Summary of Activities Report 2019-20
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Introduction of HIMserve

Dear friends of HIMserve,
We conclude another year of HIMserve’s work and present the annual report for 2019-2020. This year our work brought lessons and challenges that we tackled while carrying out activities as planned in Kalimpong, Darjeeling and Dooars area. We passionately carried out teachings and trainings for community groups which are relevant with current times. Our work in the workareas is carried out by 8 Community Facilitators. (Earlier known as Community Motivator)

Though we have challenges to face and solutions to work on while conducting our planned programmes, we have worked towards completing our tasks for 2019-2020. This year we had 2 interns pursuing Masters in Social Work from Viswa Bharati University, Bolpur for the entire month of February. This year HIMserve started its work in Gitkolbong area in partnership with Isai Ekta Samudai (I.E.S) comprising of 5 churches.

HIMserve continues its partnership with Nimbong Pabringtar Christian Minority Society (N.P.M.C.S) with 7 churches and Lungshel United Society (L.U.S) with 3 churches. L.U.S totally lived upto its name and came forward in conducting activities for villagers in Lungshel. The united group members put the Truth Centred Transformation (T.C.T) teaching in practice and carried out inexpensive acts of love using local resources. Repairing a washed out road due to a night of heavy rainfall, building a toilet free of cost for an elderly couple and organising eye/health camp to benefit people from villages in Lungshel were noteworthy feats carried out by the group. We worked with 6 VDCs and 28 SHGs from 33 villages in Kalimpong area. 2 health clinic staff continues their work at Lungshel health clinic and offer services to surrounding villages in Lungshel.

They offer health services like wound dressing, measuring blood pressure and temperature even by walking on foot for home visit if the patient is unable to walk upto the health clinic. Villagers praise them for their efforts and offering basic health care at their doorstep. Ambulance services continue in 5 different locations in Kalimpong and Darjeeling with dedicated staff. 24x7 our ambulance drivers remain ready to transport patients to hospitals located in Kalimpong or Siliguri. We have hired a new ambulance driver for Sepi ambulance (The Mule) since the previous driver left. Imon Lepcha no longer continues his work with Matriyan (The Donkey) ambulance. Many times they are called at night for rushing an ill villager to the hospital.
The journey is even more difficult during monsoon months with bad weather and often having to deal with landslides and uprooted trees along the way. Ambulance staff makes a way amidst all difficulties. They are well known for their service of taking patients to hospitals on time. Health clubs in Dubling, Lungshel and Barbote in Kalimpong area carry out health awareness in their villages in collaboration with health staff from government and private sectors. We continued our partnership with Lankapara Christian United Fellowship (L.U.C.F) with 8 churches and Kumai United Christian Minority Welfare Society (K.U.C.M.W.S) with 7 churches. In Rajabhatkhawa we partnered with Rajabhatkhawa Essai Sangathan (R.E.S) united group of 6 churches to carry out trainings for SHGs in 16 villages. This united group received T.C.T trainings. After completing Module 1, they made dustbins and installed in their village. They utilized the teaching of taking the responsibility of taking care of creation. In Dooars area we worked with 5 VDCs and 35 SHGs covering 38 villages. It is encouraging to see health clinics in Chunabhatti and Adma providing basic health care to villagers in need. 3 batches of women, each consisting of 50 women have completed agricultural training in Kumai. These 3 batches of women received materials for green house construction. They have started growing vegetables after construction of green houses. Previous batch of 50 women trainees grew more varieties of vegetables. Using organic agricultural methods, women grew vegetables in huge quantities. Tomatoes, leafy greens, radish and peas were sold outside Kumai bringing extra income in the hands of women to support their households.

87 children at Grace Student’s hostel are looked after by 2 hostel parents, 2 cooks and 5 tuition teachers. There are 57 boys and 30 girls in the hostel. The hostel building is extended with the construction of rooms for office and guests. 4 children cleared their Madhyamik exams. (State boards exams for class X) Hishey Dukpa continues his college studies on distance mode and serves at the hostel. Keeping in mind the growing number of children and the necessity to purchase groceries and other items a vehicle is purchased and remains stationed at the hostel compound. 2 green houses at the hostel continue to provide fresh vegetables for children. 2 pig shed has been added and the number of pigs is 40. Poultry provides egg and meat for children and staff at the hostel.

In Darjeeling area the partnership with Rimbeck Lodhoma Interdenominational Christian Committee (RLICUC) continues with 16 churches. Youth and women’s wing from RLICUC have carried out acts of love by cleaning primary health centre compound and visiting an old age home. Our work with 23 VDCs and 41 SHGs covering 33 villages in Darjeeling area continues. Activities carried out by VDC in Bichgaon give us a great sense of satisfaction. Be it
installing street lights or collecting donations for an ailing ill man, the committee stands united in uplifting their neighbours.

1 Health clinic and Red Star Academy, an English primary school in Kharka is supported by HIMserve. HIMserve’s team comprises of 12 full time staff, 8 CFs, 7 ambulance staff, 10 school teachers, 4 hostel staff and 7 health clinic staff. The change in the communities in our work areas acts as a fuel to carry on our activities and trainings. Equipped with training on animal husbandry, 8 CFs from Kalimpong, Dooars and Darjeeling areas now castrate and vaccinate animals in their villages. CFs mainly gets call from their neighbours and other villages to castrate pigs, goats and oxen. Castration of animals is a source of an additional income for them. Neighbours have good words for their work.

HIMserve has also been able to initiate awareness and trainings on anti human trafficking. Timely awareness, follow up and right steps taken by Kumai CF and villagers in updating the local police helped save lives of 3 women and 2 teenage girls in Kumai. It gives us a great joy in knowing that the community utilized and followed information on anti human trafficking and helped them save women from their village. We are glad to help individuals realize their potential and identify local resources to lift themselves and the communities that they live in.

We praise God for being able to do all the work this year in equipping our groups and motivating them to act out their lessons. Once again we thank God for his grace and protection upon all our journeys to our work areas during the time frame of our work. Himserve is grateful towards individuals who have stood and supported us with finance, suggestions and their continued prayers. With an end to our activities for fiscal year 2019-2020, we continue to look forward to another year and work together in Kalimpong, Darjeeling and Dooars areas in partnership with united group of churches and community based groups to fulfill God’s command. For 2020-2021 we have plans of expanding our works in our communities. As we step onto another fiscal year, we extend our heartfelt thanks to everyone for adding enthusiasm in our spirit to serve our communities wholeheartedly.

Puran Rai
Executive Director
Kalimpong area (33 villages, 6442 population & 3 UF

Dooars area (38 villages, 19624 population & 3 UF

Darjeeling area (33 villages, 9441 population & 1 UF)
Holistic Teaching (Truth Centered Transformation)

Why?
- To challenge and mobilize the local church to truly be salt and light in their communities.
- To help them show God’s love through their life, action and word.

How?
- Leaders of churches are taught one lesson a month and expected to appropriate it and teach it to others over the rest of the month. At the next lesson a review is done and a new lesson taught.
- Holistic living teaching given in churches whenever opportunity arises.

Note: TCT curriculum in Appendix 2
Note: TCT curriculum in Appendix 2

What we did:

Kalimpong area
- TCT Module 4 & 5 classes for 10 leaders from 2 churches of Barbote completed.
- TCT Module 4 & 5 classes for 8 leaders from 2 churches of Nimbong completed.
- TCT Module 4 & 5 classes for 15 leaders from 2 churches of Nabgoan completed.
- TCT Module 4 & 5 classes for CNI Pantaley completed.
- TCT Module 4 & 5 classes for UCNI Barbote completed.
- TCT Module 4 & 5 class for 8 HPC completed.
- TCT Module 1 classes for CNI Lungrep completed.
- TCT Module 4 classes for CNI Pantaley completed.
- TCT Module 1 classes for UCNI Doorkhola completed.
- TCT Module 1 class for UCNI Gitkolbung completed.
- TCT Module 1 classes for UCNI Suntaley completed.
- 4 trainings for Nimbong Pabringtar Christian Minority Society (NPCMS).
- 4 training for Isai Ekta Suamudai Block 2 & 3(IES).
- 4 training for Lungshel United Society (LUS).
- 12 quarterly meetings done by 3 United Forum.
- 15 activities done by IES, LUC and NPCMS that benefitted their community.
• 6 Networking done by United Forum for bringing different help and development in the community.

**Dooars Area**
• TCT Module 4 & 5 classes for 12 leaders from 6 churches of Lankapara are continuing.
• TCT Module 4 & 5 Lesson 3 classes 10 Leaders from 5 churches of Upper Kumai completed.
• TCT Module 4 & 5 lesson 3 classes 6 Leaders from 3 churches of Lower Kumai completed.
• TCT Module 4 & 5 classes in Mashi Kalasia church, Lankapara completed.
• TCT Module 4 & 5 classes for Kumai UCNI church completed.
• 4 training quarterly for LUCF (Lankapara United Christian fellowship)
• 12 meeting done quarterly by Lankapara United Christian Fellowship.
• 12 meeting done monthly by Kumai United Christian Minority Welfare Society and Rajabhatkhawa Essai Sangathan.
• 14 Activities done by KUCMWS, LUCF, RES that benefitted their communities.
• 2 Networking done United Forum for bringing different help and development in the community.

**Darjeeling area**
• TCT Module 4 & 5 classes for Emmanuel Church, Bhanjyang completed.
• TCT Module 4 & 5 classes for Basan Church, Bichgaon completed
• TCT Module 4 & 5 classes for Sharon Church completed.
• TCT Module 4 & 5 classes for RLICUC (Rimbick Lodhoma Interdenominational Christian United Committee.
• TCT Module 1- 4 classes for HFC 1 and 2 completed.
• 4 meetings done quarterly by RLICUC.
• 12 activities done by RLICUC that benefitted their communities.

**TCT outside work**
• TCT Module 1 to Module 3 classes for 6 Churches in Nepal.
• TCT Module 1 for 4 churches in Arunachal Pradesh.
• TCT Module 1 classes for 10 churches of Nayee Asha.
• TCT Module 1 classes for 4 Churches of Margaret’s Hope.
• TCT Module 4 classes for 7 Churches of Buxa.
  (Planned to continue partnering with 31 new churches in 4 different church groups outside work area from 2020-21)

Challenges Faced
• Motivating the United Forum to actively take a lead in carrying out their roles. The leaders having to carry out other tasks apart affects the united forum’s plans and programmes.
• Monitoring TCT and conducting follow up of the trainings conducted in churches is a challenge.
• Prioritizing is often an issue for leaders. Leaders involved with their church work, meetings or involvement with other activities often skip trainings and united forum meetings.

Lessons Learnt
• Meeting leaders in person helps establish a good relation. This is an encouragement for the leader to carry on with TCT teaching. It also proves beneficial for conducting follow up of TCT trainings.
• Motivating and guiding the leaders to carry out acts of love, which are small inexpensive acts that leave a lasting impact towards their community is essential.

Lungshel United and Village Development Committee constructs a toilet
There are 25 families in Ghoralgaon in Lungshel. Out of 25 families only 23 families have a toilet. The remaining 2 families used to defecate in the open. An elderly couple did not have enough money or manpower to build a toilet for them. Lungshel United Society and Village Development Committee came forward to help 85 year old Narbahadur and his 78 year old wife Sukmaya Tamang. This couple lived on their own in Ghoralgaon with money that they received from the government scheme of
pension for the elderly. They have a son who lives elsewhere along with his wife. Their son
does not visit them often. Sukmaya grew some vegetables in their kitchen garden which was
sufficient for their self consumption.

The Lungshel United members having received lessons on helping their neighbours and loving
them through actions did not want to miss an opportunity to express their love for this couple.
Similarly, the V.D.C wanted to help the family somehow. They put together a plan to build a
toilet. But since the couple did not have much to spare for the construction, the V.D.C and
Lungshel United sorted out one thing at a time. One of the V.D.C members gave had received a
commode from the Panchayaat about a year ago. Since he already had a toilet, he gave the
commode to construct the toilet. The next step was to gather building materials like sand,
stones, cement and tin roof. There was some wood just enough to make the toilet wall at
Narbahadur’s house. It was lying around since a long time. Now was a good time to use the
wood. The bags of cement were bought with an amount collected among the United and VDC
members. Cements and stones were brought from Changdung Khola (stream) almost 2 hours
journey on foot from Ghoralgaon. The construction began in the last week of May. It took a
week to complete the toilet. The toilet was constructed free of labour charge or any other
charges. Narbahadur and his wife are happy with the help offered by their neighbours. With the
toilet constructed for this elderly couple, there are now 24 toilets in Ghoralgaon. Now there is
only one family whose toilet needs to be built. Lungshel united and VDC members have
assured them to build toilet free of charge provided they arrange the building materials.

Care and concern brings change

Bhim Maya Gurung from Musepakha in Rimbick is the
neighbor of Basan Church, received helped from members of
Bashan church this year. She started suffering from gout. Few
months back she was not even able to walk properly due to
severe pain in her joints. Once Bashan church members came
to know about Bhim Maya’s condition, they visited her home.
They visited Bhim Maya to know her condition and help that
she needed from the members. Bhim Maya was in need of
financial and moral help. Seeing her condition Bashan church
members decided to act soon. Members discussed about ways
to help Bhim Maya. Initially they collected Rs. 1500, visited
Bhim Maya and handed her the amount. They also encouraged her that treatment will make her feel better. With the money given by the church, Bhim Maya went to see a doctor and after following doctor’s advice and taking medicine on time gradually made her feel much better. The church goers also started helping her out by offering small amount of money every time she was in need of medicines and went to see a doctor. Church members visited Bhim Maya often and inquired about her health. The church members concern and support also aided Bhim Maya in recovering from her illness gradually. Bhim Maya is thankful for the concern and care shown by members of Basan church.

**Samuel shares his skills free of cost**

Samuel Lepcha is a teacher at Panu Gaebbo Achyuk School, Doring in Lungshel. He is teaching in the school since 4 years. The school has classes from nursery to VIII. Samuel teaches Nepali and Computer at the school. He is the secretary of Lungshel Village Development committee and is actively involved in carrying out voluntary works for the benefit of their community. Receiving Truth Centered Transformation (TCT) trainings through HIMserve has influenced him to a great extent. Lessons from TCT modules have helped him shaped him to put into practice what he learns. He has a great passion for sharing his lessons with others. His profession allows him the maximum time to interact and learn from children. In the past years leading the Child to Child (CTC) clubs at his school and trainings from HIMserve have helped him shape himself and influence children as a teacher. Learning about communicating with children from TCT Module 4 was something Samuel was eager to put into practice. Months of December – February is the perfect months for
organising activities for children in the hills. Children are home during their winter break and mostly spend their time playing with friends.

In the month of January 2020 Samuel bagged the opportunity and organised guitar, football and language lessons at Lungshel without charging a penny. 14 students joined these classes from 7th -23rd January. Children received a wonderful opportunity to learn new skills and made the best of their winter vacation. Samuel also taught techniques of vocabulary building and report writing to these 14 children from classes V-X. He actively involved the children by asking questions while he taught them techniques of vocabulary building and report writing. To carry out this act of random kindness, he was highly influenced by lessons from Truth centered transformation. This has been a rewarding experience for Samuel himself. It was a great joy for Samuel to offer his knowledge and skills without a penny in return. He feels happy to have been able to organise classes for children and engage them in worthwhile activities during their holidays.

**Giving Happiness at the House of Joy**

30 women from 17 churches of united forum R.L.I.C.U.C visited elderly at Relling House of Joy, old age home at Relling, Darjeeling. Women contributed Rs. 5000 from the fund collected among themselves to purchase blankets, shawls and groceries for 6 elderly women (age above 55 years) who live at the Relling house of joy.

These women were influenced by lessons on showing concern for the ones in need in their society with small acts of generosity. They had also heard about the people living in this old age home and had been planning on doing something. So they carried out their activity in the month of January and also added some extra money from their pockets for additional groceries.
Visiting elderly at Relling old age house and offering them the items was a demonstration of their lessons even to the ones in need outside their churches and village. Elderly at the old age home were glad to have visitors. They were happy to spend time with the RLICUC women as the elderly had company. Women also felt happy and satisfied to carry out this act. They want to continue such activities outside their churches in the coming days.

**Loving your neighbour as loving yourself**

Nasim Dukpa plays a mention worthy role in educating women from her village Adma on pregnancy and women’s health issues. Her husband Dorjeegachay Dukpa who is the village pastor also supports his wife in helping the villagers. Nasim is a trained CHV and along with her husband she has received TCT teachings. This couple practically lives out the mandate to love their neighbour as they love themselves. They are also well known in Adma and its surrounding villages for helping their community during times of illness and accompanying them to the hospital at Alipurduar. Nasim as their ‘village only trained CHV actively carries out her work and her husband keep their Neighbours company when their family need to be taken to a hospital. Pregnant women and members of their families often seek Nasim’s suggestions and stay with her family until the birth of their child. 23 year old Sonam Dukpa’s case is an example where her in-laws approached and asked Nasim for suggestions. Sonam was already pregnant at the time. Till the time of Sonam’s delivery, Nasim fully guided her. She also told her about getting a health card offered for pregnant women at the health centers and government hospitals. This card was essential during the time of admission at the government hospital for delivery. Though Sonam and her family had their house in the village they mostly lived in a shed close to the jungle along with their animals like goats and cattle. She spent most of the time in sheds. So, she had no idea and knowledge regarding many things. Her family members also had no knowledge or information about the government hospital system. Sonam’s in laws also asked Nasim to accompany them to the hospital during their daughter-in-law’s delivery time. So far, Nasim had offered them a lot of help especially by teaching Sonam...
about pregnancy. Sonam’s in-laws wanted Nasim to come along with them as she was experienced in taking care of pregnant women. When the day for Sonam’s child birth arrived, Nasim herself was ill. She herself could not accompany them but instead sent her sister along. Sonam gave birth to a healthy baby girl. Sonam and her family were grateful for Nasim’s help. Tshering Dukpa was another woman whom Nasim offered help during her pregnancy. She lived in a shed in the jungle, away from Adma village. Her husband came to Nasim’s house one night in the month of September. Tshering was suffering some uneasiness and he had no idea what needed to be done. That night they took her to Alipurduar hospital. Although, the journey was difficult, walking for more than 2 hours on foot and then making arrangements for a vehicle to take them to the hospital. They managed reach hospital on time. The doctor told them that the pain was normal but advised Tshering to take rest and refrain from any strain causing work. Her baby was born in the month of November. Until the time of her delivery, Tshering got suggestions of taking care of herself and her baby from Nasim. Tshering’s baby is now 4 months old. Tshering and her husband is grateful towards Nasim and her husband for offering them help. Nasim is grateful to God for the help that she can offer her neighbours. She is happy to utilize her teachings from health volunteer training and educate women on pregnancy and other health issues. She feels fortunate that along with her husband, together as a couple they are applying the TCT teachings in their daily lives and extending their help and love to their neighbours.

