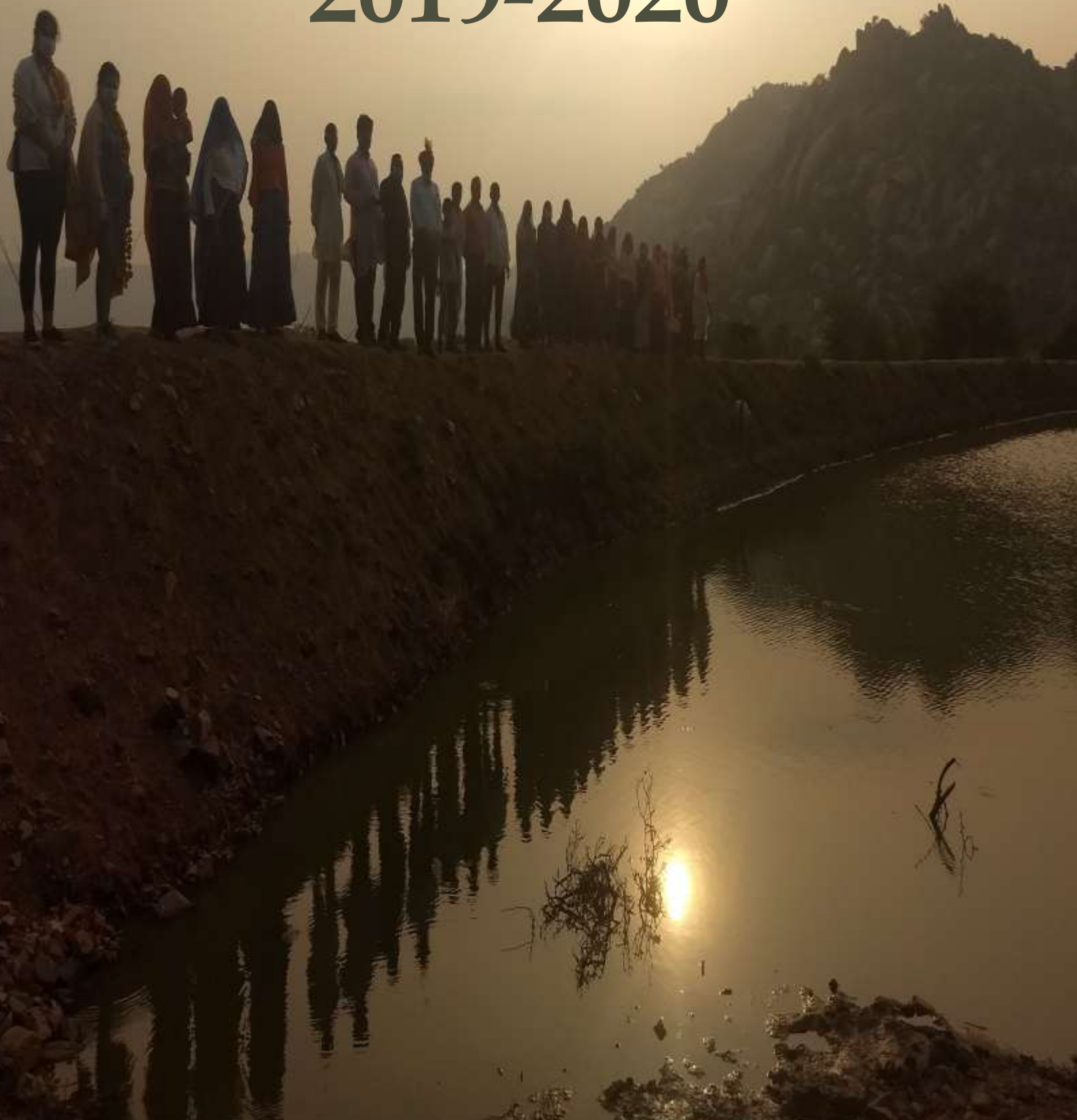


# Annual Report 2019-2020



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***VICE PRESIDENT***

Ramkaran Gurjar

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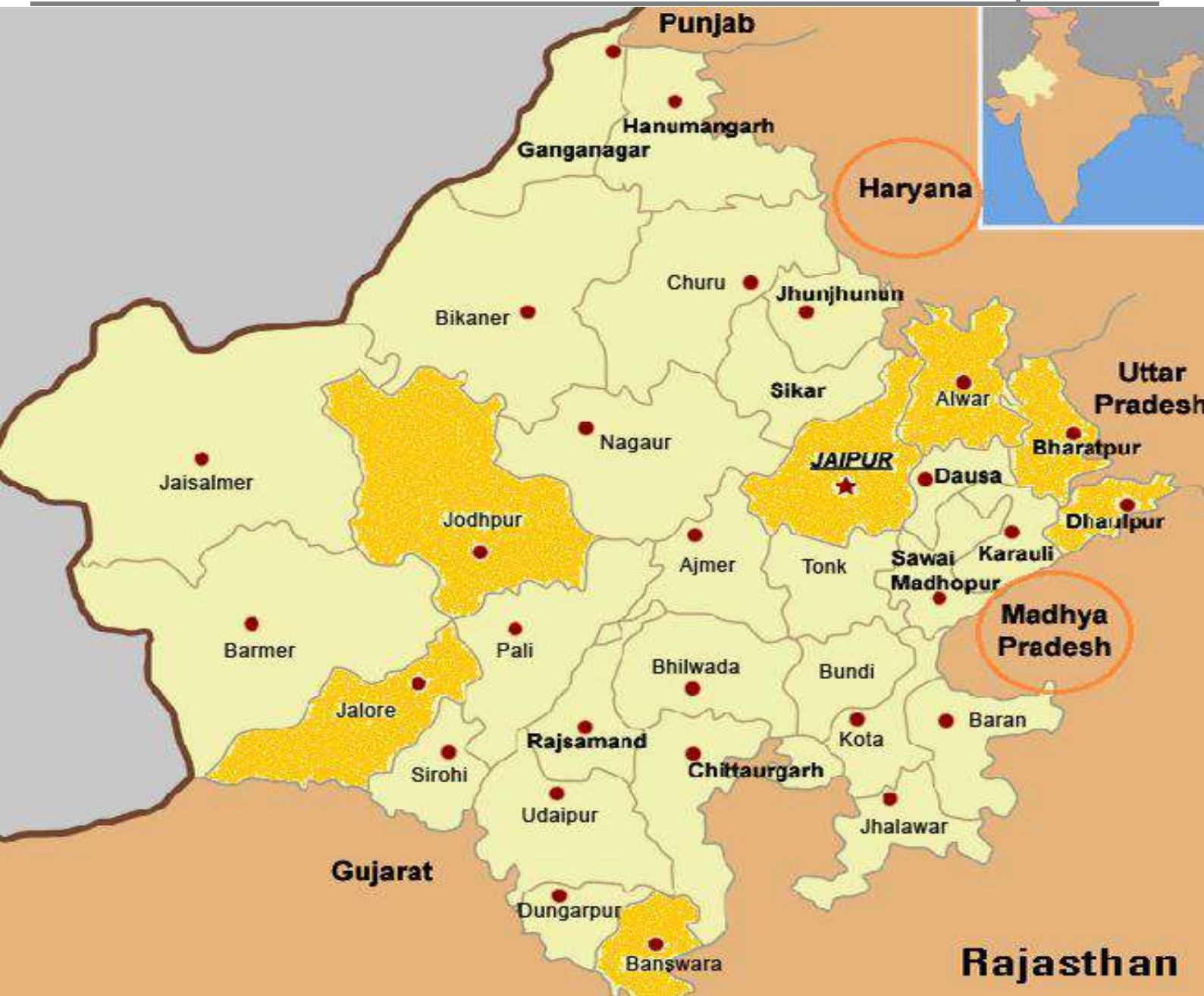


