practical guidance. The workshop addressed vital topics such as the physiology of the menstrual cycle, debunking myths and taboos, the role of nutrition in menstrual health, and the prevention of Reproductive Tract Infections (RTIs) and Sexually Transmitted Infections (STIs) through proper hygiene. A key highlight of the training was its inclusive approach, specially designed to cater to the needs of persons with disabilities. The session was attended by 12 skill trainees from the NCSC, Dehradun, ensuring that menstrual health education is accessible and equitable for all.

**Inspiring Story : Chhotu Kumar**

Chhotu Kumar, the son of Sanjay Kumar, from the village of Bongla Atmalpur. Chhotu has always faced challenges due to a physical disability, but his determination to pursue education has never wavered. Despite these challenges, he is now successfully continued in the mainstream education system and is currently attending 7th grade at a government school in his area.

Chhotu's journey to mainstream schooling was not easy, but it was made possible with the vital support and guidance from the RDI team. The team provided Chhotu with essential counseling, offering advice on how to manage his disability while continuing his education. They also worked closely with the school management to ensure that his needs were met, making sure that he had the appropriate accommodations to thrive in the classroom.

With this counseling and support, Chhotu has been able to integrate into the school environment, building confidence and determination. His progress is a testament to the power of inclusive education and the important role of community support in overcoming barriers to learning."

**Inspiring Story : Kiran**

Kiran, a resident of Bongla village of Bahdharabad (Haridwar) had a life full of hardships, especially due to her husband's disability from childhood polio. Unable to work, he couldn't support the family, and after falling seriously ill, he eventually passed away. Left alone to care for three school-going children, Kiran faced immense challenges. Determined to survive, she learned sewing and began stitching clothes for villagers. Over time, her skills gained recognition, and she started teaching others as well.
Kiran also formed a group of disabled women, training them to make and sell envelopes. This initiative not only supported her family but also empowered others with disabilities. With economic support, she ensured a better future for her children. Today, Kiran stands strong, solving her own problems and inspiring others. She credits the RDI team for their guidance and for helping her transform adversity into opportunity.

# Implementation Research (Partnerships & Collaborations)

- **Research Studies Published**

This year, the organization strengthened its research contributions by publishing several studies addressing critical public health challenges in Uttarakhand. Two studies were independently conducted by RDI, while three were completed in collaboration with Swami Rama Himalayan University. Research on antenatal care among women delivering at home, published in the African Journal of Biomedical Research, identified significant service delivery gaps. A series of studies on menstrual health and hygiene among teachers, published across the African Journal of Biomedical Research, Obstetrics and Gynaecology Forum, and IJIRT, assessed knowledge, attitudes, and training needs to inform school-based interventions. The research published in the Obstetrics and Gynaecology Forum examined the challenges and opportunities faced by ASHAs in Pauri district. Together, these findings contribute to strengthening evidence-based strategies for improving maternal health and menstrual hygiene management initiatives.

- **ICMR Sankalp Program**
  **(*Strengthening Program Implementation and Monitoring to Achieve Single-digit Neonatal Mortality*)**


ICMR Team's Visit- CMO Office Haridwar

The SANKALP Project is a multi-site implementation research initiative under the National Health Mission (NHM), aimed at reducing neonatal mortality rate (NMR) to single digits in high-NMR districts of India. It develops and optimizes context-specific models to deliver evidence-based neonatal interventions in collaboration with district health systems, communities, and researchers. Using a quasi-experimental, mixed-methods design with interrupted time-series analysis, the project adapts strategies based on real-time data and district-specific challenges. It spans ten sites across nine diverse states, including Haridwar, Ambala, Unnao, Varanasi, Murshidabad, Purnea, Dungarpur, Khargone, Adilabad, and Koppal.




The 3.5-year implementation effective from 15 Apr 2024 unfolds in five phases: Preparatory (approvals, tools, stakeholders), Formative (baseline assessments), Co-development & Piloting (design via Nexus Planning), Full-scale Implementation (district-wide rollout), and Consolidation (handover, evaluation, documentation). Interventions strengthen antenatal, perinatal, and neonatal services through referral

linkages and innovative strategies aligned with INAP's six pillars. Key focus areas include reducing intrapartum stillbirths and neonatal deaths from asphyxia, infections, and vulnerabilities like prematurity and low birth weight.