**A clean road to Sunwar Busty**

In the month of October 2019 three churches from Margaret’s Hope tea garden (located about 2 hours away from Siliguri) came together to clean the path leading to Sunwar Busty. A total of 8 leaders, 3 from Himalayan Free Church, and 4 from Himalayan Church and 1 from Gethsemane church voluntarily organized a cleaning drive around their village. The road leading towards Sunwar village is a stretch of about 3 kms. It is not an easy task to initiate a cleaning drive in villages located in hill regions. The members came with their tools like sickle, digging fork, hoe, shovel and spade to accomplish their work. Road cleaning
involved cutting down of branches from trees, clearing shrubs and hedges growing parallel to the road and causing obstruction in the pathway. Members came with hoes, sickle and digging forks to clear shrubs growing wild. Cleaning the road and clearing the shrubs was completed in 3 weeks in the month of October. Members from the 3 churches scheduled the cleaning drive as per their convenience. The members had taken lessons from Truth Centred Transformation, Module 1 in the month of August 2019. Lessons on helping their neighbours, understanding how to help and showing love in action through inexpensive acts and using local resources touched their hearts. They also came to know about pro active role of a church in the society. So, this cleaning drive was a means to pour out their love for their neighbours and a contribution for the society.

Church youths act out their lessons

In the month of December, 30 youths from 17 churches of Rimbick Lodhoma Interdenominational Christian United Committee (RLICUC) came together to clean the surroundings of primary health centre at Lodhoma. This health centre plays a key role in providing basic health care to people living in and around Rimbick. The surroundings of the health centre were in a bad state and required cleaning. Lessons from TCT to carry out acts of love, through inexpensive efforts and initiatives for the community had influenced the youths from 17 churches. They had been looking for an opportunity to act out their lessons in a meaningful way to show their love and concern for their neighbours. Carrying out the cleaning initiative was an act of love and their contribution towards their society. It took them more than 5 hours
to thoroughly clean the primary health centre surroundings. For youths from R.L.I.C.U.C this is their first cleaning campaign. They received praise from their elders and villagers for carrying out the work selflessly without anything in return. Praise and positive response from villagers has encourage the youths and they have plans for more ventures in coming days.

**Cleanliness Is Next To Godliness… Hence, Proved by the Member of Kucmws**

Cleanliness is next to Godliness. Cleanliness can be seen as a moral quality of being clean and also the habit of achieving and maintaining a clean state. Kumai United Christian Minority Welfare Society (KUCMWS) decided to clean the main road from Baptist Church as they had noticed that the area had been looking unclean because of the plastics littered around and the uncut weeds or grasses. It was an area which was used by everyone and it needed cleaning.

Pastors from seven churches decided to carry forward the plan. The youths from these seven churches came together to clean the decided stretch as they were motivated by the Truth Centered Transformation module. Though, everyone had been noticing the litter around the area an initiative was to be taken to carry out this cleaning campaign. The Truth Centered Transformation module played a major role in motivating the youths and the pastors of these seven churches to take action. By cleaning, the members of these seven churches had set a very good example to the people and also somehow spreading the message of keeping the community clean.

**Health Camp - A blessing for villages in Lungshel**
Lungshel United Society (L.U.S), the active united forum from Lungshel tirelessly works for the benefits of their community. Being influenced by the Truth centered transformation teachings the group makes an effort and looks for chances to reach out to their fellow neighbours. They are well aware that physical, mental, spiritual and social growth is vital in an individual’s life. Neglecting any one of the aspect makes an individual suffer and lacks holistic growth. Being aware of all these things, the health of person is equally important.

Members of L.U.S in Lungshel utilized their teachings. They made arrangements and organised a one day free medical camp at Lungshel Primary school in the month of March. The united group thought about the journey a villager has to make while going to the hospital for health check up. Many elderly people avoid going to hospitals for check up because of the tiresome travelling of about an hour and more. Organising the health camp in collaboration with Dubling Kirk session and Lungshel Village Development committee was a step to bring basic health check up in the village without having to step out. 200 (approx.) villagers from 4 villages viz; Lungshel, Majong, Manzing and Pubong came for check up. A team comprising of a physician, gynecologist and heart specialist came from Siliguri and conducted the check up. At the medical camp, out of the 200 villagers, none were diagnosed with serious illness. Medicines for neighbours suffering from cough, cold and fever were given free of cost after examination. 48 women were also given awareness on women’s health and hygiene related issues. Villagers were happy with members from Lungshel United who organised the health camp and brought access to basic health check up without having to spend an entire day and money to travel to Kalimpong or Siliguri for getting a checkup done.
Self Help Groups & Village Development Committees.

**Why?**
- To empower and mobilize community people to take Initiative for the development of their own areas.

**How?**
- Helping interested people organize themselves into groups according to government rules.
- Building the capacity of group members so that they can decide and act for their own development.
- Helping these groups avail of facilities from the government and other sources.

*Note: Main topics for Community Based Groups training in Appendix 3*

**What we did:**

**Kalimpong area**
- 15 new SHGs involvement in Barbote, Lungshel and Git-kulbong area with 10 members each.
- 4 new VDCs involved in Git-kulbong, Serwani and Lungrep.
- A total of 28 SHGs were monitored on a bi-monthly average by CFs and once every 3 months by the AF.
- A total of 6 VDCs were monitored by CFs and AF on average of once every 3 months
- 112 trainings bi-monthly for 34 groups (28 SHGs + 6 VDCs) topics from Appendix 9 plus other topics on request.
- 97 activities by 34 community based groups (SHG & VDC) benefited members of their community.
- 2 Human Trafacking Awareness on the problems for 9 SHG, UF and VDC in Lungshel.
- 8 networking done by AF, CF & Community based group for bringing different help and development in the community.

**Dooars area**
- 5 new SHGs in Kumai, Bhalukhop and Teenkateray with 10-12 members each.
- 4 new SHGs in Lankapara with 10-12 members.
- 15 new SHGs in Rajabhatkhwa area with 10-15 members.
1 new VDC with 10 members formed in Kumai.
A total of 33 SHGs and 4 VDCs monitored once a month by CFs and quarterly by AF.
148 trainings quarterly for 37 groups (33 SHGs + 4 VDCs) topics from Appendix 9 plus other topics on request.
118 activities by 37 community based groups (SHG & VDC) benefited members of their community.
12 Networking done by AF, CFs & Community based group for bringing different help and development in the community.

Darjeeling area
- 15 New SHGs in Darjeeling area with 10 members each.
- 13 New VDCs in Darjeeling area with 9-15 members each.
- 254 trainings each for 63 groups (41 SHGs + 23 VDCs) topics from Appendix 9 plus other topics on request.
- 286 activities done by 63 groups that benefitted their community, which helped them, supplement their income.
- A total of 41 SHGs and 23 VDCs are monitored bi-monthly by CFs and quarterly by AF.
- 10 Networking done by AF, CF & Community based group for bringing different help and development in the community.

Challenges Faced
- Participation of Self Help Groups, Village development committee members for trainings and meetings is often affected by political party and Lepcha tribal welfare board meetings and programmes.
- Many times groups choose to get involved in activities that help them earn something in return. Therefore even after confirmation for the trainings many members do not attend trainings.

Lesson Learnt
- The training topics and subjects for Self Help groups and Village Development Committee must be relevant keeping up with the changing trends. Participation of the groups also varies depending on the interest and relevance of the topic.
- Area Facilitator and Community facilitator must not give up even if few people show up during some trainings and meetings. Continued motivation can kindle interest among the members to join trainings next time if they miss out on some training.
- There should be a clear communication between the groups, Community Facilitator and Area facilitators while information about gathering for a meeting, training or activity is carried out through a phone call or a letter.
- United, SHGs and VDCs in new areas should be given focus by taking out time to know the individuals in the group better and motivate them to continue attending the trainings.
- We need to keep updating our list of income generation trainings. Trainings on phenyl making, candle making and incense making have been beneficial for Self help groups and Village Development Committees. They are eager to learn more.
- The Community Facilitators (CFs) must practice themselves prior to providing training for groups. This give them confidence to conduct the training properly on the actual day.

**Community groups unite schools in Lungshel**

15 August is India’s Independence Day. India celebrated its 72nd year of Independence in 2019. The day of independence is celebrated India. It is observed as national holiday. Programmes are organised in every corner of the country to mark the celebrations. In a similar manner schools in villages of Lungshel in Kalimpong celebrate Independence Day every year at their respective schools. Children go to their schools where the national flag is hoisted and programmes are conducted. Lungshel united society, self help groups and Village development committee played an important role in motivating the schools to unite and celebrate the programme together in a particular place.

Lungshel government primary School, St. Thomas School Ghalalgoan and Panu Gaeboo Achyuk, 3 schools in Lungshel celebrated Independence Day together on 15th August. Along with the motivation to
work together, community groups also supported the 3 schools with manual help in making stage and other preparations. Students from 3 schools also presented some song and dance items along with parades dressed in their respective school uniform. The community groups together collected an amount of Rs. 14000 which they used in providing food for the children from 3 schools, guests and villagers who came to attend the programme. Community groups efforts in Lungshel united the schools. The schools gathered at the Lungshel primary school ground and celebrated the programme. A little motivation brought unity among schools in organising programme together.

8 street lights for Bichgaon village

Bichgaon village is located closely to the Singalila National park, which is famous for the Sandakphu trekking route. Bichgaon is divided into 3 parts; upper, middle and lower. This village is located close to Singalila national park which is famous for Sandakphu trek route that runs through this national park. Villagers are scared to walk in the dark as there are high chances of an encounter with a leopard or other wild animals. Carrying a torch is not enough to illuminate an entire path during a dark night. In times of emergency when an ill neighbour or a family member needs to be taken to a hospital, it is often a chaos arranging torch lights and candles to light the pitch dark path. Elderly villagers often tell about past events of Bichgaon village where villagers had encountered wild animals while walking through the path from upper to middle Bichgaon village. Keeping these things in mind and thinking about the safety and comfort of villagers at night time, Bichgaon village development committee (V.D.C) sprung in action. The committee decided to approach the department of forests (since the village is under their jurisdiction) for lights installation between the path running through upper and middle Bichgaon. Since January 2019 V.D.C members worked together. They approached the forest
department officials. The department assured them that the lights will be installed in their village but they need to wait. Even after the assurance from the forest department, they continued to visit the officials and enquire about the matter time and again. It took them about a year of hard work to visit the forest department officials and keep on enquiring about the lights for Bichgaon village. In February 2020 the forest officials informed Bichgaon V.D.C youths on granting 8 street lights from upper to middle Bichgaon. Both villagers and the V.D.C youths were overjoyed to hear this. They made arrangements and installed the street lights within 5 days from upper to middle Bichgaon. The villagers are full of praise for V.D.C. youths for carrying out this endeavor to help all the villagers walk without fear even during nighttime in their village.

**Women stand united**

37 year old Anu Bhujel is from Kumai. She has 2 daughters and 1 son. Her husband works as a carpenter. Anu’s life was going on well with her husband and her kids. Her happy days were at halt when her health started declining towards the end of July. Anu suffered from chest pain and palpitations which were quite severe. Her husband was quite worried. He called their daughter who is married and lives in Sikkim. Anu’s son-in-law and daughter came to Kumai. They made arrangements to get her check up done at Manipal Hospital in Sikkim. Anu was taken to husband, daughter and son-August at the Manipal check up was done and After the test reports that Anu Bhujel was problem and needed an referred her to Christian Vellore for heart back to her home with her operation at Vellore would cost operation at Vellore would cost her husband were feeling hopeless. While these ups and downs were going on in Anu’s life, some of her friends who were also involved in Self help groups (SHGs) were thinking of helping Anu. She was a member of Dream SHG. Some of her friends from SHG had circulated her current situation to their fellow friends from other SHGs.Women from Om, Dream, Surya, Star, Suraksha, Amariyoti and Ujal got together and started going around their
village collecting money for Anu’s treatment. They also visited Anu’s home and kept her motivated during this difficult time for her. The SHGs collected Rs. 7300 after visiting each home in the village and collecting the amount offered by the villagers. Anu’s friends from SHGs also left some extra amount from their pocket when they visited Anu. Towards the end of August Anu and her husband received a call from their relatives in Kathmandu, Nepal. They had been keeping a track of Anu’s health and outcome of tests reports through phone calls with her husband. They offered to bear the cost for Anu’s heart operation. Anu was operated in the month of September at Kathmandu. After the heart operation she was advised to take rest and completely avoid heavy manual work. She returned to Kumai in the month of October. Her condition is much better now. She followed doctor’s advice and avoided heavy work. Her husband and children help her with household works. Anu and her family are grateful for the amount offered by her neighbours, the initiative taken by her friends and her relatives who took care of Anu’s operation costs. A small initiative by the SHG women brought hope for Anu and her family.

**Trials through the trails**

The scenic beauty of the Himalayas and its villages takes away our breath. The cool mountain air and the winding steep paths are refreshment for people settled in an urban environment. Often these winding steep paths in the hills are a hindrance for an ill person to reach a nearby health centre or a hospital for receiving treatment on time. In Rammam and Bhanjyang villages of Darjeeling ill people are often carried by their neighbours especially youths and men upto the nearest motorable road to get them to a hospital. Since the path connecting a village to its surrounding villages and to the main road is not always motorable road. Trails are common in villages located in the Himalayan belt. Carrying an ill person through a trail is a herculean task! Ill people who are not able to walk on their own to the nearest motorable road receive help from their neighbours. Members from Rammam and Bhanjyang Village Development Committee (V.D.C) play a pro
active role in reaching out to villagers who need a helping hand in taking their dear ones to the hospital on time. The V.D.C members do not ask anything in return for their service. The ill neighbours are either carried by members on their back either in a makeshift stretcher using bed sheets, blankets and cotton sheets or carried by 3-4 members by holding legs and hands. In the month of July Bhanjyang V.D.C members carried a villager named Hanok Rai from Bhanjyang to Sepi which is about 1 km. He suffered from high blood pressure and was rushed to the nearest primary health centre at Sepi. The members also carried a lady named Gunjan Rai from their village Bhanjyang to Sepi in the month of October. A pregnant lady was also carried from Bhanjyang village till Sepi in a vehicle. After the members dropped her at Sepi, she left on a vehicle for Darjeeling along with some of her family members for her delivery. Later the members came to know that the delivery was a success. In the month of December Rammam V.D.C carried and ill person named Norbu Sherpa till Pureytar, Sikkim. Rammam, Bhanjyang and other villages of this region lie close to the borders of Sikkim. (Neighboring state of West Bengal) It takes about 45 mins to reach Pureytar, Sikkim for a normal village on a foot’s journey since it’s a trail. While carrying and ill person it may take more than 2 hours through the same trail. Norbu Sherpa suffered from fever, headache and required treatment. Rammam V.D.C members carried him upto Pureytar. Later he was happy that with the help from his villagers he was able to receive treatment on time.

**SHGs concerned for their community.**

20 villagers from Gudaray Gaon, Tamang Gaon, Bhalukhop and Topline in Kumai got the opportunity to get their eyes checked when an eye camp was organized at the cluster house at Topline in Kumai. The eye camp was organized by Om and Dream Self Help Groups (S.H.G) in Kumai. Women from SHG had come to know of people in their village who needed an eye check up. If an eye camp was conducted in the village, their neighbours would be able to save their travel fare and doctor fees. (Rs. 500 minimum) For instance if someone needed an operation or further check after the eye camp, the money would come handy then. Members from these two groups came to know about a team from Kalimpong who went around villages and conducted eye
The groups also heard that or villages check up rates and glass making charges are minimal. The eye camp team also offered discounts for villagers which was a bonus. A team of 3 doctors arrived. They did not charge any amount for their to and fro journey from Kalimpong to Kumai. People who came for the check up paid Rs. 20 as registration fee. 11 out of 20 villagers were prescribed glasses after the eye check up. The team of doctors charged a reasonable amount for a pair of glasses. Eye drops were provided free of cost for villagers in need. The pair of glasses for the villagers was delivered at Kumai by the eye camp team after 10 days without any charge for the delivery service. With an eye camp in their own village, people in Kumai not only saved time and money but also availed the benefit of getting their eyes checked without even having to leave Kumai.

**Lungshel VDC’s efforts to open closed road.**

When there is a pro active VDC then nothing is impossible! Lungshel VDC work together and motivate villagers to join them in their ventures. After helping in a toilet construction for an elderly couple this year, making the road motor able once again in Lungshel motor able is another achievement for Lungshel VDC members. This road connects Lungshel and many other villages from Pokhrabong Gram Panchayat to nearby hospitals and other places. In other words this road is the lifeline for Lungshel and its surrounding villages. Though the road was dug in 2009 it remains unpitched till date. There was no effort from the government’s side to improve the road conditions. Due to heavy rainfall one night during the month of August the rough road leading to Lungshel was muddy and much of the mud, dirt and stones were washed away. The bad condition of the road made it impossible for vehicles to run for about a month. Till one month no government offices looked into this matter or visited the place. More than 60 people from Lungshel along with the VDC members came together to clean and repair the road to make it motor able once again. Villagers were compelled to repair the road on their own. The villagers faced a lot of trouble due to bad condition of the road and had to walk more than halfway on foot. The villagers have demanded
the government office to look into this matter and solve their problem. This year’s monsoon months are gone. The work of repairing is also done by VDC along with the villagers without any costs but the question remains for the next monsoon months. Will Lungshel and other villages from Pokhrabong GP suffer the same fate next year?