**CREATING A BRIGHTER TOMORROW**



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**HIGHLIGHTED AREAS SHOWCASES  
SPECTRA'S PRESENCE**





## Message from the Founder's Desk

**Dear All,**

*It gives me immense pleasure to present to you spectra's Annual Report for the year 2019-20. We have completed "24 Years of Civic Action at the Grassroots focussing on reaching the unreached communities and deepening our work. We worked in 5 blocks, 335 villages to directly reach out to more than 29,000 women and girls through self-help groups, federations, livelihood, rights, education, Health, Water & Sanitation and adolescent girls' empowerment interventions. Spectra, as a resource organization, have continued its work towards capacity building of other non-profits and LDF. This year 95 persons came for exposure visit to spectra and Federations. We also provided training to NABARD and LDF staff and communities on various themes related to SHG, livelihoods and leadership development*

*The journey that started with educating first generation learners in Girl Child Education, particularly from Muslim community in Alwar and Mewat, has reached a point where so far 8670 plus girls have been mainstreamed in education and nearly 4560 have pursued post elementary education. Spectra have also worked in agriculture, dairy animals and goat rearing ensuring sustainable livelihoods and have formed two Producer Companies of Women. We have also been able to develop three Milk Centres. This was also the year where we started our 'Women Entrepreneurship' program by enabling women to acquire entrepreneurial skills and assist them in setting up micro enterprises. Moreover, our collaboration with NABARD on 'Sector Own Control' to make our SHGs and Federations "self-managed, self-reliant, & sustainable institutions" has also started to show significant improvements. Worth mentioning here is that there has been 36% increase in average man days in our project area under MGNREGA compared to the district. PDS scheme, which has been notorious for leakages, has seen a significant improvement with 93% families accessing regular and accurate quantity of ration.*

*Spectra's work in the past year around inclusive governance through 'Rights and Entitlement' project, which holds duty bearers accountable to project beneficiaries on the ground, is an attempt to bring about a more meaningful and long-term change. We also carried out Programs on advocacy on Social and Behavioural Changes through Youth Led Programs, as we believe Youth are the prime medium to achieve community goals. The programs focussed in social and behavioural changes on SRHR, Child Marriage, gender violence and gender Equality leading to the goal of universal access to sexual and reproductive health and rights including family planning. Another initiative taken to promote hygiene and Sanitation Behaviour Changes amongst the girls of K.G.V.B schools in Rajasthan was working towards providing facilities on WASH. Moreover, Kitchen Gardening has been used as a medium to introduce consumption of nutritious food in the community. As a result, Nutritional Status of women and children has been improved.*

*Several other milestones were achieved during the year and the report outlines some of our key achievements and how we got there. I would like to take this opportunity to thank our partners and donors for their strong and consistent support, without which we would not have been able to achieve so much.*

## **Acknowledgement**

*Extending deepest gratitude to the entire team of the organization, who have very largely contributed in development of the organization since the beginning. The remarkable personalities associated continuously with us are Sh. N.L Sharma, professor from University of Rajasthan, Department of English; social scientist Shri Ved Prakash Solanki retired Lecturer in college Education. And few of civil Engineer, Technical adviser, Agricultural expert and horticultural side experts, who have made very significant contribution in establishment and continuing our drive towards right direction.*

*Shri. Surendra Singh, an educationist for development and establishment of social, cultural environment, educationist & Social Scientist who is equipped with inherent social psyche to make people cooperative and helpful. He has many achievements of social services at his credit. He is the guiding person to the organization. Sh. Pawan Kumar all time helpful and guide of the Org. Sh. Pradeep Singh former project manager in social sector and now as president of the organization and social worker who gives more time for execution of policies and program of the Spectra, Smt. Kusum Lata Chauhan has been dealing with women's issues and social aspects, besides advocacy, supervision on raising the Organization. Dr. D.B Gupta a retired C&MHO who is to make an important contribution in building the physical, medical & health care of Organization.*

*Apart from this I am also thankful to Sandeep Kapur (COO) from IIMPACT, Ms Vaishali Samantha (COO) from LetzDream Foundation, NABARD DDM Alwar, Nalini Paul (Country Head) from Restless Development India, and Priyanka Sinsinwar (State Coordinator) from CEE and Arpita (State Coordinator) from IGSSS, Without their cooperation we couldn't have been able to implement the programs undertaken by SPECTRA smoothly.*

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## ORGANIZATION BACKGROUND

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*SPECTRA' is a voluntary, non-profit and non-government organization; registered under Rajasthan societies act 1958. It has been working since 1996-97 in the rural and interior pockets of Rajasthan. Its core strategy is to develop an optimal mechanism for rural Society especially deprived sections, with commitment for sustainable livelihood & improved quality of life. Child and women Rights, Gender justice, youth empowerment, natural resource management, and livelihood security are our five major components of Spectra's working. Spectra's its primary working areas and so far implemented and current running programs are related to Child Rights, women development, awareness generation on various social issues, Environment stabilization, food-security & nutrition, sanitation, education, developing rural industries for income generation, and empowerment of the community for self-governance, developing alternative energy sources, health, Agricultural growth, wasteland improvement.*

### VISION

*We at SPECTRA envision a society where women and children including youth have the guaranteed opportunities of development that enables them exercise their right to education, health, livelihood and social security.*

### MISSION

*SPECTRA is dedicated for uplifting the status of women and children including youths through various development initiatives such as education, health and livelihood programme especially for those who belongs to the marginalized section of the society*



## Major Objective

*To develop and implement poverty focus participatory approach in watershed development and water resource development program, which is sustainable and can be replicable to other areas of Rajasthan.*

*To build the capacity of Government and NGOs in rural development programmes especially NRM and SHG Programme.*

*To encourage mainstreaming of child recreation centres with mainstream education and encourage implementation and use of new tools and techniques by teachers for improvement in quality of elementary education.*

*To improve the socio-economic condition of the small and marginalized section of the community particularly tribal and women through various integrated rural development initiatives and innovations.*

*To improve pregnancy planning and spacing, and prevent unintended pregnancy with the help of various SRHR programs of the organisation and promote respiratory health through better prevention, detection, treatment, and education efforts.*

*To establish village base institutions such as society, saving and thrift credit group, SHGs etc for strengthening the process of participatory development in field of agriculture, health etc.*

## INCLUSION AND COMMITMENT OF ORGANIZATIONAL POLICIES TOWARDS GENDER DEVELOPMENT

### **Our Gender Based Policies**

- ✓ Anti-Sexual Harassment Policy
- ✓ Gender Policy
- ✓ Maternity leave Gender policy
- ✓ H.R Policy (recruitment)
- ✓ Internal Complaint Committee (CC)

***Purpose of the Policies:*** These policies provide internal guidance on how the Organization aims to integrate a gender perspective and women empowerment throughout policy formulation, program development and activity implementation, including project monitoring and evaluation.

***Scope of the Policies:*** The above said policies applies to all staff and volunteers of Spectra. It also applies to all individuals who, as independent partners, consultants, interns, volunteers and such other persons who are engaged in a professional capacity with SPECTRA either on a full-time or a part-time basis.

***Our Commitment & Compliances:*** Spectra strive to maintain an environment where all employees and volunteers treat each other with respect and dignity. The organization is working with women and girls children, so always preference is given to female while recruitment. We always encourage women/widows to apply and work with us. Zero level tolerance towards any breach of integrity is reiterated and it is ensured both internally and externally.

***Internal Complaint Committee (ICC):*** Spectra' has setup a committee which is responsible for addressing any complaints or reported by the employees about sexual harassment at workplace. The objective of this committee is to prevent discrimination and sexual harassment against women by promoting gender amenity at their place of work.



Since our inception, we have always aimed to empower and touch the lives of women possibly in all spheres of life. We firmly believe a woman is the gateway to advance towards a Developed Society and therefore, carry out all our projects with major objective to impact Lives of women. In 24 Years of our existence, 4500 women were reached through health projects , 5000 women through Livelihood Enhancement by dairy development and 3000 women through Livelihood enhancement by Goat Based Economy. More than 500 SHGs have been formed which plays a vital role in extending financial help as well as holistic Development of women be it economical or social.