Central to the project is a shift from delivery-centric to user-centric care, ensuring comprehensive services for every mother and newborn. Five integrated intervention packages guide this approach: antenatal/preconception care, care during labour and birth, immediate newborn care, care for healthy newborns, and care for small and sick newborns.



Workshop with private providers – Bahadrabad

## Formative Research Findings

### 1. Primary Impact Indicator – Neonatal mortality Rate: (1 Sept 2024- 15 Feb 2025)

| Block-wise Birth Registration and Outcomes Monitoring | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| Name of the blocks | No. of deliveries | No. of Stillbirths | No. of live births | Follow-up (29 days) | Neonatal deaths | | | | | SBR |
| | | | | | After birth till day 1 | 2-6 days | 7-28 days | Total deaths | NMR | |
| Bahadrabad | 2394 | 30 | 2370 | 1884 | 14 | 10 | 13 | 37 | 19.6 | 11.5 |
| Roorkee | 1505 | 18 | 1494 | 1210 | 8 | 11 | 10 | 29 | 24 | 11.9 |
| Laksar | 1088 | 6 | 1085 | 861 | 4 | 3 | 3 | 10 | 11.6 | 4.7 |
| Khanpur | 217 | 6 | 212 | 174 | 2 | 2 | 3 | 7 | 40.2 | 78.4 |
| **Total** | **5,204** | **60** | **5,161** | **4,129** | **28** | **26** | **29** | **83** | | |
| | | | | **(80%)** | **(33.7%)** | **(31.3%)** | **(34.9%)** | | **20.1** | **11.9** |

### 2. Secondary Outcome Indicator

The secondary maternal and newborn health indicators, revealing mixed progress. Early initiation of breastfeeding (62.2%) is moderately high, though cultural practices delay timely initiation. Hospital policies, family counselling, and peer support help overcome these barriers. Resuscitation coverage is critically low (3.5%) due to the absence of 24x7 NBSU/SNCU services, though a new maternal wing promises improvement.

Immediate KMC (31.8%) remains underutilized due to limited awareness and training, despite requiring minimal resources. High-risk pregnancy identification is low (PIH 1.1%, GDM 0.3%, severe anaemia 7%) due to poor ANC quality, though management is comparatively better (58.6%–100%) when cases are identified.

Labour monitoring (24.6%) and management (42.1%) face staff shortages and limited C-section facilities, leading families to informal providers. Expanding services and including delivery under Ayushman Bharat could help. Antenatal corticosteroid (ACS) use is low (coverage 26.5%, appropriateness 15.9%), primarily due to limited USG access and provider training.

Exclusive breastfeeding stands at 49.1%, constrained by knowledge gaps and high nurse-patient ratios. Maternal care counselling varies, with better coverage for latching (78.6%) than for danger signs (16%). CPAP use (33.3%) is limited by equipment and staff shortages, though public-private collaboration offers potential.

Overall, targeted investments in training, infrastructure, and frontline worker support can address the persistent gaps and enhance service delivery.

- **Research Project under National Mission Himalayan Studies**

The National Mission on Himalayan Studies (NMHS), under the Ministry of Environment, Forest and Climate Change, invited proposals for Demand-Driven Research & Pilot Demonstration Project Grants (2024-25) across thematic areas such as Water Resource Management, Biodiversity, and Sustainable Livelihoods. The call emphasized addressing Himalayan-specific challenges while aligning with national priorities (LiFE, Swachh Bharat) and global commitments (SDGs, NDCs), alongside cross-cutting themes of gender equality and climate change.

Department of WATSAN submitted a project proposal under the broad thematic area Water Resource Management on “Affordable Climate-resilient Water Supply Infrastructure Prototype for Indian Himalayan Region” for funding under Medium Grant (MG) of NMHS. Following a rigorous process including initial technical screening and two round of presentations, the proposal has been approved by the Scientific and Technical Advisory Group (STAG) Committee.

The project aims to improve access to clean drinking water and develop a Low-cost, Climate-resilient, prefabricated source tapping prototype equipped with graded filter purification system tailored to the unique challenges of Himalayas. Climate change in Himalayas intensifying the frequency and severity of hydro-meteorological disasters in fragile mountain ecosystems. Rising temperatures, erratic precipitation, and glacial retreat exacerbate geological vulnerabilities, triggering catastrophic events like flash floods and landslides.