**The gift to the community people from the shg and vdc**

In the month of May Self Help Groups (SHGs) and Village development committee (VDC) in Lungshel organised and eye camp. SHGs and VDCs in Lungshel are actively involved in playing a key role in helping and reaching out to their neighbours. An eye camp for 40 villagers from Lungshel and Malitar was an opportunity for their neighbour to get an eye check up free of cost, save time and travel expenses. At Lungshel health clinic, venue for the eye camp, a team of doctors from Greater Lion's Eye Hospital, Siliguri conducted the check up. 20 villagers who were prescribed glasses had to pay Rs. 350. This was a benefit for the villagers as going either to Siliguri or Kalimpong for an eye check up means spending more than Rs. 350. Neighbours are happy to have reaped benefit from this eye camp. They are grateful towards their friends from SHGs and VDC from Lungshel for organising eye camp without anything in return.

**Networking effort of the VDC**

Village Development Committee aims to achieve a strong socially fabricated society in their respective village. Lankapara Village Development Committee had received training because of which they were encouraged to visit the block office to know about the welfare schemes for villages. The Village Development Committee of Lankapara visited the Gram Panchyat Block office at Madarihat. The
members met with Madarihat Welfare Society as they had got to know that the welfare society had been distributing blankets and warm clothes which were much needed to the people. The people of Lankapara were mostly engaged as tea garden labourers and during the month of January the tea garden is closed leaving the workers unemployed for more than a month. They have to feed themselves and their family, which makes it very difficult for them to make ends meet without having a guaranteed job.

Blankets were distributed among the villagers in Lankapara Bazaar, 20 no.line, Manshi line, 5 no. Line, Sukunti Line, Pagli Khas. The people who had received the blankets were happy with it and because the Village Development Committee could do this because of proper networking. Villagers could keep themselves warm in the winter season.

SHGs of Lungshel, an example of a good neighbour

Sanchamit Tamang a 40 year old lady in Lungshel was going through a hard time in her life. When her husband Rambahadur Tamang fell ill due to some problem in his liver, she was distressed. Mother of four children, two sons and two daughters, she did everything possible to treat her ill husband. The medical expenses were high but Sanchamit tried her best to help her husband. and Himali offered to help the SHG to help for the treatment group had used the money money was not much but the two SHGs for providing she was in need. It was not only visits from the SHG members to gave them emotional support. Despite the medical treatment Rambahadur Tamang did not live but the SHGs role as giving support to his family did not end. The SHG members would visit the family providing them with moral support and also helped the family, with the funeral of Rambahadur.
Nabgaon VDC become a message to their community

In the month of April Nabgaon Village Development committee (VDC) conducted a cleaned the surroundings of Nabgaon government primary school. Bushes and hedges had been growing wild around the primary school. Villagers cleaned the school premises keeping in mind that a school is a treasure for their village. So they helped and cleared bushes and plants growing wild in the school compound.

The second part involved the Nabgaon VDC advocating about the importance of having a government primary school in their own village. Villagers prefer sending their children to English medium schools outside Barbote. These schools offer better facilities for students compared to primary schools. As a result the number of students in primary schools has decreased in recent years. When Nabgaon VDC conducted cleaning campaign at the school there were only 7 children from Nabgaon village attending the primary school. The Village Development continues to advocate on the significance of having a school in the village. It is in fact the duty of each villager to take care of the school which is a treasure for the community. Nabgaon Village Development committee feels that this is a small act to call their neighbours and friends to join hands to bring changes in their community.
Creative innovation of plastic waste

The effect plastic has on our environment is rarely thought about as a result we see waste littered around us. On 5th of June two SHGs of Kumai, Shanti and Ujwal, along with the women trainees who had taken the Life skill and Agro based vocational training, who had been trained on the reuse of plastic had come together to celebrate world environment day. Though, every year, on world environment day awareness programmes are organised about the importance of on the need to resources, plant surroundings activities however only a day. are done only on women of the training group would celebrate day in a different a choice to reduce plastics by making decorative items like baskets, flower vases and wall hangings out of plastic. These reused plastic baskets were used by the women to decorate their homes and some were even given as presents to their friends and neighbours. The project of turning plastic waste into decorative pieces had a positive response from the people of the village. People thought it to be an interesting idea. Plastics are being collected by the people instead of burning it; also because people collect plastics the area does not have much litter of plastic as compared to the earlier months. Women trainees and the SHG groups believe that this environment day will have a lasting impact compared to the rest of the environment day celebrations.

Taking responsibility and living responsibly

Community based group members are active in carrying out cleaning campaigns. Before and after monsoon months roads and drains need to be cleaned. Though much of these acts should be carried out by concerned departments but it’s easier said than done. Self Help groups and Village Development committees have united many a times to solve issues of cleaning motorable roads, village path and drains. Self Help groups (SHG) and Village Development
Committee (VDC) of Barbote, Mungpel and Serwani villages have involved themselves in cleaning campaigns. Mungpel SHG and Nawa Sangstha Sangathan (Serwani VDC) got involved in repairing the motorable leading towards their village in the month of July. Due to heavy rainfall, the road was in a bad condition. Since the road is not maintained by concerned government department and remains unpitched till date, the groups came together for road repair. Villagers faced difficult situation till 15 days in the month of July as the vehicle could come only halfway. Mungpel SHG’s effort saved the villagers from further trouble. Nabgaon VDC members also got involved in cleaning drains and cemented path in their village. They wanted to save their neighbours from inconvenience while walking through the path especially during monsoon months. So they cut wildly growing hedges and removed green moss on the path and drain which gets slippery once it is wet with rain. The efforts of SHGs and VDC were praised by the villagers. Though the concerned department does not look into the matter of cleaning road, the groups took an initiative to clean the path and roads for the benefit of all villagers.

**VDC works hard to raise fund**

It takes a village to raise a child! And it takes Village Development Committees in villages to raise funds for an ill villager. Srijana, Jana Kalyan and Social VDC from Shrikhola, Darjeeling gathered and collected funds for an ill person named Jagat Singh Rai. He is a resident of Shrikhola village. He was diagnosed with large intestine cancer at a nursing home. Doctors had suggested him to go to a hospital in Hyderabad for further treatment. At Hyderabad he was suggested to undergo operation for removing his large intestine. The estimated cost was Rs. 5 lakhs. It also meant that he would be admitted for some months at the hospital. Jagat Singh Rai went to Hyderabad in November. He has a family of 6. They mainly rely upon the sale of vegetables that they grow in their land. He
was not in a financially stable state to bear the expenses for his treatment. The 3 VDCs came to his aid to arrange some funds. Members from Srijana, Jana Kalyan and Social went to meet villagers on a door to door basis. They explained Jagat's condition to the neighbours. VDC members collected cash from families, donated out of their free will. They collected Rs. 20,000 and handed over to Jagat's family. The rest of the amount was arranged by his family, friends and through collections. The VDCs put in their energy and time by visiting families to collect financial help for Jagat Singh Rai. Jagat Singh is now home after his operation and is grateful for financial help.

VDCs & SHGs unite to build a safer path
It takes about an hour to reach Mandirgaon from Lungshel. The only mode of connection from Mandirgaon to Lungshel and two other villages Majong and Pochok is a bamboo bridge which was recently repaired by Lungshel VDC and SHGs. The VDC and SHGs members repaired the bridge in a day. They even collected some amount among their groups to buy nails and other things required to repair the bridge. Bamboos were contributed by some members from the groups. Since this bridge also connects the villagers to the main road repairing was an important task. The walk through this bridge saves the villager’s time. This bridge is a shortcut leading to the main road as well as connecting Mandirgaon to 3 other villages. The repair of the bridge has brought praises for the groups. The villagers are grateful for the bridge repair done by these groups. This working together of the group shows another example of unity among them and their selfless desire to serve villagers.

Concern for Aitamaya Subba
Aitamaya Subba is a widow from Serwani village. She was not aware about the facilities from Gram Panchayat for widows and elderly people. When Nabgaon Village Development Committee
members came to know about Aitamaya's condition, they decided to find out her needs and offer their help. VDC members visited Aitamaya's home to talk to her and know about her needs. Since she lived all by herself, she was happy to see villagers at her home. Conversations with Aitamaya shed light on her need of tarpaulin (thick sheet of plastic) to cover her roof since it leaked badly during monsoon months. VDC members assured her to get her a tarpaulin from the Gram Panchayat office on her behalf. Aitamaya was happy with the assurance from the VDC members. The members lived upto their words. They went to the Gram Panchayat office and got a tarpaulin sheet for Aitamaya. This tarpaulin was just what she needed to cover her kitchen roof that leaked during monsoon months. Thanks to the effort of Nabgaon VDC Aitamaya will no longer have damp walls and clothes soaked with rainwater!

**Lending hands for cleaning**

Upper Kumai primary school has an open boundary. Its school ground serves as a space for functions and programmes by Self Help Groups and Village Development Committee. Village children use the school ground as their playground during evenings and vacations. After children’s activities and functions are over at the school ground, paper and plastic wrappers are seen scattered on the ground. The location of the primary school in an open space leaves ample room for littering. This school ground needs thorough cleaning towards the ends of its winter break in the month of January. Keeping the condition of the school ground in mind, 3 S.H.Gs came together to clean Kumai primary school ground. Women from Om, Dream and Star SHGs came together in the month of January to clean the primary school premises. Armed with brooms from their homes women took about half a day to clean the school premises. The school would open in the month of February, so it was a perfect time to clean the school compound. They collected plastics, dry leaves that gathered during winter months around the school compound and ground. These women wanted the school compound to be clean before the school reopened. Women from the self help groups feel that the school in
their village is an asset. Keeping the school clean is also their responsibility. They were happy
to carry out the cleaning activity and keep the children clean before the school reopened.

11 dustbins along the trail

When women work together as a group, many things can be achieved! This was proved by
women from Anugrah self help group in Kolbung, Kalimpong. These women carried out dustbins installation in their village.
Wastes like plastic wrappers, papers keep lying along the paths once it is thrown. There were no dustbins along the way where people could put plastic wrappers and waste paper. Proper disposal of waste has its benefits. It not only saves time spent in cleaning the accumulated waste but also maintains clean, healthy and waste free surroundings. Women reused oil tins as dustbins instead of buying a new one. The tins were available at their homes, which are used for collecting water and cooking fodder for cattle and other animals. They collected 11 oil tins. Women purchased green and white paints to paint the tins. With the tins and paint in hand, women themselves painted 11 tins. Once the painting was done, they collected some wood and nailed the tins. Women placed the painted dustbins from S.S.K to Sahor Dara in Kolbung. Along with dustbin installation, women from S.H.Gs also cleaned and dug up the village trail from S.S.K to U.C.N.I church about half kilometer. They also widened the trail on both sides so the villagers could walk with ease. Cleaning and widening the trail was done without a single penny. All it needed was women in unity and their effort. The act of random kindness by the self help group women is appreciated by the villagers.

Education
Why?
- To spread health education among children.
- Help children develop life skills through active learning.
- Make children feel important in the family and in society.
- Help make the Bible relevant to a child’s personal life.
• To see adolescents mature physically, mentally, socially & spiritually.
• To help them become mature and responsible adults.
• To see them contributing to the wellbeing of their community.
• To provide access to education for children in very remote parts of our work areas.

How?
• Through forming CTC Clubs.
• Teacher’s trainings.
• Health awareness camps for children and guardians.
• Sunday school teacher’s trainings.
• Train Adolescent’s Group leaders.
• Help trained leaders form and run groups.
• Awareness on different raising issues, like rape, trafficking, abuse, misuse of internet, child labour, male-female relationship etc.
• Parenting teaching.
• Running a hostel with capacity for 50 boys and 50 girls in Buxaduar region.
• Running a primary school in Daragaon, Rimbick area.

Note: Curriculum for children, youth and education related trainings in Appendix 4-8

What we did:
Kalimpong area
• 7 new CTC Clubs (9-15 members each) & 3 new Teens Groups (7-8 members each) formed.
• 7 CTC Clubs & 3 Adolescent’s Groups met at least once a month. Lessons as per curriculum.
• 7 CTC Clubs & 3 Teens Groups completed their curriculum.
• 21 Activities by CTC Clubs and Adolescent’s Groups that benefitted their community.
• 12 group leaders provided 1-3 follow-up trainings each. 9 other members of the community also sat in on the trainings.
• 10 groups monitored once every 2 month by CMs and 2-3 times by Facilitator.
• 5 health awareness camps by CTC Clubs for the community.
• 2 awareness seminars on the importance of children & adolescents in church/society.
• 3 Clean India campaign to motivate the community to keep their villages clean.
• 3 Career counselling for 57 teens.
• 3 awareness seminars on human trafficking for, 273 children in Barbote, Lungshel and Sherpatar.
• 2 awareness seminars on love, sex marriage and living relationship for 40 teens eens participants between ages 15-22.
• 2 Awarenesss on child rights for 5 SHGs.

Dooars area
11 new CTC Club (8-15 members each) & 6 new Teen’s Group (10-15 members each) was formed.
• 11 CTC Clubs & 6 Adolescent’s Groups met 1-2 times a month. Lessons as per curriculum.
• 11 CTC Clubs & 6 Adolescent’s Groups completed their curriculum.
• 20 activities by CTC club & Teens group.
• 17 group monitored once every 2 month by CMs an 2-3 times by Facilitator
• 17 group leaders provided 1-3 follow-up trainings each. 18 other members of the community also sat in on the trainings.
• 3 awareness seminars on the importance of children & adolescents in church/society.
• 5 health awareness camps held by CTC Club children attended by a total of 226 children and 291 adults.
• 1 Sunday school teacher’s training for 8 participants from 6 churches.
• 2 awareness seminars on love, sex marriage and living relationship for 48 teens eens participants between ages 15-22.
• 3 Clean India campaign to motivate the community to keep their villages clean.
• 5 Career counselling seminars for 68 teens.

Darjeeling area
• 8 new CTC Clubs & 5 teens’ groups formed with 10 & 15 members.
• 8 CTC Clubs & 5 Adolescent’s Groups meeting once a month.
• 8 CTC Club & 5 Adolescent’s Group completed their curriculum.
• 13 group leaders provided 3-4 follow-up trainings each. 20 other members of the community also sat in on the trainings.
• 3 awareness seminars on the importance of children & adolescents in church/society.
• 3 health awareness programs by CTC Club for 47 children and 89 adults.
• 1 School teacher’s training for 10 teachers from Red Star Academy.
• 2 seminars on child rights for 40 adult.
• 4 seminars on child protection, rights & abuse for 75 participants.
• 2 awareness seminars on love, sex marriage and living relationship for 33 teens participants between ages 15-19.
• 4 Clean India campaign to motivate the community to keep their villages clean.
• 1 career counselling for 16 teens.
• 26 Activities by CTC Clubs and Teens Groups that benefitted their community.

School- Red Star Academy

Running of Red Star Academy an English Primary School, Daragaon)

• 54 students from LKG to Class VII were given access to high quality primary education within their own village where 7 students had passed this year.

• 10 teachers are provided with a livable full time salary. 33% of the teacher’s salaries and the school’s operational costs are covered from collected fees and rest are supported by HIMserve.

Grace Student’s Hostel

Grace student’s hostel, Suntalabari for less fortunate children from Buxa hills and its surrounding villages continues to run with the support from 12 HIMserve staff and no other external support so far. The hostel since its inception has been a place to support and nurture talents of children for their future scope. Though it has been an uphill journey trying to run the hostel smoothly since the beginning, the support from Himserve staff has helped to take small
steps to improve the student’s behaviour and develop their personality while they stay at the hostel to pursue their studies. Currently we have 87 children, 57 boys and 30 girls. As the number of children has increased in the hostel this year we have extended the hostel building with construction of rooms for office and guests. We are also happy that children by staying at the hostel and saving long walks of an hour or more through the jungle route back home are doing well in their studies. 4 students cleared their Madhyamik Board exams (State board exams for class X) and 1 student is studying in college through distance mode. 5 teachers continue to guide the children with their studies every evening from 5-7 pm. Guidance from the teachers is bringing improvement in boarders who took less interest in their studies or did have anyone to look up to back home for help with their homeworks. A vehicle has been purchased and remains stationed at the hostel compound. The vehicle was purchased keeping in mind to tackle emergency situations like rushing hostellers to the hospital when they are ill or carrying groceries for hostel when transportation is not available. With the increasing number of children, growing organic vegetables continues in the 2 green houses. Fresh vegetables grown in the green house cover the need to provide balanced nutrition for the students. 2 more pigsties have been added this year as the total number of pigs has gone upto 40. Pigsties constructed previously did not have enough capacity to fit the pigs, so adding 2 more was essential. Poultry has been added in the hostel which provides eggs and meat for our children. We are happy to employ Hishey Dukpa as hostel staff. He stayed at the hostel as a boarder. After pursuing his higher secondary studies, he continues his college education on distance mode and continues to offer his services at the hostel. Another boy residing close to the hostel premises had joined as staff but he left midway in 2019. The cook we employed in the previous year continues to provide 3 course meals and looks after the hygienic maintenance of the kitchen. Grace Student’s hostel is now fully equipped with solar power. The solar panels lights up the hostel and aids in conserving electricity. With the poultry, increased number of pigs and
being alert on elephant on the move solar power for the hostel was significant. Hostel children now do not need to worry about power cuts during study hours. Solar power is around to save them and study on time.

Challenges Faced
- Contextualising lessons for C TC club and teens according to the local situation helps them grasp the subject better and relate to the teaching methods.
- It is a challenge when fewer participants show up for trainings. This often hinders in executing the trainings as planned.
- Making relevant training topics and subjects simple so that the CTC/Teens club leaders can understand them easily.
- It takes time for a leader to get used to teach children in interactive method of teaching. A teacher or a leader may be accustomed to teach without any interaction and it takes time to change.

Lessons Learnt
- Use of visual aids and examples while training leaders help them relate to the topic with much ease.
- Training topics should be prepared keeping the interest and ability to understand the subjects by the leaders and participants.
- We should keep up with current times; introduce new games and creative activities so it keeps the interest among the leaders and children to learn more.
- Interacting with the club leaders apart from training hours is important to know about their development and the progress of the club children.