# OVERALL HIGHLIGHTS OF THE YEAR 2019-2020

Out of **4320** girls' student, **480** were mainstreamed in Govt. Schools under **IIMPACT** programme and new children were enrolled at vacant place.

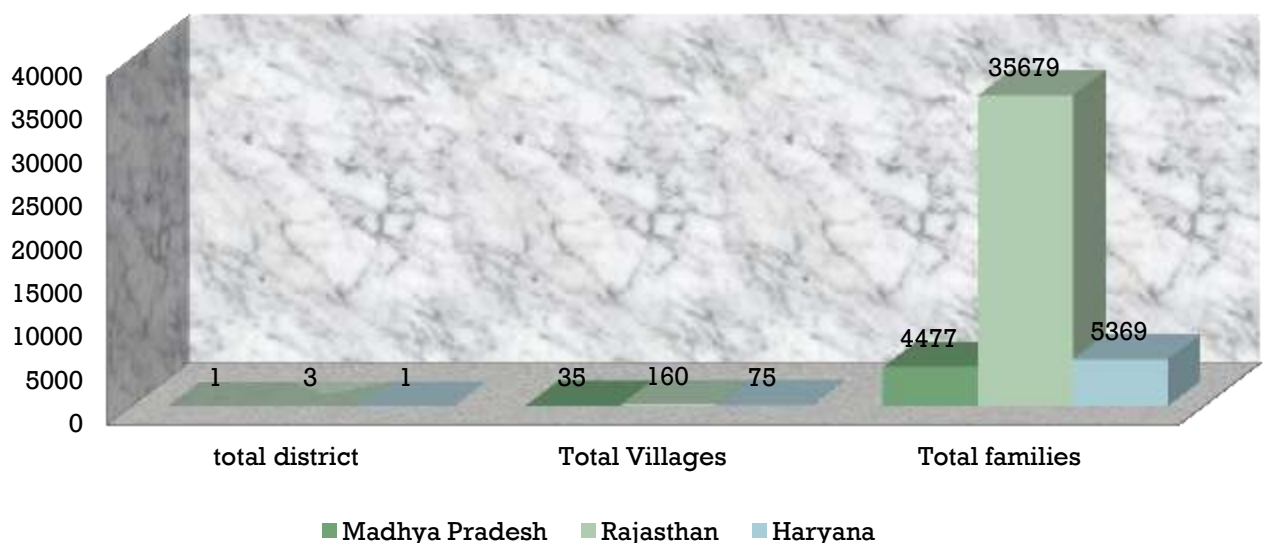
During the year, out of **5670** a total of **2478 women** were connected with income generating opportunities under **SLDP (Sustainable Livelihood Development Project)** project by providing loan, **4123** women were trained for livestock rearing (**especially Goat Rearing**), **3977** women were trained for agricultural practices and **250** Azollas were established in target villages. Out of **567 SHGs** **374** groups were provided the loan facility. 85% people in the project area enhanced their economy through Dairy Development

During this year under **SUPOSHAN** programme, **67** malnourished children were referred to **NRC (Nutrition Rehabilitation Centre)**, **375** Nutrition Garden, **60** Azollas and **75** vermin-composts were established in target villages.

**587** women were covered through **TEGAS (Technology Eligible Girls Ambassador)** for imparting the information of **Sexual Reproductive health under TEGA project**

**450** Youths of **Firozpur Jhirka (Haryana)** were trained and prepared as fellows to continue old traditional practices for the conservation of Environment.

**1715** girl child students were provided training on **WASH** related components under **PRAJWALA WASH PROGRAMME**.



## SPECTRA STATE WISE APPROACH



**A. Rally conducted during World Environment Day- 5<sup>th</sup> June 2019 in Rata Khurd Village Under SLDP Program**



**B. New Year Celebration at Ramgarh Learning Centre Celebration**



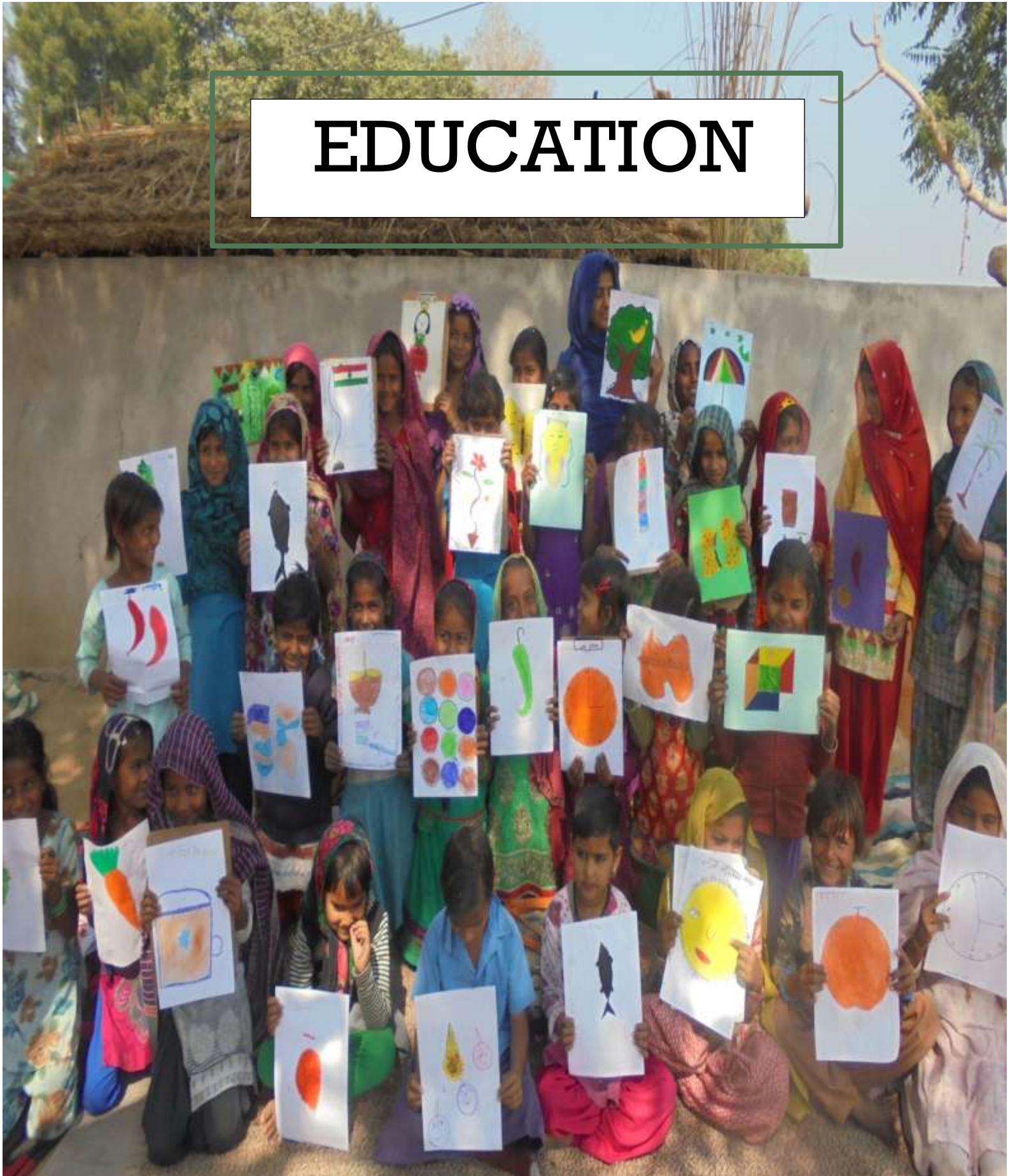
**C. 8<sup>th</sup> March 2019;-Women day**



**D. Republic Day Celebration- 2019**



# EDUCATION

A large group of young girls, many wearing colorful headscarves, are gathered outdoors in front of a plain wall. They are holding up various hand-drawn pictures on white paper, including flowers, animals, and geometric shapes. The girls are smiling and looking towards the camera.