In regions like Uttarkashi, Chamoli, and Pithoragarh, intensified flooding disrupts water supply systems, contaminates freshwater sources, and damages critical infrastructure. Compounding these challenges, inadequate hydro-meteorological data and poor land-use planning hinder effective disaster preparedness, leaving vulnerable populations exposed to escalating climate risks. Addressing these gaps is vital to safeguarding water resources and sustaining livelihoods in the Himalayas. The project's focus on development of climate resilient water supply infrastructure on the project implementation site. As climate change continues to impact on water supply infrastructures and disrupt water supply for many days, the project offers a climate-resilient solution that leverages weather extreme events to mitigate the effects of droughts, land slide erratic rainfall and erratic water supply.

- **Wipro Health Care Partners Forum 2025**




RDI Team (Mr. Ravindra Verma, Dr. Amandeep, Dr. Vivek) attended the Wipro Care Parterns Fourum 2025 in Kanha Shanti Vanam, Hyderabad from January 23-25, 2025. The forum brought together a diverse group of civil society organizations from across India to share insights, best practices, and innovations in the areas of community development, health, education, and sustainability.

## Advocacy/Workshops

### International Women's Day (8th March)






This year the International Women's Day was celebrated among communities in the fields, specifically in the Bahadarabad block of Haridwar and Kalsi block of Dehradun district. The event was not only a moment to honor the incredible contributions of women but also an opportunity to recognize their resilience, strength, and determination in every sphere of life. Aligning with the theme "Accelerate Action," the celebration emphasized the need for swift progress toward gender equality.

The event was graced by distinguished guests from various sectors, including government health systems, Panchayati Raj institutions, line departments, civil society organizations, other development agencies, and the community. Their presence and insights served as an inspiration to all attendees, reinforcing the collective responsibility to drive gender-inclusive development. With over 500 participants, including ASHA workers, women's groups, and adolescent girls, the gathering was a testament to the strength and unity of women within the community.

### RDI Showcases Community Impact at different platforms



RDI, Swami Rama Himalayan University, participated in various exhibitions and expos, highlighting its commitment to rural development and community well-being. RDI was honored with the Community Welfare Award at the Uttarakhand Innovation Festival 2024, recognizing its impactful and inclusive development efforts.




From February 21–23, 2025, RDI took part in the Indo Himalayan Expo 2025 at Shri Prem Nagar Ashram, Haridwar, showcasing agricultural and handloom products along with rural development initiatives. The event was inaugurated by Shri Trivendra Singh Rawat, Hon'ble MP, Haridwar. From March 7–9, 2025, RDI participated in Vasantotsav – the Flower Exhibition at Raj Bhawan, Dehradun, presenting its work in agriculture, education, health, water & sanitation, and social services.

These events reflect RDI's dedication to sustainable, grassroots change across Uttarakhand.

## RDI Foundation Day



This year's RDI Foundation Day celebration embodied the vision of H.H. Swami Rama, emphasizing community service through outreach initiatives. Central to the event was a 40-day campaign built on the theme of "Involvement of All." Across all operational areas, the campaign engaged beneficiaries, stakeholders, providers, partners, and institutions, encouraging the adoption of best practices in health, education, livelihood, water and sanitation, and relief efforts.



In the health sector, a life-cycle approach was adopted to involve all community groups in outreach activities, including health camps, orientation sessions, training programs, advocacy workshops, and hygiene awareness campaigns. The WATSAN (Water and Sanitation) team revisited previous villages and emphasized five key interventions through their Punch Plan. Beneficiaries were engaged to assess the impact of past schemes, ensuring sustained community-level participation.



Educational initiatives involved school children in personality development and self-awareness programs. Scholarships, school bags, stationery, and uniforms were distributed. Two workshops addressed daily living activities for people with disabilities, their caregivers, and stakeholders. The campaign also facilitated linkages with government departments, making social security schemes more accessible to the community. Livelihood initiatives expanded to new villages, focusing on agriculture, horticulture, and aromatic plantations. The handloom and wastepaper recycling units also commenced production, contributing to community empowerment.