A rewarding experience
I am Gloriya Lepcha from Lungshel in Kalimpong area. I am a teacher at St. Thomas Mission School, Ghoralgaon. I started teaching in 2017. When I joined school, I did not have any prior experience of teaching children. Many times I relied on teaching without any pre-hand preparation. In 2018 I got the opportunity to participate in a teacher’s training organised by HIMserve. The training was a big help for an amateur teacher like me. I learnt about the importance of preparing lessons prior to my classes. It taught me the responsibility of a teacher to teach a child. I changed my teaching method after learning from the teacher’s training. I
prepared the lessons in advance. Earlier children did not enjoy most of what I taught. Now I help them relate the lessons and topics by showing examples. Children enjoy their lessons. The classes are interactive and children are curious to know more. Seeing the change in my classroom, my work leaves me satisfied at the end of the day. As I look back to the initial days of teaching and compare it to the present days, I find a change. Day by day the change and improvement in my teaching affected the classroom environment and the children as well. I am grateful for the training provide by HIMserve. The teaching method has not just proved beneficial for me as a teacher but its application in the classroom has made the experience of teaching much more rewarding.

“My teen’s club changed my mind set.”

I am Manjali Rai, student of Red Star Academy, Kharka. Being a 13 year old and studying in class VII is fun. Another thing that adds joy in my life is my teen’s club. My teen’s club is not like a regular class. I enjoy what our leader shared during club sessions. We participate in club activities and there is never a dull moment. Our leader encourages us to speak up, share our thoughts and show active participation during club sessions. These days I appreciate my life here in my village, all thanks to my club leader. My love for my village and its environment grew more day by day. Growing up in a village with greenery and fresh food to eat is a blessing. We also came to know that this is an opportunity for which people settled in urban areas desire the things which are freely available in our village. My friends and I realized that it is also our responsibility to keep our surroundings clean. We could take a step. Educate our friends, parents and neighbors. Cutting of trees and mindless garbage dumping damages our environment. We passed all these good and new learning to our friends from village who did not attend teen’s club. Back home, my parents are happy to see and hear me share lot of new ideas and learning. Upon my return home after my club session, my parents look forward to listen to me. I am taking small steps to put into practice what I have learnt. I have stopped throwing plastic wrapper and plastic bottles here and there. Earlier I
thought that it is our elders who must keep the surroundings clean. We have no need to bother about it. But my mindset changed after knowing that I am also responsible for my environment. I am grateful for the opportunity to know and understand new things from my teen’s club. They could make five cushions out of it and five members took each one and have decided to make it again. While cleaning the road they felt to place the dustbins along the roadside but could not afford it that time but are planning to place it dustbins with the help of CF Suren and leaders of club.

**Anosh learns to manage time**

My name is Anosh Lama. I am 15 years old. I am from Lankapara. Coming to teens club makes me feel happy to interact and learn along with people of my age. It is a wonderful opportunity to learn new subjects without even having to travel elsewhere. Before coming to teen’s club I used to roam around aimlessly often and engage in taking for my homework early or parents I spent my time. My parents often scolded me for my behavior. I did not bother. Even after I continued with my activities. One day when our club leader told us he made me think about my leader told us that even utilizing half an hour which we waste everyday can make a great difference. Spending an hour to finish homework and studies on time was worth than watching TV for an hour. This example and idea of time management made me realize what I was doing with my friends was not worthwhile. It was a struggle to change my habits. I started one step at a time. By making a new routine, I was able to manage time to complete homework and help my parents with the household chores. I set a limited time to meet my friends and talk with them. It amazed me that my routine allowed me to finish many tasks. Time was same, only the way I was using it was different which made me finish my homework as well as saved sometime to lend a hand in the household chores. I am grateful to our club leader for telling us the importance of time management.
CTC club children of Basan church put waste plastic to a good use. Club leader Suren Rai had shared about waste management and reuse of waste plastics to save environment. Children were eager to act what they had learnt. On 5th June which is the world environment day the children decide on a cleaning drive. Their leader helped them in this initiative. They collected plastics (wrappers, polythene bags and plastic sheets) that were lying on the path from Shrikhola to their village Bichgaon. Their club leader told them about using plastics as cushion fillers. Some self help groups in their area were already making cushion fillers using plastic. The leader knew how to make such cushion. So he assisted the children in the entire process. Once the cleaning was done, the children collected one full sack of plastics. They washed the plastics to get rid of all the dirt and dust and kept in one room (in one of their member’s house) to dry for couple of days. Once the plastic was they collected and kept it aside.

In the process of cleaning the path and getting rid of plastics, the children strongly felt that littering not only makes the surroundings look dirty but is harmful as well. In the month of mid-July once again the club children came together to create something useful out of useless waste. As an encouragement for the children the club leader purchased some cloth for cushion which cost him about Rs. 375. He bought it at his own expenses.

To prepare the filler the children had to cut washed and dried plastics into small pieces using scissors. This was much of a time consuming task but the club’s excitement was on zenith. The cloth purchased by their leader was used as a cover where they put all the cut plastics and closed it by sewing manually. So their 15x15 recycle cushions were ready!

**Cushions out of waste plastics**
Children prepared 5 cushions with their leader’s help. 5 club members took one cushion each. They are planning to make more cushions by collecting plastics.

**Anish’s obedience brings happiness to his parents**

12 year old Anish Rai studies in Class V. He attends Red Star Academy School at Kharka. Anish joined Immanuel Church CTC club at Bhanjyang 2 years ago. Initially he did not show any interest as it was not his choice to join the club. At the club he would often talk and disturb his friends. He was not the club. Anish often and was full of his mischiefs and for his parents. was his parent’s idea. child would learn and pick up good a big worry for his regular in school, any interest in friends from his did not do things regular in school as well as in did not listen to his parents mischief. disobedience brought pain Sending Anish to CTC club They had hope that their something new at the club habits. Anish’s behavior was parents. Since he was not Anish was also not showing attending the club with his village. Back home Anish accordingly. He would often play for long hours instead of sitting for his studies and homework. Often when his parents asked him to help with household chores, he would run off to play with friends.

CTC classes often have games or some fun activity to involve each child and help them easily grasp the subject. One day Anish went back to CTC club. He had skipped many sessions before this. On that day he took part in some games in the club and enjoyed with his friends. This was the first time Anish enjoyed his experience in the club. The games and fun activities attracted Anish to attend another club session. Slowly his interest kindled and he started coming to the club regularly. The teaching on obeying one’s elders and saying sorry when a person makes mistakes touched Anish. Gradually he started applying what he learnt at the club. Earlier his disobedience caused his parents pain. Now his obedience is the cause of their happiness. He listens to his parents and studies on time. Without being instructed by his parents, Anish cuts grass and feeds fodder to cows at home. He now regularly attends school.
**Cleanliness and good behavior**

8 year old Aakriti is from Lankapara. She studies in class 4 and attends CTC club since last 3 years. Aakriti is a happy child now. But earlier it was different. Aakriti had developed rashes and wound in her body. This was a result of exposure to dust and dirt. In Lankapara people either works as labourers in tea garden or at riverside digging sand. Both these areas are prone to dust and dirt. Children go out to play along riverside or close to tea bushes. This brings them in contact with dust and dirt. Aakriti also went out to play with her friends while her parents were at work. Not washing hands and dust exposed body properly was another reason for Aakriti’s rashes. Her fatigued parents did not have time to look after her rashes and wounds upon their return in the evenings.

Another area that Aakriti’s life was her behavior towards elders and her friends. She often argued with her parents. During her early club days she was often in a hurry to return home and play with friends. Club leaders put in effort to bring change in Aakriti’s life. Aakriti learnt about maintaining good hygiene by washing hands after playing with dust and dirt, changing clothes and taking bath on time. Aakriti started keeping herself clean and washed her hands properly which slowly healed her rashes and wounds. The lessons at the CTC club also helped Aakriti bring change in her behavior.

Her behaviors towards her friends were friendly and she stopped to retort her elders. Now she focuses on club lessons and sits quietly till the end. She is not in a hurry to play with her friends. Aakriti shows interest in learning at the club.

**Dichom’s slow and steady changes**

Dichom Dukpa stays in Grace Student hostel since 2 years. 15 year old Dichom was quiet and kept to herself during her initial hostel days. She was stubborn and often did not obey the hostel parents instructions. Dichom also showed resentment and anger with her hostel mate and juniors. She refused to interact with her hostel friends even when the hostel parents encouraged her. Though the hostel parents continued to encourage her, Dichom
continued with her disobedience. Hygiene was another area for Dichom to which she paid no attention. Even after being told by her seniors and hostel parents, Dichom did not take proper care of her hygiene. Gradually the morning/evening devotions and teens session once a week brought changes in Dichom. In teen’s club learning about different topics such as having an ambition in life, significance of education, obeying elders and responsibility helped Dichom bring slow and lasting changes in her life. While coming for devotion at the hostel dining hall, Dichom started talking to her hostel mates and seniors. She no longer showed anger and resentment towards her friends. Dichom obeyed her hostel parents, started maintaining her hygiene and even took care of her juniors. Taking part in hostel duties whether it is cleaning the kitchen or dining hall, Dichom enjoyed them. This year her school teacher praised her for taking part in school activities and singing well. This achievement has brought joy to Dichom. With the changes in her behavior, Dichom has built a good relationship with her hostel parents and won many friends.

**Learned to discipline self.**

11 year old Anmol Rai is from Kharka, Daragaon. He studies in class VII at Red Star Academy. Anmol is a member of CTC club. Along with his school lessons, he enjoys lessons taught at his CTC club. He has gained a lot of knowledge on different topics like keeping one’s surroundings clean, cough and cold, obeying elders and discipline. When Anmol learnt about discipline, it left quite an impact upon him. Having discipline in life by following regular study hours and doing things on time was new for Anmol. Many a times he did not listen to his parents when they told him to finish his studies on time. Instead he would run off to play for long hours. His parents were concerned because of his behavior. The lessons on maintaining study hours and finishing work on time made Anmol think twice. He put the club lessons into practice. Anmol spent his time wisely. He maintained his study hours and finished his homework on time. He started listening to his parents and even helped them with chores at home. The change in Anmol made his parents happy. They were glad that attending CTC club brought changes in their son. Anmol continues to limit his play hours and sit for studies regularly and on time.
Disobident turned to be obedient

Dendi Sherpa is the youngest among the three children of Neemlakhi and Neema Sherpa. He lives in Bichgaon, Darjeeling area with his parents. His eldest sister studies in class X in a school in Sikkim. Dendi’s elder brother studies in class VII. As for Dendi, he studies in a school close to his home. He is 11 and is in class IV. He often does not listen to his parents. When his mother assigns him some chores, Dendi does not obey. His father is an aggressive person and consumes alcohol. He has often seen home once the alcohol takes his father’s behavior at its toll on him. Dendi is a member of Bichgaon CTC leader Suren Rai (also the came to know of his behavior a step to help Dendi and his even after club sessions were counseling to the child. The club children from topics such as “Controlling anger”, “Respect-A life style” and “Sorry-I made mistake”. The CTC leader started to help Dendi since last year. These topics and teachings conducted by the leader sure left an impact on Dendi. Once when the leader went to visit Dendi’s parents, his mother shared that her son now listens to her. He also goes out to cut grass for the cows and obeys his parents. Dendi also lends a helping hand in the daily chores of the household.

Easier said than done

My name is Neha Subba. I am 15 years old and I am from Barbote. Last year I assisted Shantimo Lepcha, leader of Nabgaon CTC club to run the club. This year I took full charge of the CTC club in April as Shantimo Lepcha moved to Kalimpong once her child got admission in one of the schools. Initially I was just assisting the CTC club leader and things looked quite easy. Taking full charge of the club made me nervous and it was a work that is easier said than done. I found it even more difficult to grab the attention of the children and make lessons interesting for them. Earlier when I was assisting Shantimo Lepcha I took part in CTC club leader’s training but just once or twice. Facing difficulties for 2-3 months while imparting lessons to the club children made me realize that I need to attend more training for running the club. Assisting the club leader and looking after the club on my own were two different sides. I
spoke to Philip Lepcha, community motivator for Barbote about the problem that I was facing. He motivated me to take part in the upcoming trainings which would help me learn new ideas and teach children at the same time. I started taking part in trainings conducted by HIMserve once in every quarter. I found the trainings very different as it was not based on lecture method. My participation was involved while learning the lessons. It involved all my five senses when I learnt about active learning, art and craft and communication during the leader’s training session. This also made me understand where I was lacking while teaching the children. I tried to be strict and lecture the children which failed to grab their attention. Since I also did not have much experience as per my age, it was also difficult for me to analyze the situation that I was going through. Learning to teach children in an effective manner is helping me a lot. Gradually I was able to arouse interest in children and encourage participation during lessons. I introduced games and used pictures and props according to subjects. This kindled the interest among the children. The change that I see in myself while teaching children in the club has made me happy. Some months ago I found myself going nowhere. I am growing every time I teach children a new lesson. So are the children learning with fun and ease and growing.

**Juniors and friends react to Anisha’s actions**

13 year old Anisha Rai attends Red Star Academy School. She is in class VII. Anisha lives in Kharka, Daragaon. She attends teens club with her friends from school. Club lessons are interesting. These lessons also make Anisha and her friends think about their behavior, attitude and action. One such topic was waste management and use of dustbins. Anisha learnt that it is significant to throw waste at proper place, use dustbins and avoid littering. She learnt about how the environment suffered due to mindless act of disposing wastes plastics everywhere. When it comes to disposing waste, Anisha often threw plastic wrappers and bottles here and there. Once she
realized the hazards of throwing waste here and there, Anisha changed her ways. She started throwing wastes in a dustbin. When she went to other places outside her village and could not find a dustbin, she carried plastic wrappers in her bag all the way back home. With her changed habits Anisha set an example for her juniors. Her actions spoke out loud. Her juniors followed her example. Anisha is happy to learn new things at the teen’s club and put it into practice. She also influenced her friends from her village. These friends do not attend teen’s club but have learnt a lot from Anisha’s acts.

**Storytelling arouses interest**

Laila Rai leads the CTC club at Assembly of God church in Suntalabari. She is running the club since 4 years. From time to time she helped the leader, before fully leading the club. The former leader use different methods to make the lessons interesting. While Laila helped the leader, she also picked ways to teach children. Her leader also trained her before handing the responsibility of the club. Further she took part in leader’s training provided by HIMserve. These trainings once have helped Laila to reach out to each child in the club in an effective way.

During her training she learnt about various methods of engaging children in their lessons. Laila learnt one such method of storytelling. She came to know if stories are told in an interesting manner it can easily grab a child’s attention. Laila used role playing as one of the characters from the bible story, adding dialogues and allowing the children to take part as the characters of the story. Children enjoyed taking the role as one of the characters. Enacting a character helped the children to memorize the moral of the story more easily. They were more attentive during club sessions. Children looked forward to new subjects and learning with more enthusiasm. The lessons learnt from the story not just remain limited to the duration of the club. Children put into practice what they learnt. Laila also introduced games, group discussions and used picture cards which further kindled interest in the club children. Laila feels happy to teach the children.
Teen to team spirit

“We as a team can clean our village.” A teenage girl spoke during Chotta Hatta teen’s club meeting. Another boy spoke, “Yes, we must act. There is so much plastics and waste on both sides of the village path these days.” And a week later in the month of August 12 teens came together to clean about half kilometer path. Chotta Hatta teens were guided by Dhiraj Rai, Community Motivator for Darjeeling area for the cleaning initiative. They began cleaning both sides of the path leading towards their village by collecting wrappers. This path is common path used by villagers and outsiders entering into the village. Therefore the sides of the path are often littered. Often there are plastic wrappers and waste paper thrown by people going through this path. While cleaning the village they came across a place where villagers had started dumping garbage. Teens thought that dumping more waste in the coming days could lead to health problems, pollution and landslides. They thought that making a boundary with bamboo would prevent the villagers from throwing waste at that place. Dipendra Rai, on one of the villagers gave 6 bamboos which was enough to construct a bamboo boundary.

Villagers also joined hands with teens to make their effort a success. They even appreciated the initiative taken by teens to make the place garbage free. Chandra Kumari Rai, a 68 year old lady also joined them in their effort. This gave the team a boost for their work. It took them about an hour to fix the bamboo with the help of elders. Teens also placed a signboard which read” Do not throw garbage here.” After the construction of boundary with bamboo, the teens keep an eye to make sure that no one throws garbage in that space. This initiative of teens is highly appreciated by their neighbours.
Alina and her journey towards teaching and learning

Alina Rai leads the Sunday school at Believer’s Eastern Church, Rajabhatkhawa. After she completed her class XII she was home, so she started teaching Sunday school children. Initially she was not much confident to teach children. She received Sunday school teacher’s training at this time. Teaching was a new experience for Alina. Topics on health and communication were an eye opener for her. She understood the importance of building and shaping a child’s mind at a young age. Alina used engaging methods of skit and games. Alina made children participate during the lessons. Whether it was reading out the Bible stories aloud and acting out the characters, Alina included activities and as a result the Sunday school classes were something children looked forward to and enjoyed themselves. Activities and participation during Sunday school session kindled interest among children to learn more. Children enjoyed reading Bible not just during their class but even at home. They memorized verses and also remembered lessons from past week during their next class. This was a rewarding experience for Alina. In this journey, the children learnt new things along with Alina. Though she lacked confidence, with the Sunday school teacher’s training and involvement with children she has started to believe in herself more

CTC and Teens contribution for a better surrounding

Teen’s club and Child to child (CTC) from villages of Kalimpong and Darjeeling clean the surroundings in their villages. Teens and children have gone through trainings on keeping themselves and their surroundings clean. Therefore, children look forward to cleaning campaigns with their friends from the club. They just don't stop at this point. Club children and teens share their lessons with their family and friends who do not attend CTC sessions. Members of the club from villages of Kalimpong, Darjeeling and Dooars have not just influenced their peers
but also their elders. Teens have educated their parents about using a dustbin to throw wastes. They also go around their villages to check if plastics are put in dustbin or lying elsewhere. Teens in Bichgaon, Darjeeling placed dustbins along the way leading to their village to ensure that every villager and passerby will make use of the dustbins. Teens from Chotta hatta, Darjeeling cleaned their village and built a barrier using bamboos to prevent dumping of garbage along the pathway. Similarly in Kalimpong, teens and CTC clubs in Barbote carried out cleaning activities in their areas under the guidance of their club leaders and supported by the villagers.