## **GIRL CHILD EDUCATION PROGRAMME**

*Spectra in association with IIMPACT have been involved for a very long time in fighting against those who does not believe in girls' education. Since 2012, the team has been involved dedicatedly to alter the thoughts of the community people regarding girl child education. The project majorly focuses on the girls from Mewat region in Rajasthan and Haryana. The girls from this community are often restricted from leading a fulfilling life. They often become the victims of various exploitations. To bring an end to the problems, education is taken up as a medium of Change. The school dropouts and the ones who are irregular are encouraged to receive quality education under these centres, completion of which they are enrolled in nearby government schools. The community members play a major role in sustaining and meeting the objective of the learning centres. One of the main motive behind the Learning Centres is to aware the community and build their understanding on importance of girl child education. The other objective includes:*

- ✓ *Increase access and encourage enrolment to basic primary education, through community mobilization, for all girl children not in school.*
- ✓ *Provide high quality relevant education through IIMPACT learning centres.*
- ✓ *Encourage and enable each girl to become an independent thinker and self-learner.*
- ✓ *Make learning joyful.*
- ✓ *Help transform the community.*

Total Number of learning centres	142
Total working Areas	2 States Rajasthan and Haryana.
Total Number of girls enrolled in the year 2019-2020	<b>2153</b>
Total Number of Mainstreamed girls in the year 2019-2020	480

**INCREASIN  
G GIRL  
CHILD  
EDUCATION**

**DECLINE IN  
CHILD  
MARRIAGE**

**DECLINE IN  
CHILD  
LABOUR**

### **Teacher Training with MGML:**

*SPECTRA-IIMPACT organizes residential teacher training during every quarter, where trainer and teacher meet to carry forward the process, trainer apprise the teachers with new syllabus of all subject (Hindi, English, Maths and Environment), and trainees were asked about previous training through pre-test too. During trainings, trainer explain new content, teachers prepare various TLMs and discusses preparation of lesson plan through MGML process.*



### **TALENT SOURCING & SELECTION OF LWE INTERNS PROGRAM**

*The organization is engaged with Learning with earning program over few years now. The beneficiaries of the project are the passed out students of standard 10th and 12th who have left their education in identified rural areas of Rajasthan. On the basis of selection criteria, we provide them skill development course (Diploma in manufacturing technology) along with the placement. Through this program, we trace out the talent of rural youth and provide them an opportunity to move ahead in their life. Recently, 20 NTTF - LWE interns got placement in Saint-Gobain after completing their 4 years diploma course in manufacturing technology.*



Under the program, selected interns are provided scholarship amount during the whole period of course. Scholarship amount is provided as Rs. 2000 for parents, Rs. 1500 for students so that they can manage their daily expenses in the month and Rs. 2000 would be deposited in a joint account of Saint Gobain and parents as a security.

Total Beneficiaries=210



# Livelihood



## **SUSTAINABLE LIVELIHOOD DEVELOPMENT PROGRAMME (SLDP)**

The project was designed as a umbrella program which focused on holistic development of the entire population [1240 Households (HHs)] of Rata Khurd Gram panchayat, Alwar, Rajasthan and intended to bring all round developmental changes in their lives. After the successful completion of one year of the mentioned project, the stakeholders realised the need for focused intervention on specific backward sections of the society of Ratakhurd gram panchayat as these sections were below the subsistence level and had failed to draw their share from the initiated development model.

This project empowered socially and economically vulnerable women farmers (small and marginal) residing in 20 villages of Kishangarh Bas Block and engaged in agriculture, animal husbandry or are working as agricultural laborers, by organizing them into Self Help Groups (SHGs). The other major components of the program included capacity building, financial inclusions, livelihood intervention, enterprise development and convergence for the target population. The program aimed at increasing household income and improving standard of living of the target population through creation of women Self Help Groups (SHGs), Farmers Club, JLGs, and FPOs.



<b>TOTAL SHG</b>	567
<b>CLUSTER</b>	43
<b>FEDERATION</b>	01
<b>FPO</b>	02

### **SELF-HELP GROUP (SHG)**

Self-help groups (SHGs) are the primary units of social mobilization at the grassroots. They enable women from marginalized communities to come together, express themselves, dream of a better life, and work towards social and economic improvement through small but tangible activities such as small savings and credit. SPECTRA promotes SHGs by putting in place the processes and systems for such activities, to gradually help them function and thrive on their own. This meeting is organized monthly in which the instalment is deposited by the participants (women of SHG) and remaining money is provided to needy identified women to fulfil her need.

Under SLDP project we provided financial assistance by loan distribution for starting income generating opportunities such as small business or livestock rearing etc.



### **FARMERS CLUB**

*So far 63-70% of Indian population are aligned with agriculture either directly or indirectly. But the situation is not good for women farmers in India. SPECTRA initiated 27 Women Farmers Club with the support of NABARD including the SHG members. They are facilitating improved agricultural techniques among others. We promote Ajola, Vermi compost unit, SRI techniques; goat shed etc amongst the women and support in utilizing these methods for better output. Our agriculture experts provide their guidance timely to farmers.*

### **Joint Liability Group (JLG)**

*A JLG is an Informal group in which 4-10 individuals come together and form a group. The farmers who don't have land and do agriculture in others fields have been selected for JLGs. Currently we have 157 JLGs and in each 4 members are selected who agree and avail the loan in group through a formal agreement. With the support of NABARD, bank loan is provided through PNB bank at 0.7% interest and if the repayment amount will be collected at time given, interest would be minimized at 0.3% from the members of JLGs. The aim of this program is to uplift the poor/marginal/land less famers in the area of agriculture, so that they can enhance their livelihood.*

### **FINANCIAL LITERACY PROGRAM**

*SPECTRA conducted 150 Financial Literacy Training program for the SHG members. SHG women are facilitated with trainings on how they can manage their household budget, small savings. Through the support of Spectra they have been enabled to easily handle the financial management of their houses.*

### *FEDERATION*

*Spectra Organization took the initiative and provided support and assistance in forming a Federation which has been named as UDAAN MAHILA MANCH that is being registered under the Trust Act, 1882 on 9th Feb-2018 having the registration no. 201803359400001. The company promotes organic commodities, Solar products, Spices, pure cattle milk, quality bucks through value chain market analysis and finding scope for self-sustainability.*

*The Federation under the guidance of SPECTRA visions to uplift the socio-economic condition of marginalized and underprivileged farmers and to provide them an opportunity for the market exposure, institutional partnership, and direct linkages with buyers and eradicate the corruption that has been running by middle man to exploit poor farmers.*







### **FARMER PRODUCER COMPANY**

**SPECTRA ADARSH UTPADAK  
MAHILA PRODUCER COMPANY LIMITED**

**ALWAR MAHILA SANGAM  
PRODUCER COMPANY LIMITED**

*SPECTRA have been providing support and assistance to two FPOs in its operation in order to uplift the socio-economic condition of marginalised and underprivileged farmers and to provide them an opportunity for the market exposure, institutional partnership, and direct linkages with buyers and eradicate the corruption that has been running by middle man to exploit poor farmers.*

*The company has been engaged in buck business with the objective of collective marketing and eradicate the corruption that has been running by Khateek to exploit poor goat farmers, 3 milk collection centres are also functioning in which per day 320 Litre milk is collected. Moreover, Solar and Spice Business. In the year 2019-2020, the FPO under the guidance of SPECTRA has been able to sell the following spices:*

S.N.	Name of Spice	Quantity
1	Chilli Powder	336 Kg.
2	Turmeric	300 Kg
3	Coriander	300 kg

4	Cumin	240 kg
5	Hing	480 Packets
Total 1176 Kg		

## **Main Highlights of the FPO for the year 2019-2020**

- ✓ Currently producer Company has 550 shareholders with share capital of Rs. 550000/- and we are regularly increasing our shareholders.
- ✓ Established 3 milk collection centres in the projected area. The number of quantity of milk has been increased as 290 litres per day, in three centres.
- ✓ In this year F.P.O purchase spices amount- 66170/- , sell amount- 77502/- and profit amount- 150000/-
- ✓ There has been increase in Average Goat Herd Size at house hold level from 3-5 to 7-10.
- ✓ So far the total no of goats given from Original Gift (OG) families to Pass On Gift (POG) families is 162 and total no of goats given from Pass on Gift (POG) Families to Pass on Gift (POG) Families is 67.