On 17th September, Padma Bhushan Shri Chandi Prasad Bhatt addressed RDI staff and university students, highlighting the Himalayan biodiversity and the pressing challenges posed by climate change and development. His inspiring talk emphasized the need for environmental protection, leaving a lasting impact on the audience.

The campaign's unique feature was direct interaction between RDI staff and the elderly, allowing for the sharing of life experiences and addressing community concerns on the spot. Special care was extended to tuberculosis patients, with continuous support and the distribution of protein-rich food kits over the last year, underscoring the emotional and practical support extended to vulnerable populations. This campaign not only strengthened community ties but also promoted sustainable development practices across all sectors.

We sincerely thank all our donors and supporters for their generous contributions, which have been instrumental in delivering essential resources and services to individuals and families in need. Their support has helped bridge critical gaps in access to healthcare, education, livelihood opportunities, water and sanitation, and relief and rehabilitation efforts. We extend our heartfelt gratitude to Wipro Cares, NewSpace India Limited Bengaluru (NSIL), AHYMSIN-DMT, Associacion Cultural Para el Estudio Del Yoga, Pooja Kajal Foundation, the Ministry of Jal Shakti (Government of India), Uttarakhand Jal Sansthan, State Water & Sanitation Mission (SWSM) Dehradun, and all individual donors for their unwavering commitment to our mission.

## Media Coverage


कौशल विकास को स्वामी राम हिमालयन विश्वविद्यालय जौलीग्रांट की अभिनव पहल


8 मई 2024

एसआरएचयू में रोजगारपरक पाठ्यक्रम की पढ़ाई मुफ्त होगी


करोगा के लागापोखरी में शुक्रवार को निशुल्क स्वास्थ्य शिविर आयोजित किया गया। ● हिन्दुस्तान

स्वास्थ्य शिविर का ग्रामीणों ने उठाया लाभ


स्वतंत्र चेतना

आशा वर्करों को प्रदान किए सर्टिफिकेट

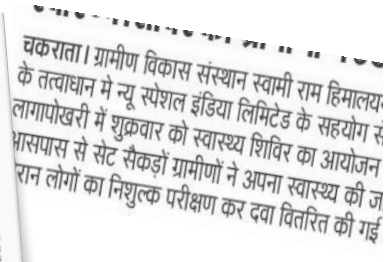

NEWS दस्तक 100

पर्यावरण संरक्षण में छात्र-छात्राओं की भूमिका महत्वपूर्ण

Swami Rama Himalayan University

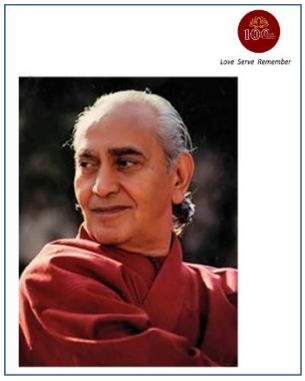

स्वतंत्र चेतना

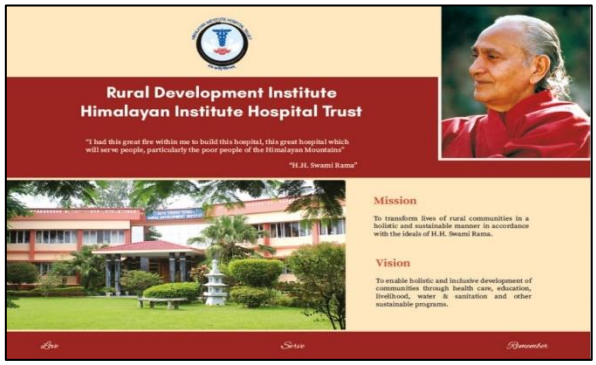
विश्व स्वास्थ्य दिवस पर जागरुकता अभियान चलाया

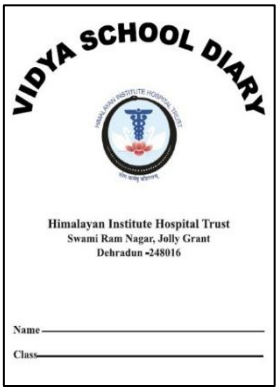

चकराता। ग्रामीण विकास संस्थान स्वामी राम हिमालय के तत्वाधान में न्यू स्पेशल इंडिया लिमिटेड के सहयोग से लागापोखरी में शुक्रवार को स्वास्थ्य शिविर का आयोजन आसपास से सेट सैकड़ों ग्रामीणों ने अपना स्वास्थ्य की ज रान लोगों का निशुल्क परीक्षण कर दवा वितरित की गई