Youday bounces back in her studies
At the time Youday Dukpa joined the hostel, he struggled with his studies. 13 year old Youday studies in class V. She is from Chunabhatti village. Earlier when Youday attended the school from home the to and fro journey on foot (more than an hour) was exhausting. This often left her with little time. Often she sat down for her homework or to study some lessons and when she needed help she had no one to look up to. The absence of a person to help her with his studies was another reason for his initial struggle. Once she joined from her senior and hostel hours with her friends. Youday also received help from her school teachers who came to hostel and taught children in the evening. Seniors at the hostel also aided Youday in her studies. Gradually Youday showed improvement in her studies. She is now happy to receive help for her studies from her teachers and seniors at the hostel.

Love and Care transforms Jeko
12 year old Jeko Dukpa is from Adma forest village. He is staying at the Grace student's hostel since 4 years. When he joined the hostel initially, he spoke very little with his hostel mates, seniors and hostel parents. He spoke only in his mother tongue Dzongkha (Dukpa language). Jeko disobeyed his seniors, hostel parents and run away to his
dorm when he was called. He had no interest in his studies and often disturbed others during study hours. The hostel parents needed another hostel student or Jeko's elder sister Pem Lham (who also stays at the hostel) to help translate Dzongkha to Nepali and vice-versa. This was the only way to know how Jeko was feeling since he did not respond or express himself with his friends. Showing love and care despite Jeko's stubborn behaviour has resulted in changes in his behaviour. He now listens to his seniors and hostel parents. Jeko has learnt to speak in Nepali language by speaking with his friends and seniors. The changes we see in Jeko did not happen in a day. It took effort, care and love to help him mingle with his friends to help him change his behaviour. Hostel parents continual love and support has helped bring change in Jeko's behaviour.

**From speaking less to striking a conversation**

Simon Dukpa is from Adma village. He is studying in class X. His younger siblings Honok and James also live with him at the hostel. When Simon joined the hostel, he was neither naughty nor a trouble causing kid but he kept to his himself on most occasions. Since he spoke little, it did not help him mingle much with his mates and seniors. Simon often interacted with his younger siblings at the even during play hours. As with others, he started slow in starting a mingle with his friends. now struck conversations Apart from his siblings, other hostel mates. Along spoke less to being a person who started a conversation, Simon was also influenced by the trainings provided by hostel parents and other staff. He was also appointed as the hostel captain for sometime seeing the positive changes in him.

**Tshawang mends his ways**

Tshawang Dorji Dukpa is from Lapchakha village in Buksaduar area. He is 12 years old and studies in class IV. Tshawang's father is a daily wage labourer at Jaigaon. So he is often away from home to earn a living for his family. He sent Tshawang to stay at the hostel so he could improve in his studies and control his play hours. Back home while his father was mostly away due to work Tshawang played for hours with his friends in his village. He had no interest in his
studies. When Tshawang joined the hostel, initially he continued with his play routine. He was not serious during study time and showed no interest to complete his homeworks. Since he freely played home, he tried to repeat the same seniors or hostel parents told rules, he would not oblige. part in chores assigned to interest to lend a helping hand. Tshawang to mend his ways. morning and evening devotions, gradually brought changes. Hostel parents shared about the hard work parents put up with for their children. This helped Tshawang realize the struggle his father goes through to fulfill his needs. He controlled his play hours and took his studies seriously. When Tshawang's father saw changes in his son, he was overjoyed. It was indeed a father's wise decision to send his son to stay at the hostel. Tshawang has won many friends, enjoys going to school by staying at the hostel.

Health

Why?
To raise awareness of health and hygiene issues and emphasis the importance of prevention especially among those who do not have access to medical facilities.

How?
- Awareness seminars.
- Community Awareness Volunteers trainings.
- Community Health Volunteers & trained traditional birth attendants trainings.
- Medical Checkup Camps.
- Health Clubs.

Note: Health training curriculum in Appendix 9

What we did:
Kalimpong area
- 4 refresher trainings for Lungshel Health Club.
- 4 refresher trainings for with Barbote Pabringtar Swasthya Sevika (Health worker group) in Barbote.
- 4 refresher trainings for Dubling Reon Parbintar Health Club.
- 3 Health Club workers are monitored once every 2 months by CMs and quarterly by Health Facilitator.
- Medical equipments are provided to Health clinic as per needs.
- Medical support is given to the needy sick people.
- Glucometer is provided to each health clubs.
- 4 trainings for Health Clinic staff of Lungshel.
- Health Clinic in Lungshel monitored monthly by CM and quarterly by Health Facilitator.
- 54 Health awareness teaching given by Dubling Reon Kattarey Health Club members (individual & group) covering 724 member of their community.
- 67 Health awareness teaching given by Barbote Pabringtar Swasthya Sevika members (individual & group) covering 661 member of their community.
- 41 Health awareness teaching given by Lungshel Health Club members (individual & group) covering 514 member of their community.
- Former CHVs are helping their communities continuously by checking blood pressures, sugar, and fever, ANC, PNC, sending / taking patients to the hospital in emergencies, by giving awareness teaching on different health issue and family planning teaching to the couple.

Dooars Area
- 4 refresher trainings for Lankapara Health Club.
- 4 refresher trainings for Kumai Ekta Swasthya Sangatan (Health worker group).
- 4 refresher trainings for Buxa United Health Club.
- 4 trainings for Health Clinic worker of Chunabhatti and Adma.
- 3 Health Club workers are monitored quarterly by CMs and quarterly by Health Facilitator.
- Health Clinic in Chunabhatti, Buxaduar monitored monthly by CM and quarterly by Health Facilitator.
- Medical equipments are provided to Health clinic as per needs.
- Medical support is given to the needy sick people.
• Glucometer is provided to each health clubs.
• 42 Health awareness teaching given by Buxa United Health Club member (individual & group) covering 532 member of their community.
• 56 Health awareness teaching given by Kumai Ekta Swasthya Sangatan (individual & group) covering 513 member of their community.
• 48 Health awareness teaching given by Health club member (individual & group) covering 486 member of their community.
• Former CHVs are helping their communities continuously by checking blood pressures, sugar, and fever, ANC, PNC, sending / taking patients to the hospital in emergencies, by giving awareness teaching on different health issue and family planning teaching to the couple.
• 4 Awareness Teachings in Grace Hostel Suntalabari.

Darjeeling Area
• 3 refresher trainings for Shrikhola Daragoan Gram Panchayat club.
• 3 refresher training for Health Club Dahal Dara Rimbick Gram Panchayat club.
• 3 refresher training for Sagarmatha Fatintaar Health Club.
• 4 trainings for Health Clinic staff of Daragaon, Rimbick.
• Medical equipments are provided to Health clinic as per needs.
• Medical support is given to the needy sick people.
• Glucometer is provided to each health clubs.
• 2 CAV trainings for 53 participants in Basbottey.
• 9 CHV trainings for 45 selected persons from CAV. Graduation to be held in April 2019.
• 3 Health Club workers are monitored quarterly by CMs and quarterly by Health Facilitator.
• Health Clinic in Daragaon, Rimbick monitored monthly by CM and quarterly by Health Facilitator.
• 45 Health awareness teaching given by Shrikhola Health club member (individual & group) covering 285 member of their community.
• 26 Health awareness teaching given by Health Club Dahal Dara Rimbick Gram Panchayat club (individual & group) covering 174 member of their community.
• 42 Health awareness teaching given by Sagarmatha Fatintaar Health Club (individual & group) covering 367 member of their community.
• Former CHVs are helping their communities continuously by checking blood pressures, sugar, and fever, ANC, PNC, sending / taking patients to the hospital in emergencies, by giving awareness teaching on different health issue and family planning teaching to the couple.

Health Clinic

• In 2019-20, the staff of the Daragaon Samajik Swastya Kendra (DSSK) in Rimbick, Darjeeling area, evaluated and cared for 562 patients. 3 Health Workers were provided with a stipend as a supplementary income.
• In 2019-20, 2 staff members of the Chunabhatti Health Clinic in Chunabhatti, Dooars area cared for 472 patients. They were provided stipends from HIMserve as a supplementary income.
• In 2019-20, 2 staff of Lungshel Clinic of Kalimpong area, evaluated and care 480 patients. They were provided with stipends as a supplementary income.

Ambulance Services

• The Matriyan Ambulance (Donkey) is the primary regional link to government maternal child services. During the service period, the Matriyan Ambulance conducted 246 transports for delivering mothers to and from the hospital.
• The Git Dubling Ambulance (Elephant) works closely with the Government Primary Health Centre to link patients to secondary/tertiary care. During the service period, the Git Dubling Ambulance conducted 108 transports for patients to and from the hospital.
- The Barbote Ambulance (Rhino) works in conjunction with a dispensary in the village which is run by the Cluny Sisters. The ambulance medic and the driver volunteer in the dispensary when not on an emergency call. During the service period, the Barbote Ambulance conducted 84 transports for patients to and from the hospital.
- The Sepi ambulance (Mule) has conducted 56 transports for patients to and from the hospital.
- The Lungshel Ambulance (Colt) has conducted 75 transports for patients to and from the hospital.

Challenges Faced
- Organising Community Awareness Volunteer (CAV) in new areas before partnering with groups is quite a challenge. Initially it takes time to convince people to understand the value and significance of attending health trainings without any stipend or incentives in return.
- Women often leave when they find opportunities provided by government where there are chances of employment after getting enrolled in trainings provided by government.
Women stop coming to trainings once they move out of their village in search of lucrative job offers in cities.

**Lessons Learnt**

- Follow up with health club members are vital to refresh health lessons and keep them updated with latest health related information.
- Meeting and communication with Community Health Volunteers, health clubs and clinic staffs help us understand their needs and provide follow up or trainings on new topics as per their need.
- Health trainers meeting with the clinic staff and health clubs also helps them clarify any misleading piece of health related information spread through social media like Facebook and Whats App.

**Mangalmit saved her husband**

Mangalmit Lepcha is a trained CHV from Lungshel area. She lives with her husband Dhankumar Chettri and two children. Her husband served in the army earlier. After taking retirement Dhankumar is with his family. The family relies upon his pension and earnings from the sale of vegetables and broom from their fields. His wife Mangalmit also grows chilies and seasonal vegetables for an added income. Everything was going well until Dhankumar started falling ill. He had continuous fever for several days. When she took her husband to see a doctor in a private clinic at Kalimpong. The doctor prescribed some medicines. He also asked them to visit him if the fever still continues. The medicines did not work. Mangalmit visited the doctor at Kalimpong once again. This time the doctor said that he needed an operation immediately as water had accumulated in his chest. After their return to Lungshel from Siliguri saying that he had tuberculosis. Continued fever was one of the symptoms of tuberculosis which Mangalmit had learnt during the CHV training. She also remembered that a person if suffering from tuberculosis must visit a government health centre or hospital. Without
losing anytime, Mangalmit took her husband to a government hospital. After Dhankumar’s X-rays, cough and blood tests at the government hospital, it was confirmed that he was suffering from tuberculosis. Mangalmit took good care of her husband. Along with the medicines she prepared a healthy diet routine for her husband. Dhankumar took his medicines regularly and ate well. His health improved. He was happy that his wife’s know how saved his life. Mangalmit was equally happy knowing that the knowledge she gained through her CHV training saved not only her husband but her family as well.

Mythical ways of treating diseases in modern time is no longer effective
Kaushila lives in Kumai. She is married she has a son who is 5 yrs. Her husband works in tea garden on a basis of daily wage. Her parents also live nearby. Her mother’s family fully supports her. Kaushila also work in ICDS as a worker. Her younger brother, Binod works as a teacher in Govt. high school, and he takes care of his nephew (Kaushila’s son). Kaushila doesn’t need to worry brother guides him. In November, Binod, and said I have allergy showed her. He told her severe body pain and this she was confirm or measles, By the spread all over his the second day some told him not to worry it. She just suggested him about his son as his the first week of Kaushila’s brother came all over my body, he even that he was having a fever When Kaushila saw that it was either allergy evening the allergy was body. He was scared. On blisters were formed, She is just some chickenpox. to go and see a doctor once and she sent him to the hospital, when they were children they didn’t have any such kind of vaccination. The doctor confirmed that it was chickenpox. Binod was following whatever the people of the village were saying. The people were suggesting him with the old customs and rituals that were followed to treat chickenpox during the old times. He was told by the villagers not to eat pulses, meat, even avoid having oily foods, vegetables. He was only having porridge. Kaushila was trained as a community health volunteer, she had learned in training what chickenpox exactly was she told her brother not to avoid having these food rather told him to take good diet in chickenpox, she told him that proper diet helps us in getting well soon. Consumption of vegetables, pulses and meat helps us become healthy. It is a myth that we
shouldn’t take these foods after which Binod started taking all the nutritious food. After 10 days he was totally fine and was cured. He now believed that traditional treatment isn’t effective but we shouldn’t forget to praise and worship God. Now, Kaushila could confidently tell people not to avoid having nutritious food during chickenpox and to consult a doctor and follow according to his directions and suggestions.

**Timely treatment save Franshiska**

84 year old Franshiska Rai received treatment on time! Franshiska is from Yalbong village. It is located at an hour’s distance from Barbote in Kalimpong area. She lives with her 86 year old husband, son, daughter-in-law and grandchildren. One day in the month of May 2019, around 3 am in the morning Franshiska experienced difficulty in breathing. Her family members woke up and tried their best to comfort Franshiska. When the family member’s efforts did not help to ease her pain, her daughter in law decided to call the Barbote ambulance. Merina, the daughter in law called the ambulance driver Purna around 4am. By this time a heavy rainfall had already started. Purna told them that it would be difficult for him to bring the ambulance upto Yalbong due to the heavy downpour. Merina requested him to come up to Yalbong. Franshiska’s condition was already serious. There was no chance of the rainfall receding. It took an hour for the ambulance to reach Yalbong. From Yalbong the ambulance along with the ill lady and family members started for Navjeevan Hospital and Rural Health Care Centre, Bidhannagar Siliguri. The journey to this hospital often takes 2 hours (approx) or more depending on the road conditions, weather and traffic in Siliguri. They started around 5:30 am and reached the hospital around 9am. Franshiska was rushed inside the hospital in the emergency ward. The family members came to know that she was suffering from asthma and heart problem. She remained in the hospital for 3 days. Doctors prescribed medicines for Franshiska’s
condition to be taken for a lifetime. The family called Purna to drive them back to Yalbong after Franshiska’s discharge. There was no rain during their return. It was a bright sunny day. Even Franshiska’s condition was much better. So, Purna told the family members that he would drop them till a point referred to as ‘Chaykar’ by the locals. The pitch road ends here at Chaykar and then the road leading towards Yalbong is rough. Franshiska’s son and daughter in law had arranged for a pick vehicle from Chaykar to Yalbong village. The pickup vehicle used to carry building materials is the sole means of transport for the villagers of Yalbong. It is the only vehicle that can transport villagers through the rough and narrow un-pitched upto Chaykar and then connect to other places. Franshiska and her entire family members were grateful towards the ambulance staff  Purna Tamang and Suren Tamang. They were glad that the timely arrival of the ambulance and their suggestions for treatment of the ill family member proved to be a big help. The ambulance staff was happy that their acts was setting an example and speaking louder than words.

An advisor found in a friend
Sommaya Rai from Rajabhir, Darjeeling is a trained Community Health Volunteer. The health trainings that she received have proved helpful in many ways. Sommaya has helped herself, her family members and her neighbours a number of times through her knowledge and trainings on health. One such example of Sommaya’s work is advising her friend Radha to keep checking her sugar levels on regular basis. Radha’s son and Sommaya’s daughter study in the same school. They came to know each other well and became friends while going to drop their children at school. During one of their conversation, Radha shared about her sugar report from the sugar test about a month ago in a hospital at Darjeeling. When Sommaya asked Radha what was the sugar rate, Radha could only say it was high. She was specific only about the aches and discomforts she suffered. Sommaya told her that it is important to know by what rate is the sugar level is high. She told Radha that getting sugar test once is not enough. If the sugar level is shown high in once, the tests should be repeated again to confirm the results.
Sommaya offered to do sugar test for Radha. Using a glucometer, Sommaya’s sugar test was done. Her sugar level was 160 which were high. She advised Radha to take care of her diet and exercise regularly. Sommaya told Radha that she could contact her for getting a sugar test done. In this way now she would no longer have to travel upto Darjeeling for a simple test. It was
indeed a right moment Radha decided to share about her condition to Sommaya. Knowing the results of a simple test such as sugar test was a life saving advice for Radha.

**Tara shines through her work**

“It is a first time after 40-45 years that I took part in training.” 58 year old Tara Devi said this while a smile spread across her face, while speaking to health trainers from HIMserve. She graduated as a Community Health Volunteer in April 2019. In India 60 years is the age of superannuation. Initially Tara Devi thought that since she is close to her retirement age, she might not get the opportunity. A number of trainings that are conducted come with an age limit. However, it was good news for Tara Devi as her age did not matter. She was thrilled when she got to join the training. Tara Devi says that the only learning activities she took part was some 40-45 years ago in school. C.H.V training turned out to be an eye opener for Tara Devi. She was not much different health was she familiar importance of pressure. The topic aroused a great Devi. When she crucial to maintain very high and low discomforts in the human body, there was nothing that could stop her. Even before finishing her training, she started sharing with her neighbours what she learnt. Tara Devi advised her neighbours to visit the nearest government health centre at Lodhma which takes about 1 hour’s foot journey. Earlier she had no idea on how to care for people suffering from High/low blood pressure or what advice needs to be given. She also accompanied some of her neighbours on their visit to the health centre. On one occasion while visiting her neighbour’s place, Tara Devi saw him with a bleeding nose. His wife was making attempts to help her husband. But the blood flow did not stop. She talked to her neighbour’s wife and told her it could be due to rise in blood pressure level. Tara Devi also told her to make arrangements to rush him to the health centre. She also went along with the couple. Her advice and action helped save her neighbour’s life.