### **Animal Management**



### **Milk Centre**

**The Activities Undertaken under Livelihood Project are as follows:**



**Azolla Establishment**

*250 Azolla bed has been established for poor farmer who are involved in rearing goats, buffaloes or other animals, in order to make available green fodder for their animals. Azolla*



**Vermi-Compost Bed**

*Vermi compost bed with 3ft Width and 10 ft Height is established in the field for the promotion of organic farming.. In 25-30 days 1 tan Vermicompost is produced and sold it back in the market at a reasonable price. and could act as complex-fertilizer granules. 120 Vermi bed has been established for poor farmers in this FY-2019-2020*

**Promotion of Kitchen Garden**

*SPECTRA promoted a wide range of vegetables suitable for different agro-ecologies and markets. These include tomato, onions, green maize, lady finger potatoes, chilies, green peas, and broccoli. The organization established kitchen garden, demonstrate the process and best practices before small land holders, this increase the availability of the vegetables which are non-hybrid and healthy in eating. This year spectra established 129 kitchen gardens by encouraging women households.*





## **Nursery Development**



*The initial planning used one during the PMC meeting in which a brief orientation about nursery development and its effect on natural environment were discussed with the participants. The main objective of the nursery establishment was to introduce the PMC members the large quantity of quality plants stock that can be produced for the fodder development of the nursery. The*

*location of nursery development is decided by the PMC members with keeping the biological and operational problems in the mind. During this year total 12578 trees were planted.*

## **Promotion and Capacity Building of SHGs**

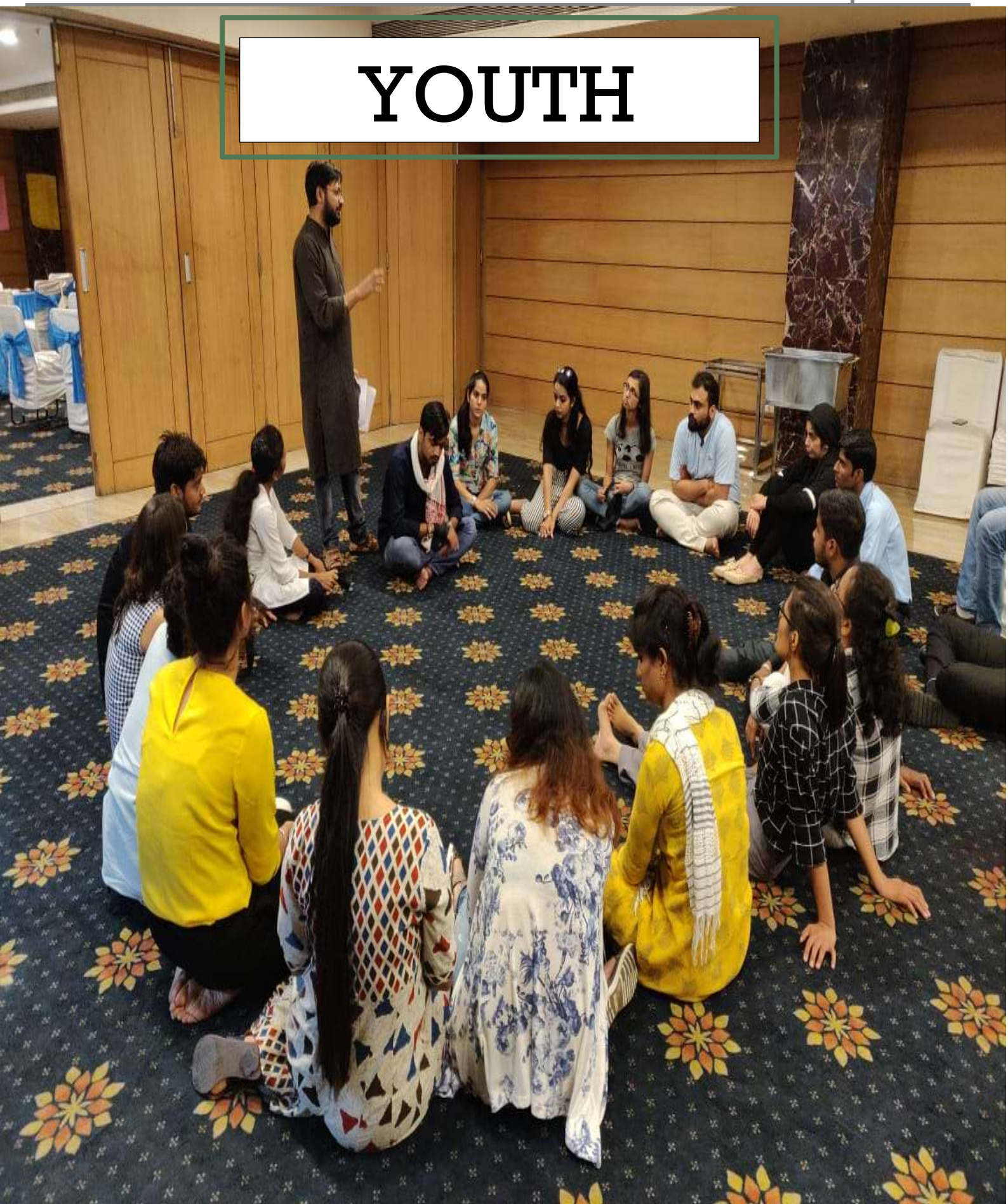
*Spectra in association with NABARD have formed 300 SHGs in 58 villages of Kishangarh Bas Tehsil under this project. 15 SHGs have been formed with the help of N.C.L.P. supported programme in which the parents of 100 children have been given training for capacity building and documentation for improving their economic condition. So far, Spectra have opened Bank accounts of 500 SHGs out of 600 SHGs. These groups have accumulated Rs 6625000 as saving. For setting up their own business they have been provided with credit of lump-sum Rs 100000 from Banks.*

*Following the formations of SHGs, Spectra had organized two day exposure tour to Bharatpur. Under this tour 30 women of SHGs' leaders got benefited. Spectra organize monthly meeting of these SHGs in which a representative of Spectra is always present. These groups give small debt to its members whenever there is any requirement. In the exchange of use of this money the member has to pay very little money as a debt. In this way it is proved fine for both, dept provider and debt receiver. The members wanting to set up their own small scale business, SPECTRA Org. manages for their training and connects them to the industry department for skill development.*





# YOUTH



## **TECHNOLOGY ENABLED GIRLS AMBASSADOR (TEGA)**

The volunteers of the project are known as TEGA. One of the major objectives of this project is “strengthening the technical capacity of girls and equipped them with research tools.

- TEGAs receives interview training on how to be a TEGA and over the first 3 months work towards an MRS Certificate in Interviewing Skills for Market & Social Research.
- The training program TEGAs go through is called “Colors” moving them through 3 levels before they receive their qualification.
- Once TEGAs complete “Colors” they can then work towards the more advanced training “Medals Levels”.

### **AN OVERVIEW OF TEGA METHODOLOGY-**

- ✓ TEGA uses peer to peer methods which enable us to get to new and rich insights.
- ✓ 12 TEGA Girls have been selected and all these girls have been provided smart phone through the organization. The TEGA app is installed in these mobiles through which TEGAs capture the whole procedure of interview, by the consent of interviewee.
- ✓ Total 12 TEGASs (aged 18-24) got selected research at local level.