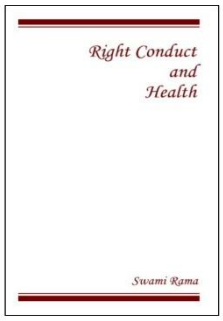
## Pubilications

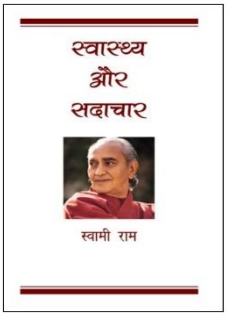
This year, several publications were developed and released, including the RDI and Vidya School Diaries, organizational brochures, the Swasthya and Sadachar booklet, a water and sanitation brochure and flipbook, as well as informative posters highlighting symptoms and precautions related to high-risk pregnancies. The brochure of the Sankalp initiative was also published in both Hindi and English.

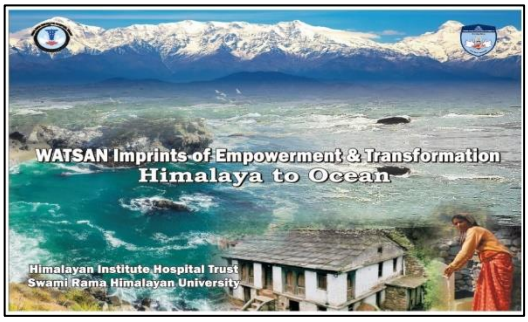


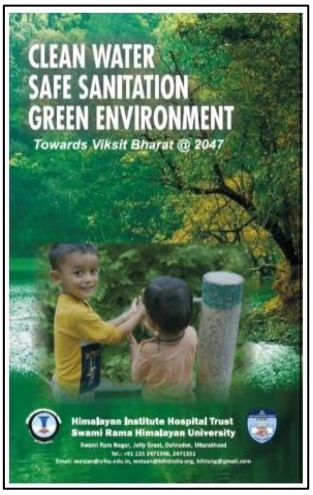



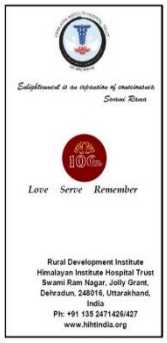



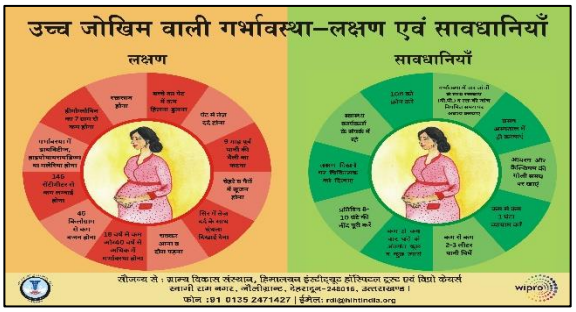



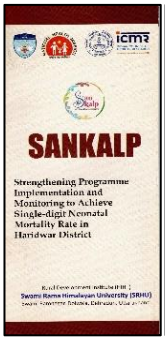











# VISITORS @ RDI

## International



Participants (ICIMOD, Nepal, Bhutan, India) of Regional Training on Gender Equality and Social Inclusion responsive Springshed Management in the Hindu Kush Himalaya (2.02.2025)

Delegates from Tsukuba University, Japan (13.02.2025)



## National



Mr. B.S. Murty, Director IIT Hyderbad (18.01.2025)



Ms. Ritu Khanduri Bhushan, Hon'ble Speaker Legislative Assembly Uttarakhand (1.02.2025)



Dr. Jitendra Sharma, MD & CEO-AMTZ (1.03.2025)



Dr. Shalini Singh, Director ICMR-National Institute of Cancer Prevention and Research (17.01.2025)



Visitors from Mumbai

## Students





Students from SRHU Colleges



Students from DIT Dehradun (1.02.2025)

## Community Visits




Ms. Sushumna from US visiting Kokliyal village in Tehri Garhwal (23.03.25)






*Love* *Serve* *Remember*