While still undergoing the C.H.V training and after its completion Tara Devi has been able to voluntarily help people with high and low blood pressure issues. Sometimes she took care of
people who were bleeding from nose and mouth. Sometimes people who fell while walking or doing some work which was due to blood pressure levels. She is grateful for the C.H.V training. Tara is also glad that at 58 she is serving her neighbours in every small way she can. The training turned out to be an eye opener. Just like her name Tara (which means a ‘star’ in Nepali) shines through her work of serving her neighbours voluntarily.

**Kamala lends a helping hand**

48 year old Kamala Bhusal is a trained Community Health Volunteer and Integrated Child Development Scheme (ICDS) worker from Barbote. Ever since the days of community volunteer training Kamala is proactive about teaching her friends, neighbours about simple medicines and family planning. On many occasions she has offered voluntary services for the people of Barbote, Kalimpong. In 2015 she moved to Nimbong village since her house was damaged by landslide. The house Kamala built in Nimbong was close to the health centre. Along with her work with the ICDS she offered her services at the health centre. The health centre staff (government appointed) had invited Kamala to assist them at the clinic. Initially she cleaned and swept the health centre room. Since Kamala did not require offering her services on regular basis, the staff often gave her Rs. 200 for assisting them. When the staff were done for the day and returned back, villagers often came to Kamala’s house hours later after closing the health centre asking for medicines and getting their blood pressure checked. Villagers in Nimbong now looked up to Kamala when the heath staff is not around. Sometimes she has to send villagers to hospital if it is a deep cut or the patient does not feel good after being given medicine for fever or other ailments. Kamala assists villagers while taking their ill family members to the hospital. Pregnant women have received pregnancy health tips and proper ante natal care and post natal care teachings. She also encouraged women to go to government hospital for delivery. Kamala offers her knowledge and services free of cost. Earlier she served her neighbours in Barbote with her voluntary acts of kindness. Now, the villagers in Nimbong have someone to look up to during emergencies when the health centre staff are away. Although Kamala had to move from one village to another she did not give up her voluntary acts to serve the community. Whether it was in Barbote or Nimbong, change in place or village did not matter when serving the community with her whole heart was the main goal in Kamala’s life.
Timely suggestion saved Bhagto’s life

26 year old Bhagto Dukpa is married to 30 year old Nima Dukpa. They have 3 children. She is from Chunabhatti. The village has a clinic run by Phupzam Dukpa a trained CHV and the wife of a local pastor. The nearby health centre takes more than half an hour on foot. The lack of proper road connections problems. Bhagto Dukpa started becoming ill after the birth of her third child. cold. She did not pay much attention to her health during this time.

During one of her weekly trip to the local market at Suntalabari, Bhagto purchased medicine for cold and cough. But even after a month her cough and cold was not over. Phupzam Dukpa visited Bhagto’s home one afternoon. Phupzam visits homes of villagers who are ill or even for measuring their blood pressure. Bhagto’s health showed no improvement. More than a month had passed. Neither she bought during her visit to the local market worked nor medicines she took from Phupzam at the clinic. Phupzam told Bhagto that her symptoms are similar to tuberculosis. Only a visit to the hospital and tests could confirm. She also told Bhagto not to postpone going to hospital. Phupzam accompanied her to the nearby hospital. She also came to know that Bhagto was avoiding a visit to the hospital as it meant vehicle costs and other expenses too. After the blood tests and X-ray reports it was known that Bhagto was suffering from tuberculosis. The doctor started the medicine for tuberculosis. She started taking medicines from last year and completed her course in Jan 2019. Bhagto is now much better after the completion of her medicine course. She is doing her daily household chores with much ease now. Bhagto is happy and thankful to Phupzam for saving her life. She feels that Phupzam’s timely help saved her life. Bhagto had ignored the seriousness of her illness and was staying home without visiting the doctor. She was grateful that Phupzam’s advice saved her life.

Visiting the hospital twice

This incident occurred in the month of August 2019. Samuel Lepcha, Lungshel ambulance driver received a call around 5:30 pm in the evening. Habel Lepcha, a villager had nose bleeding. The bleeding showed no sign of stopping so his family called Samuel to drive them to
North Bengal Medical College hospital (N.B.M.C.H) in Siliguri for timely treatment. So they drove on the ambulance upto Siliguri without any delay. After a journey of 3 hours (approx) the ambulance reached the hospital. The patient and his party were happy to find a nurse at N.B.M.CH who was from their village Lungshel. Meeting someone from their own village gave hope and confidence to Samuel. The nurse also took immediate measures and the doctor on duty immediately looked into the matter. The doctor cleaned Habel’s bleeding nose and made him to rest for an hour. He also gave Habel some injections. The nose bleeding stopped and the ambulance set off on their journey back to Lungshel.

However this was not the end to Habel’s nose bleed! Half-way back home to Lungshel when the ambulance reached Patharjhora, Habel’s nose started bleeding. The Lungshel ambulance had to halt for some time. Samuel cleaned Habel’s nose. But the bleeding showed no signs of stopping. So Samuel had to drive Habel to Malbazar Sub divisional hospital. It was already around 11:30 pm when they started for the hospital. The ambulance reached Malbazar hospital around 3 am.

Habel was admitted in the hospital and the doctors treated him. Meanwhile Samuel and Habel’s family members had some time to rest out the patient’s ward. After about half an hour, the attending doctor called Samuel and asked him to take Habel to N.B.M.C.H at Siliguri since the bleeding did not stop after admitting him to Malbazar hospital. Around 6:30 am in the morning they reached Siliguri. Habel was admitted at N.B.M.C.H for 3 days. He was physically too weak due to excessive nose bleeding. At the moment Habel Lepcha is doing well. After this incident of bleeding excessively, he has not suffered bleeding again. He is thankful to his family members and Samuel for making arrangements on time for his treatment. Samuel is happy that he was able to take Habel for treatment even if that meant a night long journey, visiting the same hospital twice! (which is 6 hours approximately)

Joy after a night of struggle

It was the last week of August. Pius Lepcha, Matriyan driver received a call from Patrus Lepcha around 11:30 pm asking Pius to drive his wife to the hospital for delivery. It was raining heavily outside. Pius started his ambulance and after 5 minutes drive reached Reshambari at Gitdubling. The rainfall continued. Pius realized that mud and stones were
sliding from slopes on one side of the road! Pius witnessed a landslide which is very common during the monsoon months in the Himalayan region. He had to stop the vehicle as the front part of the ambulance got stuck in mud. Pius got out of the vehicle, removed big stones and bushes where the front part of the vehicle was stuck. Since it was pitch dark and raining heavily, Pius looked around for help. He turned on the ambulance headlight and honked for several minutes but nobody showed up. It took about an hour at the spot for Pius to clean his vehicle and start his journey towards Dubling from Reshambari. He started at around 12:30 pm from Reshambari. Once he picked up Patrus and his 23 year old wife Birmit Lepcha, they started their 2 and half hours drive towards Kalimpong Government Hospital. That night Pius and his patient party had to face similar incident of clearing mud and stones on their way to Kalimpong. 7 Kms away from Dubling at a place known as Pala, heavy rainfall continued, the road was rough and muddy filled with stones but they carried on their journey. Patrus helped Pius clear mud and stones at a place called Bhanjyang Deurali on the way to Kalimpong without any murmur.

This time, Pius had someone to help him and it did not take him too long to clear the path. Patrus himself was a driver so he knew about the condition that they were in. His acts helped Pius save precious time for all of them. They reached Kalimpong government hospital at 4:30 am in the morning. Birmit was admitted in the maternity ward. She was admitted for 10 days. Patrus and Birmit became parents to a healthy baby girl. Birmit delivered her baby through a lower segment cesarean section since her labour did not progress at the time when she was admitted. Both Birmit and her husband were grateful towards Saran for taking them to the hospital on time for the delivery of their baby. The morning was a joy for the parents and Pius after a night of struggles on the way to the hospital.

**Her training helped her cure her son.**

Ganga Rai is from Upper Namla. She is married and has a son who is 24 years old. Ganga Rai is a trained Community Health Volunteer (CHV). Getting trained as a CHV has helped her in a number of ways. She has been able to help her family members as well as her neighbours with her newly gained knowledge. There have been many situations in her life (after receiving the training) where Ganga applied health teachings and saved lives. One such incident is about her 24 year old son, Sanib Rai. Sanib suffered from diarrhoea all of a sudden one night. He had to
rush to the washroom for more than 3-4 times at night. In the morning when Ganga came to Sanib’s room to wake him up, her son told about his condition. Ganga rushed to her kitchen and prepared Oral rehydration Salt (ORS) by boiling water, mixing sugar and salt. She told her son that they will be going to Lodhoma hospital. Sanib refused to go to hospital since he had to frequently rush to the washroom. Another reason was he was already feeling feeble due to diarrhoea. It would take about more than an hour to reach the hospital from Namla. He had already drunk about a litre of ORS prepared by his mother. While all this was going on, Sanib told his mother that he had some snacks the other day at a small eatery at the Lodhoma market. He had to rush to the toilet even during the day for more than 5 times. He had not told this to his mother earlier. Eating at the small shop in Lodhoma might have been the reason for Sanib’s suffering. Small eateries do not pay much attention to hygiene while preparing food that they keep for sale. Sanib did not visit the hospital but in few days he recovered. ORS prepared by Sanib’s mother worked wonders. Sanib learnt a lesson from his suffering. His mother shared more about avoiding eating at small eateries where foods are not prepared in a hygienic manner. He told his mother that he would check properly before eating any food outside at such eateries. If Ganga had no CHV training she would not know about the simple home treatment for diarrhoea which saved her son’s life. Ganga and her son also saved time and cash by not having the need to take the tiresome journey to the hospital.

**Actions have a lasting impression**

Kumar Chetri is a resident of Kafer, Kalimpong. His father Nar Bahadur had to be rushed to a hospital couple of times due to severe asthma attacks in 2019. Kumar and his family were familiar with Saran and his ambulance services for more than 8 years. When Nar Bahadur suffered severe asthma attacks his family had asked Saran to drive them to the nearest hospital couple of times. Nar Bahadur’s condition was so serious at times that often his son had to lift him and place him inside the ambulance. In order to ease his father’s journey while going to the hospital, Kumar had purchased a wheelchair for his father. They made a good use of the wheelchair carrying it in the ambulance couple of times when Nar Bahadur needed to be taken to the nearest hospital. They used it even at the hospitals when the wheelchair at the hospital was already in use. Having a wheel chair of their own came in handy as the ambulance did not
have a wheelchair. Sometimes it took really long to get a vacant wheelchair at the hospital when the person was already serious. Kumar’s father passed away in November after fighting his battle with asthma. His entire family was grateful for the services provided by Saran during the time of Nar Bahadur’s ailing months. The wheelchair lay at his home without any use. About a month later after the demise of Kumar’s father, Saran enquired about the wheelchair. If Kumar and his family agreed to give the wheelchair at half the price, Saran wished to purchase it for use in the ambulance. When Saran expressed his desire to Kumar, he said that he’ll have a word with his family and get back. In the month of January Kumar told Saran that they wanted to donate the wheelchair so that the other ailing villagers could use the wheelchair as per their need. Saran is happy to have received the wheelchair from the Chettri family. They have donated the wheelchair in the loving memory of their father. The family respects Saran for his hard work and a helping heart towards ill individuals. They were quite impressed with Saran’s dedication towards his work and decided on donating the wheelchair free of cost even when he had expressed to get the wheelchair at half the price.

**Community health volunteer saves a life**

One afternoon around 2:00 pm, I could notice the voice of a child who was in a hurry and he came running toward me asking for help, he told me that his mother met with an accident and had a big cut in her right arm just below the elbow. Hearing this, I quickly took my first aid box, BP machine and other necessary things for dressing. The woman who met with an accident is 45 yr old Sita Chettri from Ghyasok village. When I reached there I
could see few people gathering in the yard, I further went and made the patient sit on the chair and asked her how did she meet with the accident? She replied; On the way back to home after gazing the goats, she was holding a rope on her left hand with which the goats were tied and on the other hand she had carried the sickle on her right hand, while pulling the goats the sickle exactly fell on her right arm which resulted in having a deep cut in her right arm. She had a heavy bleeding. I quickly cleaned all the blood with Dettol, dressed it with the help of some dressing pads, applied some antiseptics and bandaged it and told her to lift her hand so, that she bleeds less. I then sent her to the Dispensary which was located very far from the village and there she got the stitches done and then she was told to come after a week to remove her stitches.

Importance of family planning in one’s family life

Purni Chettri is a trained community health volunteer (CHV) from upper Dubling. She is also an active health club member. From the time she completed her CHV training in 2010 she works selflessly reaches out to women in her village with teachings and advice on health issues. 28 year old woman named Punan Gurung took Purni’s advice in choosing a right family planning method for herself. Punan has two children. One is 8 years old and younger is 6 years of age. 2 years ago she had used “Copper T” as birth control method. However after a year Punan removed it due to the discomforts such as back pain and lower abdominal pain. This method did not work for Punan so she opted for birth control pills. Again she experienced similar discomforts and discontinued the medicines. In between all this, Punan was in contact with Purni. At this time Purni suggested Punan to go to the health centre or government hospital and consult there once for other family planning methods. Punan told that she will use natural method to prevent pregnancy and not visit hospital. Purni could not compel Punan so; she had to agree with her decision. A month later, Purni came to visit Punan at her house. Punan was lying down on her bed. She appeared pale and anemic. When Purni asked the reason for her illness, Punan shared that she suffered a miscarriage. She was bleeding profusely and felt drained. Purni felt bad about her condition. She told Punan that she could have informed her earlier. She told Punan that she needs to see a doctor at the earliest. Purni offered to go with her to the Budhabaray Public health Centre at Git-Dubling. Next day both they set off towards the public health
centre. Punan explained everything in detail to the doctor. The doctor’s advice gave a big relief to Punan. Another temporary family planning could be availed which was an injection. She agreed to go for the injections as the doctor explained that it had fewer side effects. Punan thanked Purni for coming to meet her at the right time. She is now a happy woman and is using injections as temporary method of birth control. Purni too is happy to offer her advice and help to Punan on time.

A simple salt solution helps save a life.

Monalisa Subba is from Namla, Darjeeling. She is a trained Community Health Volunteer (CHV) she received this training from HIMserve. Monalisa runs a small grocery shop in her village Namla. Her husband, Puran Subba doesn’t have any permanent job so, he collects and sells at the weekly market either at Rimbick or Darjeeling. They have 2 children, a boy and a girl. Puran’s younger brother and his wife. Puran’s father is an occasional drinker. He often sleeps till late in the morning. Puran’s parents live nearby with his younger brother and his wife. Puran’s father is an occasional drinker. He often sleeps till late in the morning.

One day Puran while going to collect squash from his neighbour’s home, his mother called him and told him that his father has lost his senses, she asked him to call Monalisa and see what has exactly happened and to help him gain his senses. Monalisa was called by her husband and she looked at her father-in-law’s condition. She gave him oral rehydration salt solution which she learnt to prepare during her community health volunteer training. Her knowledge and timely effort helped her father-in-law recover and gain his senses as he was dehydrated. A simple knowledge of making oral rehydration salt solution saved her father in law.
Anti- Human Trafficking

Why?
To generate awareness about human trafficking & to protect the women and children being trafficked.

How?
- Awareness seminars.
- Formation of Protection Committee.
- Train member of Protection Committee.
- Empower women by providing skills.
- Interception and rescue.

Note: Trafficking training curriculum in Appendix 10.

What we did:
- 6 Anti- human trafficking awareness covering 27 villages and 409 community’s member in Kalimpong area.
- 4 Anti Human trafficking awareness covering 30 villages and 385 community’s member in Kalimpong area.
- 5 Anti- human trafficking awareness covering 36 villages and community’s member in Rimbick, Darjeeling area.
- Quarterly followup training given to Rajabhatkhawa protection committee.
- 299 victims (232 girl and 67 boys) were rescued from Indo-Nepal Boarder, New Jalpaiguri Railway station, Siliguri Junction Railway Station, Tenzing Norgay Bus Terminus, Panitanki Bus Standr, Panitanki-Siliguri Highway, Hasimara Railway Station, New Alipurduar Railway Station, Alipurduar Junction Railway Station, Panitanki taxi stand, Malda town Railway station, Bihar bus stand from being trafficked.

Challenges Faced
- Conducting follow up with protection committees is a challenge.
- In some villages girls who have received awareness on human trafficking still fall prey and leave with unknown person for work outside their villages.
• Although some cases of kidnapping and human trafficking were registered, almost all of the traffickers (suspects) were given bail by the court, showing a weak justice delivery system in the country.

• In certain cases of interceptions at the border, when our staffs apprehended traffickers and intercepted the potential victims, the SSB claimed to have done the entire task of saving those lives and only handing them over to us; as they shared such details with the news media. This false-claiming of having work done demoralized our staffs which was confronted with the senior officers of SSB. However, such incidents have happened several times already.

Lessons Learnt

• Human trafficking awareness programmes should be done for more than one time for villages as one time training is not sufficient.

• Providing human trafficking awareness in schools is an effective way of reaching out to teenagers, help them understand and stay alert about any such activity in their area or neighborhood.

• Due to the fact that the potential victims (who are at high risk or may have been possibly being trafficked) are generally not exploited or abused at the transit locations in the process of being trafficked, this is taken as lack of evidence in the Indian legal and justice system. Unless the law includes the process or manner in which a person may be trafficked based on various indicators such as enticement of marriage or provision of employment with no details shared, procurement of fake and forged documents, divulsion of other plans by the agent or trafficker apart from what was promised to the potential victims which may possibly endanger the life of a victim, etc. are included as evidence of trafficking, many such perpetrators of the organized crime of human trafficking may continue its growth since the demand has been so increasing more than ever.

Agents have become traders

On 30Th of April, six ladies were seen standing outside a roadside restaurant nearby Siliguri Railway Station, who looked like they were from Nepal. After a while of observation it was confirmed that, those ladies were from Nepal, the staffs of the organization then approached and interrogated them. They weren’t responding to the questions properly at first rather they were ignoring. Through lot of questionings they finally shared how they came to Siliguri, India. They even told that they have been travelling and staying at various parts of Assam for the past
3 weeks and how they travelled to Siliguri. They told that they have to go to Delhi and are supposed to be flying to Kuwait from another place (details not known) but as the security was too tight; they had to come back to Siliguri. They even said that the agent had made arrangements of all their documents like passports, visa’s etc and they will be getting it in Delhi through another agent. It was assumed by Tiny Hands India that if they were not interrogated and stopped here then they would have been trafficked in Myanmar and later would be sent to Kuwait through one of the north-eastern states in India. For further interrogation purposes, they were taken to Kakarivitta and handed to Tiny Hands Nepal transit shelter there as many Nepali agents seemed to be involved in the trafficking ring.