- ✓ Conducted TEGA training for digital interviewer skills via their TEGA device.
- ✓ Recruitment of respondent.
- ✓ Conducted every weekend research.
- ✓ Equipped girls with employable skills of qualitative and quantitative digital interviewer

### **Impact**

TEGA project has been a great platform that highly contributed in increasing the technical knowledge of the TEGAs involved. Along with it, they have been able to explore and understand varied social issues that can be changed by youth Intervention. Sexual and Reproductive Health and Rights was the focal area that required the attention of the TEGAs. The main aim of the project was to make the youth (TEGAs) understand the dynamics of SRHR that would further help them to forward positive information to the bigger society as well as influence it. A total of 12 TEGA's were involved in this project. Leadership Quality were deeply enhanced, moreover the TEGAS began raising voices against injustice, learnt about safeguarding issues and how to safely use Social Media.





## **YOUTH ACCOUNTABILITY ADVOCATE**

*YAA focuses on the commitment of FP 2020 and SDG 5 (achieves gender equality and empowers all women and children). Under the project 5 Youth Accountability Advocates have been trained who have worked in their respective focused areas such as Sexual reproductive Health & rights (SRHR), Child Marriage, gender violence & gender equality and come out with ground realities which would be the base for their advocacy to government. The activities conducted by the YAAs to carry out the Advocacy have deeply helped them to instill self -confidence and better understanding/knowledge on the ground realities related to their concerned topics. Online Campaigns were conducted by sharing posters on different issues such as Gender Based Violence, SRHR, and Family Planning. Through this Campaign the YAAs have developed leadership as they led the campaign individually on Social Media. The collection of Case Studies was a real eye opener about the ground scenarios in their advocacy areas which has helped them to base their advocacy to government.*

### ***Impact***

*The Impact of the Project YAA has been immense. Through the project the YAAs have undergone major individual positive changes as well community changes. The taboos around the concept of SRHR, menstruation were discussed amongst the community in order to aware them about the good sexual and Reproductive health, which is a complete physical, mental and social wellbeing. The YAAs took the initiative to make the individual realize their right to make own choices about their sexual and reproductive health leading to the goal of universal access to sexual and reproductive health and rights including family planning*





## WATER & SANITATION



## **PRAJWALA**

*Spectra initiated this project with the primary objective- to provide basic water Sanitation and Hygiene (WASH) facilities in Kasturba Gandhi Balika Vidyalaya (KGBV Schools) and improve its maintenance by providing training and capacity building, demonstration of best practices of hygiene like menstrual hygiene management, handwashing, personal hygiene etc. among the immediate stakeholders of KGBVs. The program was decided to conduct in 17 schools of Alwar and Bharatpur districts. Spectra conducts intensive activity with school including software (Capacity building, behaviour change, education related to WASH) and supporting hardware (WASH infrastructure renovation, retrofitting and operation/maintenance). The main activities of the project includes: formation of Child cabinet to look after holistic development of the students, Adolescent girls group to inform changes regarding coming of age of girls and management of safe periods, Teach girls how to check quality of water for safe drinking water and spread awareness on judicious use of water, awareness on nutritious diet, Teach waste management, etiquettes and Orientation of the task and responsibilities of Child cabinet and Adolescent Girls groups etc.*

*The most successful activity that has brought positive changes to the behaviours of the girls is waste management. Most importantly, the awareness activity on Management of menstrual waste has brought immense changes regarding disposal. Prior to the*

*initiation of the program the girls disposed menstrual waste at various places. However, during the program, the girls were taught to wrap their menstrual waste with newspaper and dispose it in the dustbin. Moreover, Team Spectra introduced the concept of Manual incinerator and taught the process of its formation. Manual Incinerator can be made easily with Soil, Water and brick in the shape of Hearth. As these materials are easily available, it is very easy to make and is very efficient.*

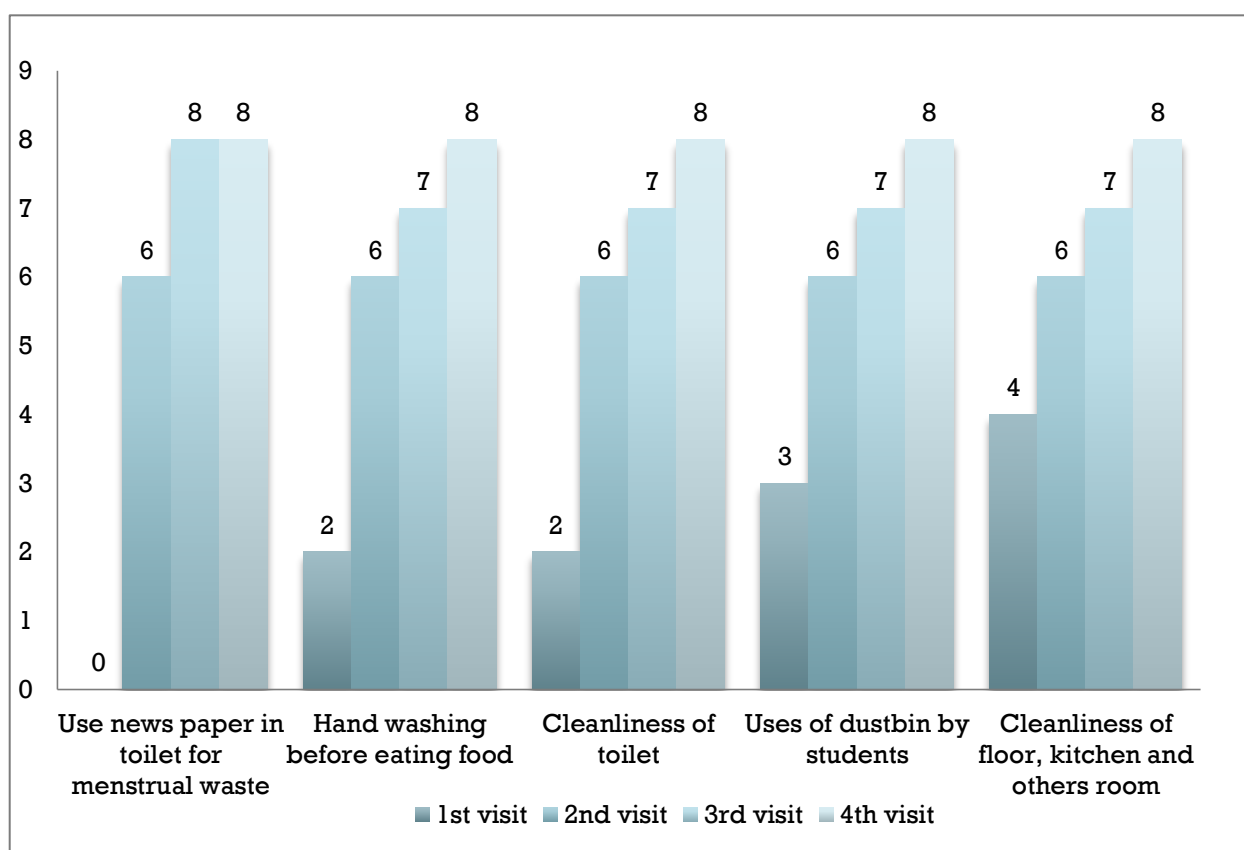
*Influenced by the learnings imparted during the project, Janishta student from K.G.B.V, Musari resident of Tijara Block, Rajasthan had built a Manual incinerator in her house and had taught the others in the village. With her learnings regarding the formation of the Manual incinerator, she had built it in her own house along with her mother, sister and aunt. This has ultimately helped her along with all other females in the village to practice safe disposal of Sanitary Napkins. According to Janishta, the activities conducted under Prajwala Project has helped her in receiving a deeper understanding on the importance of practicing safe waste management. She stated that as the materials for the formation of Manual incinerator is easily available and cost free, it can be made without any difficulty. She added “I and my family is very grateful to the entire Prajwala Wash Team for making us this capable in handling waste management”. Through this Project, the girls from the schools as well as the rest of the community members highly get impacted. As the girls from the schools acts as an influencer in the community level, it helps the project to be more successful and impactful at a larger scale. The Project Prajwala has effectively influenced the lives of many girls, making them holistically prosperous*