**Being violent towards children isn’t always the solution**

On 23rd August, a 14yr boy was seen roaming around the railway station in Malda town. The staffs at first were only observing his movements, they were sure that he was alone what they did next was they went and started to talk to him and questioned him. He told the staffs that he was there at the railway station only for a visit and not for a travelling purpose. The staff then made him understand there is a higher chance of abduction especially of the minor boys and girls, the staff counseled him Later, when he realized that he must speak the truth, he stated that that he actually ran away from his home (located at a nearby village). He told the team that his mother came to know about his habit of smoking tobacco and she scolded him for this reason instead of being sorry and apologizing to his mother, he ran away. The staffs counseled him regarding the negative effects of substance abuse of all forms and also tried to educate him about the dangers involved in running away from home and becoming the victims of trafficking. After counseling him and making sure he understood everything the staffs went to his house and handed over the boy to his mother and asked his mother to make him understand situations and things sensitively with love and care. Parents need to be very careful regarding these issues and being hard and strict makes situation more worse in most of the cases.

**A positive outcome of awareness programme on anti-human trafficking in Kumai**

A 32 year old lady from Kumai who had been working in Orissa for some years, returned back to her village in 2019. During her stay in Kumai for 3-4 months, three women (aged 25-30 years) and two teenage girls (aged 15-17 years) who were school dropouts, had lack of employment opportunity and were financially instable were convinced by her to work as housemaids in Orissa. Amount of Rs. 5000-8000 was even paid to the family of those women and girls but the women however could not leave as their husbands did not allow them to go,
Despite of them having accepting the money. So, a girl from the same village decided to go work in Orissa, along with the two girls. The girls were to be taken to Siliguri by the lady (who had promised them the job) then some other men from Orissa would take them, this did not seem right to the Community Facilitator, Biswas Bhujel and other villagers from Kumai who had received awareness on anti-human trafficking and had been closely observing what was going on in the village. Police were informed about the situation and the lady was arrested along with two other men. Because of the awareness among the villagers about human trafficking which was given to them a year back helped them save the lives of three girls by acting on time and taking the necessary steps. This is first time such case has happened in the village and the villagers have come together.

**Courting minor girl is entirely uncommon due to legislation**

It was an early morning, 10th December, an e-rickshaw was entering India with two passengers, one was a 17 yr girl and the other was a 24yr young man and they were stopped by our staffs at the border checkpoint. The girl seemed to be quite nervous and when interrogated they said that they were brothers and sisters and they were travelling to Alipurduar to meet their sister. Their documents were asked for verification and confirmation but their surnames didn’t match. Both of them were separated and taken to the booth for further interrogation and during this interrogation it was found that they were couples and they had elope away from home and planned to come to India. The girl’s sister was informed and she further informed the aunt who lived in Jhapa, Nepal and came there to take her back home. The girl was still a minor and the man was a matured adult so, the man was handed over to the police and later released after being warned.

**Human trafficking is pandemic in today’s time**

On 3rd May around 11:30 am, one of our staff noticed three women and a man seated inside a van that was entering into India from Kakarivitta, Nepal. The staff then stopped the vehicle and ask them about their destination, they said that they were going for a tour to Teesta (a place located around 55 kms away from Siliguri). They checked and verified the documents but found out that neither of them were from the same place, the staffs suspected and told them to get down from the vehicle and questioned them separately. Their luggage was also checked but nothing could be found. On contacting one of the victim’s family it was found out that they were heading towards Delhi which led the staffs believe that there has to be more information about, they now started interrogating the matter for more than two hours and the male
accomplice finally told that the women are travelling to Iraq in order to work there. As such, for thorough investigation, the staffs took all the four persons to the women’s cell (police station) in Kakarivitta itself. The women were later placed at a transit shelter and the man was kept in police custody for a night but later was released as no enough evidence of his involvement was found. The suspect had stated that another person had made all the travel arrangements and he was instructed to drop off the women in Siliguri, when asked he couldn’t provide details of the suspected trafficker (broker/agent). The women were also sent back to their places of residence in the next 2 days.

**Minor girl gets fooled in the name of love**

One mid-noon, 16 year girl was found roaming around the railway station in Siliguri. She seemed to be nervous and confused, then one of the staff from the organization went near her and tried to approached her. At first, she got scared and didn’t respond but however, after sometime when the staff approached to her in a gentle and friendly manner and promised to help her, after which she replied. She told that two months back she made a 22 yr, boyfriend through whatsApp. She was basically from the State of Jharkhand and this was probably their first meet after they started dating. The boyfriend came and met her at the railway station itself and asked her to wait till the time he comes back but he failed to show up. She was in need of help as this was her first visit to Siliguri and she didn’t had anyone to contact and ask for help and the only person she knew was her boyfriend who also didn’t turn up again. She couldn’t even contact her parents as she didn’t possess any contact information, neither did she bring any of her ID documents with her through which her parents could be contacted. As a result our staffs decided to hand the girl over to one of the local NGO for temporary shelter until her parents could be contacted. Later, she was able to tell the address through which the local police station could be contacted back at her hometown and her parents were informed eventually. On the very next day, her parents arrived and the girl was handed over to her parents, she was given proper education about how men posing as lovers or boyfriends often entice young girls into trafficking.

**Running away is a serious problem among kids**

On 3rd June, when the patrolling was going on at the railway station one of the staff happened to notice a young girl. She was enquiring at the help desk about the train that leaves soonest for Kolkata. The staff went and approached her but then she lied saying that her parents work there at Kolkata but the staff however, felt that she was lying and started to cross-question her then
she decided to speak the truth and she told that she had a quarrel with her mother because she didn’t run errands for her. She even told that her mother would often beat her up and scold her for not listening to her when she asked her to run errands for her. She said that she was angry with her mother and wanted to go to Kolkata, find a job there, settle down there in Kolkata itself and never return back to her home but she didn’t have any details like where she would go and so forth. There is always a high risk of being trafficked (esp. a minor), when one travels alone to unknown places. She even said that once she tried to commit suicide by drinking insecticide but she failed. The staff though that if she was handed over to her parents then some complicated issues would arise rather they thought it would be appropriate to let the District Child Welfare Committee to intervene and provide shelter at an NGO- run home for children. She was kept under their custody for almost ten days and was counseled thoroughly as well. Even her mother was taught parenting skills and following this the girl was reunited with her family.

**The importance of guidance in one’s life**

On 20\textsuperscript{TH} November, a 14 yr boy was seen loitering around by himself at platform no.1 at the New Alipurduar Railway Station. One of the staff approached him and asked him about his situation. He told the staff that he was from Siliguri and was travelling all by himself. The staff took him to the booth and questioned him further. The boy said that he lost his mother two years back and his father works in Delhi. He further said that he had no one else to look after him, he said that he went around Siliguri and other places begging people for alms and sleeps along the footpaths. Looking into his situation and lack of guidance, the staff contacted a local NGO and placed him there for shelter and provide him education (if possible). The boy also willingly agreed to stay there and avail such facilities provided through the Government-run homes.

**Unfaithful spouse gets abducted by her lover**

On 21\textsuperscript{st} October, the organization received request over a call regarding the case of abduction which could possibly be a case of trafficking. They got the information that a 22yr old woman had got missing, then the team investigated further into the matter. Next morning they discussed the matter further with the family members of the woman who has gone missing. The first thing that was done was a missing diary was lodged at the local police station. During investigation what was found was that the woman had an extra marital affair with another man. The lover along with a local taxi driver was the prime suspect of this case.

The team however, was able to get hold of the residence of the local taxi driver, the team then interrogated him, pressurized him to provide any kind of information that is related to this case.
and even threatened him about the legal consequences he would face if he lied. After so much of investigation the woman’s phone could be traced and the woman was found. At first the woman was not willing to provide any kind of information regarding this case that could be used as an evidence against the kidnapper, and the team thought of sending her for the counseling for two consecutive days after which she decided to open up and what she stated was that it was true that she had an extra marital affair with the man but he used to extort money from her saying that he would reveal about the relationship that she had with him to his husband if she didn’t provide him the money. The women even said that she was continuously transported to different hideout locations in the locality for the past two days, she said that there was also a possibility of her getting trafficked if she wasn’t traced. The very next day a case of extortion against the man was filed at the local police station.

**Women have become some sort of a commodity in the Indian market.**

On 26\textsuperscript{th} of September, a girl got down from an e-rickshaw (Toto), it seemed as if she was trying to get hold of a taxi and it happened to catch the eyes of one of our staff who went to Panitanki Taxi Stand for an outreach programme. The staff thought of going to her and talking to her, on asking her she hesitated for some time and was reluctant to provide purpose of her travelling in the beginning. After sometime when she spoke out the details she said that she came there for shopping. The staff couldn’t believe this and had an intuition, that she must me travelling elsewhere. So, the team took her to the booth and interrogated her thoroughly. She said that she was travelling to Siliguri to meet a man, whom she got to know over the phone through a wrong no. call. She came there to meet him as he told her that he would be making her a passport for her travel to Hong Kong. The team got more suspicious regarding the fact that she was a citizen of Nepal but was called by an Indian agent to make an Indian passport and visa. She further stated that she was asked to pay an amount of (Nepal Currency) 6 lakh, approximately 9.6 lakh in Indian currencies. For further verification and for further details, the staff contacted her father over the phone and came to know that the girl lied to his father and told him that she would travel to Kakarvitta. The girl’s behavior was quite uncooperative. She claimed that she was travelling for a few days yet she didn’t have any bags and belongings with her. The staff checked her phone and she was not willing to give her phone, the phone had one document stored in it which was an application for Indian passport. The application had her picture on it but with a different name, different address and other details which was fake. The false document and the information acted as an evidence for us to believe that she could have been a victim of trafficking, and is still at a great risk of being trafficked if left alone. The staff
immediately took her to the police station, where it was decided that she would be handed over to her family directly because the girl was not trying to provide any information about the trafficker/ agent.

**Young girls are often the victims of trafficking**

On 9th July, The staff noticed the girl and the man sitting on one of the benches at the bus terminus. So they approached them by asking about their travel plans. The girl although not willing in the beginning, shared the contact details after proper counselling. They were contacted/informed following which they arrived the next day to receive the girl who stayed at a local NGO’s shelter home for the night. A girl who seemed young was seen waiting near the Bihar Bus Stand in Siliguri, she was carrying a bag, next to her was a young man standing which seemed that they were travelling somewhere together. The staff noticed the girl so they approached them by asking their travel plans. The staff started questioning these two people who looked alike a couple, but they both lied at the first place. The man said that they were going to visit the girls relatives in Assam and to attend the wedding as well, whereas the girl stated that they were going to Mumbai through Kolkata to get married and get a job there. The girl said that it has only been a week that they have met one another and they are travelling without the permission and without informing her family members with a hope of getting a job and securing their life first at the man’s hometown in Mumbai. They thought of checking and verifying the documents of both, what was found was shocking for both the staff along with the girl. The man was actually from Bihar and he had even lied to the girl, something was wrong and there raised some suspicion. The girl was shocked to know this. So the girl shared her contact details after proper counseling. As per the details given by that girl the staff contacts the girl’s parents over the phone, the girl was then sent to a local NGO-run for shelter while the man was handed over to the police where he was kept under the police custody to verify the details about the matter.
Agriculture, Animal Husbandry & Income Generating Program

Why?
To practice improved methods of farming with proper use of their own land, labour and skills in order to supplement their family income as well as for self employment.

How?
- Groups and individuals trained in appropriate life and farming skills.
- Groups and individuals helped in networking with government and other organisations and for availing resources and facilities.
- Locally available skills and resources identified and properly used for better farming.
- Low cost techniques and materials provided for startup of farming.

What we did:

Kalimpong area
- 1 candle making training for Lungshel SHG they are selling Rs 50 per packet.
- 4 training on importance of kitchen garden for 4 SHGs in Barbote.
- 1 training on season and off season crops for Nabgoan SHG.
- 2 training on soil erosion for 2 SHGs in Barbote.
- De-worming injection given to 61 by CF @ Rs 50.
- 6 goat and pigs were castrated @ 100 for goat & 200 for pig by CF.

Dooars area
- 1 training in mushroom farming for 18 participants in Lankapara.
- Followed up tomato farming in Kumai around 20-30 families is selling tomato every year.
- 3 poly house training in Kumai for 150 participants.
- 3 training on Phenyl making for Lankapara SHG sold 150 bottles continue making it.
- 16 training on phenyl making training in Rajabhatkhawa SHGs sold 160 bottles and are continue making it.
- 5 phenyl making training in Kumai SHGs sold 100 bottles.
- 7 training on importance of kitchen garden for Rajabakhawa SHGs.
- 3 compost making training for 150 participants in Kumai.
2 training on poultry farming for 100 participants in Kumai.
3 training on reuse of waste plastic for 150 participants in Kumai.
4 training on food processing for 200 participants in Kumai.
4 exposer visit to a Government Agriculture Farm, Mohit Nagar trough networking with Gorubathang Agriculture Department.
Ongoing agriculture training for 150 women for their sustainability in partnership with NOMI Network.
De-worming medicine and vaccination given to 83 animals (cow, goat and pigs) by CF @ Rs 50.
117 goat and pigs were castreted by CF @ 100.

Darjeeling area
16 training on importance of kitchen garden to SHGs & VDCs.
4 training on growing season and offseason crops
2 training on soil erosion for the villagers.
1 training on tomato farming.
4 mustard farming for the villagers.
Followed up mushroom farming and pea in Daragaon.
De-worming medicine and vaccination given to 27 animals (cow, goat and pigs) by CF @ Rs 50
30 ox, goat and pigs were castrated @ 150 for pig, 200 for goat & ox 300 for by CF.

Challenges we faced
The number of the participants and individual follow up takes time. Follow up after the trainings quite a challenge.
For some agriculture lessons, it’s always better to try out first and not just rely on theory.

Lesson we learnt
Pre-planning before any activity is essential. Whether it is for organising a training or making arrangement for meetings. We should also be well prepared in advance for giving demonstrations for groups.
We also realized that in agriculture trainings, only the theory part is not sufficient. Practical sessions are necessary for the trainees. They learn and grasp agriculture
lessons better and also remember what needs to be applied while sowing seeds or preparing kitchen gardens.

**Encouraged and confident in practicing agriculture**

Tabita Rai lives in Chota hatta, Darjeeling. Tabita and her husband rely on the sale of vegetables for their income. Tabita grows a variety of vegetables. This year she tried growing radish. She used cow dung and dried grass for better nutrition for the vegetables. Tabita prepared spray with natural ingredients like garlic, dried tobacco leaf for her vegetables to keep insects and pests at bay. At the local weekly market, Tabita sold 23kgs of radish @15 per kilo after keeping some for her family and distributing the rest among neighbours. The first time experience encouraged Tabita to grow another batch of radish. For the next round, she sold 20 kgs @Rs 10 per kg. 5kgs of radish was consumed by her family. Her neighbours again received fresh radish from remaining 5kgs. Tabita also distributed radish seeds. Her neighbours also tried their hand at growing radish for consumption. Growing radish and selling them has given Tabita the confidence to grow more vegetables. She plans on growing other vegetables along with radish and selling them.

**Agriculture training proves of much help to binita**

My name is Binita Bhujel. I take this opportunity to share my success story for what this training has contributed towards my life. It has helped me become self independent economically. When I heard about the training for first time I was very reluctant to attend because I have grown up in a village and agriculture has been the mode of livelihood for us. Life has never been easy, especially being a girl, since childhood we had to
help our mother in kitchen with the household chores. After getting married I thought life would be different but the only thing that changed was the place I would call home, everything else was the same. My husband was the one who insisted on me joining the training when he heard about it. When I attended the training I realized it was not just an agriculture training it was more than what I thought it would be. It taught us about life skills, time management, communication, social relation and new methods of agriculture. I learned about the importance of green house and why we need the green house. I would like to thank HIMserve for providing us with this training. Now I can produce tomato in and off season. I was able to earn Rs 3600 by which I was able to pay the school fee, tuition fee of my wards and other expenses, although it was not much but it has helped me a lot in times of need. Now I have decided to work hard and put in a lot of effort in growing vegetables. I have come to know that if we know the method we can produce more even if we do not have a big stretch of land.

**Providing supporting in every way**

I am Mala Bhujel from Kumai. My husband Ratan Bhujel grows vegetables. We work together to grow vegetables in a small plot of land. I work as a labourer in the tea garden, located 7 kms away from my home. When road constructions start according to government schemes such as 100 days work for food, I work as a labourer and earn some money. With the start of agricultural trainings from HIMserve we were able to learn that growing vegetables can add to our source of income. Earlier growing vegetables was limited for consumption at home. HIMserve’s training on growing vegetables using organic methods; we even sold tomatoes that we grew in our green house. The rise in prices of even basic goods often makes it difficult for us to run the family. We are grateful to HIMserve for the trainings which opened our eyes to generate income from the vegetables that we are growing. Now with trainings we look forward to enhancing our agricultural practices. We also hope that the new things we learn from the training will prove beneficial. We are also happy
that through trainings from HIMserve we will be able to do something on our own to earn rather than going somewhere else for work.

**An opportunity to grow and learn**

Mandhya Rai is from Topline, Kumai. Her family of four members consumes vegetables grown in their kitchen garden. The surplus produce is sold at their shop attached to their home. Fresh home-grown greens, tomatoes and potatoes are also helping Mandhya to save more. In a week, she now spends only about Rs. 100 on extra vegetables and was able to earn Rs 3000 after selling her vegetables. Her school going son and daughter who come home during their vacation enjoy the fresh vegetables grown by their parents.

Mandhya and her husband have also been domesticating goats and pigs to sell it in the future. With the life skill and agro based vocational training from HIMserve Mandhya is now aware about adding nutrition to the soil and the importance of organic farming. She also learnt about growing crops inside a greenhouse which she believes will help her during the monsoon season. She now has plans to add more vegetables to her kitchen garden. This life skill and agro based training has built Mandhya’s confidence. Participating in the group activities has helped her to speak up more and become more punctual.