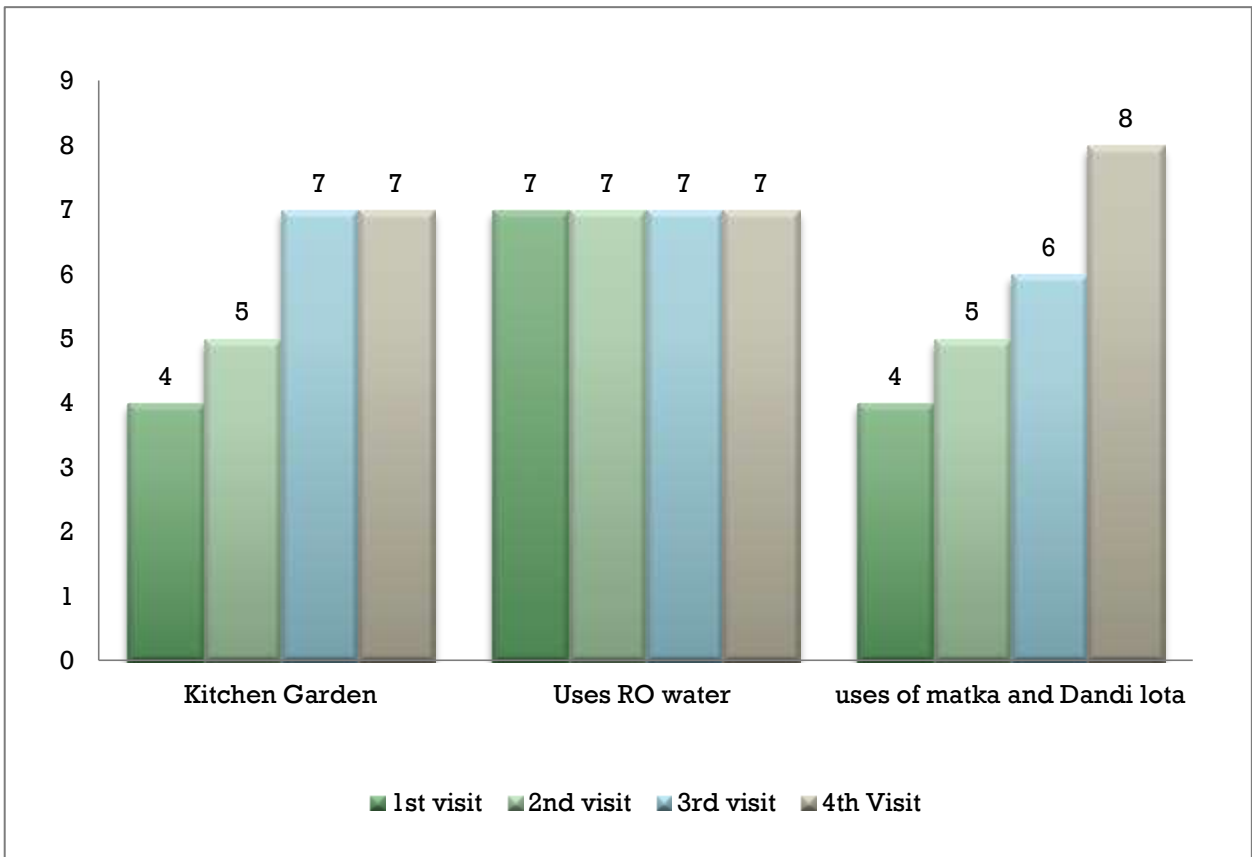


Here are some of the Highlights of the year 2019-2020 achieved under the program:

- ✓ The concept of Kitchen Garden were initiated in the KGVV Schools
- ✓ Earlier there was no proper management of Waste Materials at the KGVV Schools. Waste were dumped right in front of the School Boundary, But with Continuous efforts on awareness on waste management, there has been major improvement in waste management at the KGVV Schools
- ✓ Introduced Organized and Disciplined dinning manners to the students
- ✓ The importance of Cleanliness were conveyed
- ✓ Installed Water Taps in the wash Basins.

## BEHAVIOURAL CHANGES





# SCIENCE & TECHNOLOGY





## **ECO TALENT HUNT**

*Spectra has started this project in April 2019 in which 450 young change makers were selected for the continuation of old traditional practices by teaching them about eco-exploration, eco-innovation and eco-design through Youth campaign, Studio Next Training and Consultant Workshop. Various experts from different fields (NGOs, Schools, Institution etc.) participated and shared their experience which worked as a tonic for young change makers, under this project SPECTRA prepared 45 fellows for taking regular follow up the activities after the completion of project .*

*The project revolved around the following four objectives:*

- 1. Fostering and Re-shaping Eco-cultural Talents & Productive Eco Talents, especially for-*
  - ✓ Eco Torch Bearers*
  - ✓ Youth for Eco-Enterprises & Eco Innovation*
  - ✓ Dialogue and hand Holding*
- 2. Youth Capacity Building through Studio Next Training.*
- 3. Post Training Engagement of S&T Communication trainees (demonstration and Practices) and community ownership for sustained adoption*
- 4. Eco solution to Eco innovation & Design and Eco-prise/Eco Vocational Challenges*

*To begin with, In 30 target villages of Firozpur Jhirka, Mewat (Haryana) with School children and community members, to implement this assessment a meeting was organized in which resource person asked some question to participants regarding environment sustainability and a list of volunteers(School children and community members) was prepared for further processing. Second, Pre intervention research and ground work , organizational & field preparation were carried out on Eco talent hunt categories:-Eco exploration, Creative green media and Eco innovation, Demonstration and practices and community ownership for sustained adoption Eco solution to Eco innovation & Design and Eco prise/Eco vocational challenges, Disseminating scientific findings to external*

*experts. Investigating ecological system within social context is done. Third, various stake holders from diverse section like CSR, organization, teachers and other experts shared their experience with youths/ school children who can work further for the conservation of environment and ecosystem. Fourth, Youths contributed through setting various example of manufacturing, using and disposing many products by minimization of negative impact on environment and ecosystem. Fifth, Studio training was organized with recognized eco talented youth for motivation, development & leadership initiatives at advance level to keep the sustainability of environment and ecosystem. Our motive is to prepare 10% of participants as young change makers (fellows) who can work further*





# HEALTH



## **SU-POSHAN**

The Programme SU-POSHAN focuses on marginalized sections, provides immense support of capacity building (training), lead sustainable income generating options which improves the lives of farmers, and also create healthy environment for the betterment of malnourished children, unhealthy women (Anaemic) through their monitoring, health camps, awareness camps and training on different aspects.

**Some of the Insights of the Project SU-POSHAN are as follows:**

- **The nutritional situation has improved, particularly for women and children under the age of five. The range of available food has increased:** throughout the year we were highly involved in awaring the community in taking nutritious food. In that regard, trainings on Implementation of Kitchen Gardening, and its benefits were carried out at the community level. This was done to make people realize how taking up kitchen gardening can actually lower their expenses on food as well as can have nutritious consumption. Understanding its importance many households have actually taken up kitchen gardening as a means to get access to nutritious food. This has highly benefited Children, mothers and adolescent girls. So far, our team have ensured 279 nutrition gardens in the projected area.
- **Incomes of smallholder farmers and landless families have increased through the adoption of diversified and innovative livelihood options:** In some extent we are able to achieve this target by providing support on kitchen garden, agricultural improvement, livelihood training. Also the team has provided knowledge about job card, MGNREGA card and helped the beneficiaries to get their job card.
- **Communities are able to manage their natural resources sustainably:** We are successful in providing information to the community on natural resources management, natural disaster management which they can apply for sustenance of natural resource.
- **CBOs function as self-sufficient, sustainable and democratic spaces for local political participation in matters of rural livelihood and development. They stand up for the rights of the community members:** We ensured CBOs active participation by strengthening CBOs and strengthening of VHSNC.

**Major Activities undertaken in this Project for the year 2019-2020:**

- ✓ Identification of malnourished children (SAM & MAM) through village level health camps
- ✓ Capacity Building training on formation & forming guideline for CBOs (Health and Malnourishment)
- ✓ Awareness Programme Involving AWW/ASHA/ANM at village level on Health Practices for pregnant and lactating mothers, followed by health camp
- ✓ Awareness campaign on Anemia involving women in village level
- ✓ Capacity building of identified farmers at village level on demonstrating nutritious dense crops
- ✓ Awareness on Water Borne diseases at village level involving

ASHA/ANM/AWW /PHC members and village stake holders

- ✓ Capacity Building of women on local governance and decision making
- ✓ Focussed group discussion with targeted community on importance and management of water conservation and storage structures.



**Following are the outputs the project so far delivered for the target group-**

- Activeness in their health. Proper growth of children as well as proper development of their brains with their age.
- Decrease in number of disease and Availability and knowledge enhancement of community related to their nutritive diet.
- Small farmers taking up diversified cropping and localized food and millets in their cultivation.
- Nutrition garden helped to manage availability of vegetables/fruits during lockdown period and increase the number of people intake fresh vegetables in reasonable rate at home.
- Improvement in social status of women beneficiaries and their abilities to provide better nurturing to their children and taking care to their family member.
- Knowledge enhancement related to market values, and development of entrepreneurship skills.
- People gained their knowledge to keep themselves safe during pandemic and effectively practicing the usage of mask and sanitizer.
- Effective utilization of available resources
- Effective community mobilization
- Behavioral changes and resources mapping.
- Availability off more resources and manpower with the help of CBOs.

## ***SUCCESS STORIES***

### **Kitchen Gardening: The source of Nutrition**

Sushma belongs to Moorik Village. She was not aware about different ways and techniques that can be adopted to grow vegetables in her backyard. When SPECTRA started Carrying out the project Su-Poshan in the area, she was provided with adequate knowledge related to kitchen gardening, nutritious food, and healthy life style.

After undertaking training from Spectra she started kitchen gardening in her house .she started planting vegetables as per the guidance and used homemade organic manure. Sushma Definitely saw the result of kitchen gardening as she receives fresh vegetables right from her backyard. This indeed, improves the status of intake of nutritious food in her family. Moreover, she barely visit the market as she can access fresh vegetables right in her house.

Sushma added “Lack of awareness I could not get access to fresh vegetables After meeting the project team I got to know the importance of intake of nutrition, importance of nutritious food, kitchen garden. I went to the health camp organized by project team members, where they checked my hemoglobin and provided me Iron tablet. Now I have started kitchen gardening and it has started to give effective results.”







Maksudan hails from Sirmoli, Alwar (Rajasthan). She was in a miserable state in terms of income. Due to lack of income generating opportunities, she could not afford anything. When SPECTRA-NABARD team visited Sirmoli to form SHG, explained the concept, procedure and advantages. It worked as a golden opportunity for Maksoodan because it did not only provide her a way to overcome the adversity, also made her capable and self-dependent. Since Maksoodan has joined the SHG, SPECTRA-NABARD provided loan of 30000 to 40000's through MAHILA MANCH to needy candidates earlier she was sceptical regarding seeking loans but SPECTRA team clarified the terms, conditions and advantages beautifully which helped her to understand the entire concept she utilized the loan beautifully; opened a confectionary and now capable to earn 10000 to 12000 monthly.

“Since I have joined Javed group , my economic condition has improved drastically , and all the credit goes to SPECTRA-NABARD as they provided priceless support.”- Maksudan

Armina being the Eldest of all, takes care of her entire family. Her mother passed away few years back which entrusted the responsibility of the entire family on her shoulder. . Looking at her siblings and the children in her neighbor, Armina wanted to receive education aswell She had great urge to learn and read but taking care of her family left her with mere time. At the age when Armina should have been able to continue her education without any difficulty she has landed upon a situation filled with restrictions and very little time for her own growth and development. Despite of all the barriers and difficulties, she managed to enroll herself in the center However, she used to often get late in reaching the center which ultimately affected her education.

Armina, have gradually improved in managing her time both in carrying out household chores and receiving education. Even though, she does not reach the center on time every day, there has been some improvement in regards to punctuality. When it comes to task and activities, armina never delays in submitting it on time. She manages to do all her task diligently and extends a lot of help to her friends. Armina is a true example of time management. At the Age of 12 she is trying to manage both family and her education. Armina Indeed is an epitome of perseverance and Hard Work.



## ***Case Study***

### ***Developing Women Led Economy: A SHG Initiation***

#### ***'Dreams of Rural Women turned into Reality'***





In the year 2011 SPECTRA Organization formed 30 SHGs in the areas of Ratakhurd Gram Panchayet of Kishangarh Bass of Alwar district, Rajasthan. Women in these areas were suppressed under the orthodox traditional practices. Economic condition of their family was very poor; and due to lack of food, they often suffered from malnourishment and different other health problems. Domestic Violence against women was widely prevalent during that time, and therefore these women often became the victims. When Team SPECTRA visited the villages to form SHGs; it worked as an excellent opportunity for those women and all village dwellers. This opportunity did not only provide them with a way to overcome the adversities, moreover it ensured to make them capable and self-dependent. Depending upon the SHGs, women developed and improved their livelihood based on traditional work in farming and non-farming sector. Within the SHGs women were provided different trainings on- Livelihood enhancement, Animal Management, training on gender equality, Cornerstone, and financial literacy.

Initially, when the women of this area were introduced to the SHGs, they were not accustomed to saving money. However, they learnt to save after joining SHG, which enabled them to meet their needs. Thus, gradually the SHG women of this area took the courage to dream about moving ahead in their lives. To make their dreams a reality, along with traditional work on agriculture they started to enhance their income through dairy development, selling of spices and solar products, animal husbandry etc. But from these entire activities goat rearing practices under animal husbandry became much profitable, which resulted into 40000-50000/-

profit for the SHGs. Thereupon, after getting well trained on goat rearing by SPECTRA, all SHGs women decided to develop their community based entrepreneurship along with the mentioned activities and chosen goat rearing as a base of the entrepreneurship. With the support of 30 SHG women and SPECTRA organization- SPECTRA Adarsh Utpadaka Mahila Producer Company Limited established in the year 2016. This entrepreneurship worked as a helping hand for this SHG women community, in breaking the gender stereotypes by taking a leading role in goat rearing business model, availing internal loan from their savings group and generating household income. Within the entrepreneurship women earned remarkable profit from goat rearing business.

**\* But, Mrs. Sariphan from SPECTRA ANISHA SHG of Baylabass village, achieved remarkable profit from the entrepreneurship and set herself as an inspiration for others. So far she has earned 22,49000/- profit from this goat rearing business.**

CEO of FPO/Company contacted potential buyers, the potential buyers made field visit and conducted business meeting, and following which a contract was signed between the buyers and enterprise for goat business. After the contract, FPO collected bucks from Self Help Group women, Kisan club, JLGs groups, and Cadres including non SHG families also. As compared to 2011, now, women of Ratakhurd Gram Panchayat and nearby villages are empowered enough and are an epitome of inspiration for other women. Currently the company have 10 BOD (Board of Director) and almost 250 shareholders; which runs and leaded by these women successfully.

## Funding Agency and Supporting Partners

*Society for Public Education Cultural Training and Rural Action (SPECTRA)' is always grateful to the following agencies for their significant financial and technical assistance to step forward towards humanitarian mission of the organization*



**Centre for Social Research**  
An Institution for the Women and Girls  
of India since 1983



For Women Young people Children



Centre for Environment Education







## ACHIEVEMENTS