**Opening up to new methods and practices**

Mrs. Roshna Bhujel is from Kumai. There are 4 members in her family. Her husband works as a labourer in a tea garden and she sometimes works as a labourer when there is a 100 days’ work under MGNREGA. Roshna and her husband have a small kitchen garden where they grow mustard, potatoes and squash. Because of the agricultural training Roshna has learnt that there is a vast difference between traditional methods of agriculture that they follow and the organic agricultural methods which has been taught to them. Roshna and her husband knew nothing about mixed farming/cultivation before and would cultivate single crop but after the training started
practicing mixed farming which has proved to be highly profitable to them. Roshna Bhujel has earned Rs 1500 from selling her vegetables. Roshna also learnt about the importance of adding nutrition to the soil. They also learnt about the layers of soil and that the soil could be conserved by adding dry leaves so the soil will not be washed away during rainy season. Roshna makes sure that she does not miss any of the trainings; she also has plans to build a greenhouse and grow vegetables even during monsoon months.

**Expanding income sources**

Rina Bhujel is from Topline, Kumai. There are four members in her family. She works as a daily wage labourer in the tea garden. After returning from the tea garden and sparing sometime in the evening she maintained a small kitchen garden. With her limited knowledge on cultivation she grew small batch of potatoes, squash and beans. These were utilized at home. She did not work hard in her kitchen garden which had its effect on quantity and quality of the vegetables. It was through the Life skill and agro based training she learnt the significance of taking good care of the vegetables that she grows. Home grown organic vegetables are loaded with health benefits. She also learnt about the nutrition of soil which affects the vegetables and its growth. Through the training she also got the chance to meet other women, interact with them and gain new ideas. She is looking forward to put in effort to cultivate vegetables using what she learnt during the training. Rina also has plans to expand income sources in future by growing more vegetables for sale, she has already sold her tomatoes for Rs 1200.

**An opportunity to take a lead**

21 year old Kripa Bhujel is one of the participants in Life skill and agro based vocational training in Kumai. She lives with her brother and parents. After her higher secondary studies in Kumai Higher Secondary School, she is pursuing her Bachelor’s degree from Mal Bazar Government College. She is in the 2nd year of her college now. She grows some vegetables by herself and sells it as well. She could earn Rs 1000 by selling her vegetables. Since past 3 years Kripa is also leading the Self Help group in her village. They are given training on agriculture. The training has proved to be very helpful to them as it was after the training they learned about
building a green house, its uses and about growing vegetables. The training not only taught them about agriculture but also helped them with developing life skills. In the month of December, Kripa was chosen as the group leader. She started leading the group with confidence. She shared her experiences with the new 50 participants at agro based training. Kripa told the participants about the difficulty to follow class timings. The classes started at exact given times. Rules were to be followed strictly. Kripa and other trainees had to either dance, sing a song or clean the class room if they were late for their classes. This rule encouraged them to come on time. Everyone started to follow the rules and now it has become a habit of coming on time. Kripa encouraged the new participants. She says that this is a good opportunity for women in Kumai. Women now no longer need to go elsewhere to get training and build their skills. Having to go out means that women would face language problem. Nepali is our mother tongue and we do not know how to speak Bengali or Hindi. For those who know these languages are not fluent. With such trainings in Kumai women no longer have to face language problems for this training.

Aruna finds aspiration
I am Aruna Bhujel, 38, born and brought up in Lava, Kalimpong district. Back at home in Lava, our family grew squash, radish, mustard leaves and also cultivated cardamom. Animal husbandry was also practiced and I often went to cut the grass. Now I am married to Ramesh Bhujel who is a resident of Kumai. When HIMserve started agricultural trainings in our village my experience came handy. Through the training we could learn methods and techniques which was not known to us. The training taught us to grow vegetables from the start to they were fully grown. My husband learnt to grow tomatoes and mustard leaves in a green house. I helped my husband to grow tomatoes and mustard leaves. Having a green house was a great way to grow vegetables during monsoon season. It is also a season of price hike for tomatoes and other vegetables. My family enjoyed consuming fresh vegetables grown using organic method. Our neighbours also bought tomato and mustard leaves. We were encouraged a lot by HIMserve through the agricultural trainings. In the coming days we have plans to grow more vegetables in a modern green house. Now growing vegetables support our financial needs. We could earn Rs 5000 from selling the vegetables. We are highly inspired by the start of this project training in
our village. We look forward to upcoming trainings provided by HIMserve. We have hopes that our self dependency and self sufficiency will increase. Had there been no such trainings conducted in our villages then most of them would have gone to some other places to seek for jobs and there would have been a high chance of us getting trafficked.

Equipped with learned skills

26-year-old Doma Sherpa is a housewife from Topline, Kumai. Earlier she was not aware about organic farming. She relied on traditional farming. But after 3 months life skill and agro based training from HIMserve Doma is making use of organic farming methods. She now knows the significance of nutrition rich soil for growth and quality of vegetables. Consumption of green leafy vegetables is important for health and proper methods to grow them are equally important. Making a green house to grow vegetables was totally new for Doma. She came to know about growing green leafy vegetables, red chillies and tomatoes in the green house during monsoon months. Growing seeds in a nursery bed or small pots and later transplanting them to the ground or larger pots is another new concept for her. Doma has earned a total amount of Rs 2000 after she has sold her vegetables. This three month training has helped Doma gain confidence. Towards the progress of the training she came forward to lead the group during activities. Even the games conducted in the group came with lessons. Doma remembers the game of Chinese whisper along with other trainees in the group. She learnt about the importance of communication. Listening carefully before speaking goes a long way. Speaking without listening can cause confusion. Doma feels that she is now fully equipped after going through this life skill and agro based training.

From waste plastics to beautiful vases

Gita’s small step has affected everyone in Bhasmay village in Kumai. 48 year old Gita Rai is a widow who earns her living by working in the cinchona plantation. She took part in training on creating things out of waste plastic for women in Kumai. Gita learnt to create decorative pieces such as baskets and flower vases out of waste plastics in the month of June.
At the training she came to know that throwing garbage randomly is the root cause of health hazards and environmental pollution. Turning waste plastics into decorative items is a temporary solution to limit the dumping of waste plastics everywhere. Once home, she applied what she learnt. By collecting waste plastics from her home (instead of throwing away) Gita started making decorative vases. Vases were prepared in the evening after Gita’s return from work. Her neighbours bought vases from her @ Rs. 250 per piece. She also gave away some vases as presents to her friends and neighbours. Her neighbours also collected plastics for Gita so she could prepare more vases. This is for the first time Gita has done such a work. She is happy that her friends and neighbours value her skills. They appreciated her skillfully made vases. Now Gita also prepares vases on demand for her friends and neighbours. With the rise in demand for the waste plastic vases Gita requires waste plastics. Children from her village came to her rescue. Children threw chocolate wrappers and other edibles packets here and there earlier. Now they have started collecting plastics instead of throwing elsewhere. When the children are able to collect on big bag full of plastics, they bring it to Gita’s home. Gita feels grateful to be helped by her neighbours and their children for preparing vases out of waste plastics. Equipped with skill based training and a small step to put into practice what she learnt, Gita brought changes. Her village Bhasmay is now turning into a plastic free area. Gita has plans to continue making vases out of waste plastics and keep the environment plastic free.

**Generating income with low cost material**

Chimal Self Help Group (SHG) in Kharka, Darjeeling learnt to make phenyl. This was an exciting and a first time experience for women in the group. The raw materials cost them Rs. 1250 to prepare 100 bottles of phenyl. Women used their deposit amount to cover the cost of the raw materials. The women themselves bought the phenyl bottles and sold some to their neighbours @ Rs 40 for a bottle. For the first time, they earned a profit of Rs. Rs. 2750. From the profit that they earned, they again used Rs. 1250 and purchased raw materials to prepare 2nd
batch of 100 phenyl bottles. They did not have to go elsewhere to sell their phenyl bottles. Neighbours who purchased phenyl bottles earlier came to purchase 2-3 bottles for their family for a second time. Soon the second batch of phenyl bottles was sold out. The concept of generating income by using low cost raw materials appealed to the women from Chimal SHG. Villagers are also happy to purchase phenyl reports in their village instead of planning out long walks to Rimbick Bazaar to buy phenyl along with their monthly groceries. The women have saved the profit and are planning to prepare more bottles of phenyl in the coming days.

**Learning, earning and saving**

Members of Kochha Prencha Self Help Group (SHG) in Rabhabusty, Rajabhatkhawa prepared 30 bottles of phenyl. The total cost for the raw materials was Rs.850 purchased from Siliguri. One bottle was sold at Rs 40. The members earned a profit of Rs 1200 by selling bottles of phenyl. This was a firsthand experience for women of Kochha Prencha SHG. Women were excited with the skill of phenyl preparation. Earlier they bought a bottle of phenyl for home use @ Rs. 60 per bottle. Now they longer need to buy bottles of phenyl. Instead women from SHG prepared and sold bottles of phenyl to their neighbours. Women were happy with their first phenyl making experience. They had no idea about gaining greater profit with low cost raw materials. With the sale of their first batch of phenyl bottles women in the
SHG are motivated to prepare more bottles for a second time. For their second batch they prepared 100 bottles of phenyl and sold one bottle @ Rs 40. The total cost for the raw materials was Rs 1200. They earned a profit of Rs. 2800 after selling the phenyl bottles. Neighbours who purchased phenyl are making enquiries to buy their next bottle. Members of Kochha Prencha SHG are glad to learn a new skill of phenyl making. Generating income by staying at home and close to their neighborhood has made them happy. The sale of phenyl and gaining profit has showed women a new way to earn extra savings or something to spend for household expenses.

Mushroom Cultivation-A novel experience
Kafal self help group from Sepi, Rimbick is an active group. Women from this group make a good use of trainings they receive. When these women received a training on oyster mushroom cultivation, things were about to change. Without any delay the women decided on carrying out mushroom cultivation. They invested an amount of Rs. 6000 for purchase of raw materials such as mushroom spawn, straw and plastics. Kafal self help group members prepared 135 cylinders with mushroom spawn.

Members from the groups took turns in looking after the cylinders and watering them as needed. Mushroom plucking started from the first week of December. With about 2-3 kgs of mushrooms kept aside for consumption by women, 120 kgs of mushroom was sold at the Rimbick weekly market @ Rs. 150 per kg. Women earned a net profit of Rs. 12000. At the moment, the self help group is keeping the amount in their bank account. This was a novel experience of cultivation and sale of mushroom for Kafal self help group. Women felt empowered with this experience. Oyster mushroom cultivation has opened new doors for opportunities of alternate income generation for these women from Sepi. This firsthand experience has left the women confident to continue mushroom cultivation and prepare another batch of cylinders. Women from Kafal self help group feel that learning the skill to cultivate mushroom has shown them a new source of income generation with low cost raw materials and profit in bounty.


**Special Projects**

- Angel Lepcha of Rimbick is studying MBBS (Medical Science) in China with full financial support by ECTA International, USA and one time per year airfare of Nitya Rai for her MBBS studies in China is also supported by ECTA International, USA.
- HIMserve provide one hundred fifty poly houses in partnership with Nomi Network.
- Ongoing financial support for medical treatment by ECTA International, USA for Persis Rai.

**An unexpected journey**

Angel Lepcha from Rimbick Bazaar, Darjeeling got Dr. Paul Medical Scholarship and is currently a second year medical student in Capital Medical University in Beijing. Moving from a remote village to a city like Beijing on her own she met many new people, experienced new culture, lifestyle and a different education system. Angel describes her first month in China as exciting, moving and a little confusing. She soon made new friends when she visited a church in Beijing, her friends who were a source of encouragement and inspiration to her and made her ‘feel at home’, also helped her with adapting to the new place and life. She is a hardworking student who is doing well in her studies and is actively participating in other activities of her university now that she has become more confident, independent and more trusting in God. She made mistakes but was quick to learn from them. Visiting offices for paperwork to attending a medical college abroad, has added to her moving journey. Within one year of her stay in China, along with her academic learning she has had experiences in life which she believes will stay with her and will help her in her life. Angel had not once thought that she would get the opportunity to go abroad for medical studies but her prayers, faith in God and hard work made it possible for her. She is optimistic about the plans God has in store for her.
Agriculture trainings for 150 women in Kumai have been a boon. Prior to the training, 150 women grew vegetables for self consumption and sale. The sale of vegetables was confined with their villages in Kumai. Taking up the agriculture training has helped these women broaden their minds and expand opportunities as well. Each house grew the same kind of vegetables and leafy greens. Taking part in the agricultural training affected the families of 150 women in a positive way. Learning organic ways of growing vegetables changed their thoughts. Using natural ingredients like neem leaf, garlic and tobacco leaf for protecting plants against insects and pests was new for them. Women learnt new ideas of growing more than 4 or 5 vegetables by dividing their patch of land or in their kitchen garden. 150 women received materials to build green houses from HIMserve. It took about 4-5 days to complete a green house. The size of the green house is 14x40 feet. Armed with proper know how on agriculture women from Kumai started growing vegetables in their green houses. They grew spinach, radish, cabbage, peas and tomato. Women sold much of their produce even outside Kumai. With HIMserve’s effort to help the women sell their vegetables and empower them, the vegetables from Kumai were also sold in Siliguri. HIMserve staff made contacts with their neighbours and friends to promote organic fresh vegetables from Kumai. This year women earned Rs. 2000-3000 (approx.) depending upon the quantity for sale. Learning new concepts and knowledge of agriculture has proved beneficial for women from Kumai. With the sale of vegetables in 2019-2020, these women feel empowered. They are happy that they received the trainings without having to leave their homes and travel elsewhere to other towns or cities. These women had earlier never hoped that they could earn income by staying in their village. The sale of vegetables from their green house has given them hope and encouragement. They look forward to grow more vegetables in their green houses in the coming year. Women also have plans to increase the varieties of vegetables that they are growing. They feel that the training was an excellent opportunity for them, to learn new concepts of growing vegetables and also to sell their produce.
Hope blooms for Persis Rai.

Persis Rai is the daughter of Prakash and Ratna Rai in Kharka Darjeeling. Prakash has three daughters and two sons. Persis suffered from joint pain since she was 7. The area around her knee would swell for few days. But her parents never thought of taking her to a doctor considering it a minor illness. She studies at Daragaon High School in class IX. It was during November sometime before her annual exams that her condition turned serious. It was like any other day for Persis when she suffered from joint pain at school. She asked for leave and returned home. The next day the area around her knee started swelling. This time the pain was worse. Ratna took her daughter to see a doctor at one of the hospital in Darjeeling town. After doing some of the test in the hospital she came to know that her daughter is suffering from bone cancer. The doctor told her that the treatment for Persis is available at Bangalore. It would cost more than one lakh rupees for the treatment. Persis was not able to sit for her annual exams. Now it was difficult for her mother, (she is the sole breadwinner of the family after her husband Prakash left a few years ago since he married another woman.) with her income of Rs. 1300 per month to run the family and support her ill daughter’s medical expenses. Word about Persis’ condition spread not only in her village but in other neighboring villages as well. Ratna did not have the required amount to cover for her daughter’s treatment but help started pouring in. Her teachers at school, her neighbours, members of Emmanuel church and even people from nearby village Baisakhey, Kalyan, Rajabhir, Rammam and other villages contributed for Persis’ treatment. Her father Prakash also arranged some amount for Persis’s treatment. HIMserve covered the majority of her treatment expenses through ECTA. She was taken to Kidwai Memorial Institute of Oncology, Bangalore for treatment of bone cancer. She underwent two chemo therapy sessions at the hospital. In the month of October Persis was operated and her leg was amputated. Currently she is in Bangalore and continues with her follow up treatment at the hospital. Persis is also waiting for artificial limb to be inserted as replacement for her amputed leg which will be done shortly.
Other Activities

Capacity building of 9 Community Motivators (CF):
The CFs and were provided training based on need in the following topics in 2019-20 so that they can teach the material themselves:

- Importance of SHG, VDC and United.
- Reuse of plastic.”Cusion Making”
- Facilitation
- Preparation of Lesson
- Preparation of field visit plan and report.
- Para Legal “ Consumer Protection Act”
- TCT Module 4.

CM’S STORIES

Gaining confidence with new skills

My name is Samuel Dukpa. I work as Community Facilitator (CF) for Rajabhatkhawa, Dooars area. Working with HIMserve since past (how many years) has equipped me with many skills. Trainings from HIMserve and experience of working with community groups has raised my confidence level. Animal husbandry training in 2018 along with other CFs was another turning point for me. I had never thought of treating animals or doing castration on pigs, goats and cattle. I received training to castrate pigs and goats. It was difficult to take the first step. I shared about my new skills with my neighbours. They too had something to share about their past bad experiences of castrating their animals. According to them, the wounds did not heal quickly after castration and some of his neighbours lost their animals especially pigs which were their source of income. Still my neighbours allowed me to castrate their animals. Till date I have done castration for 38 pigs, 19 goats and 2 oxen. I charge Rs 100 per animal. My neighbours in Rajabhatkhawa were happy with my work. Neighbours approached me and told me that their animals are doing well after castration. As the word spread around, people from Suntalabari and 28 no. village also approached me for castration. My neighbours appreciate the work done by me. They have also started seeking my advice for treating animal diseases and taking proper care of them. It makes me a happy man to know about the well being of my neighbour's animals (after castration). This experience is another
feather on my cap. I am content to utilize my skills which is also helping families in my area relying on animals for generating income.

Opportunity to serve my community

I am Akela Lepcha, Community Facilitator (CF) for Kalimpong area. HIMserve has provided ample opportunities and exposure for self development through holistic teaching, community building trainings and workshops. Conducting trainings for community groups, united forums in Kalimpong area over the years has helped me gain confidence and establish a good relationship with people within and outside my village. From day one my work has taught me lessons that have helped me shape and polish myself. In the initial days it was difficult to convince villagers for meetings or gathering for trainings. This slowly changed with the holistic teachings that I received and shared with the community groups in my village. Holistic and Truth Centered Transformation (TCT) teachings imparted lessons of loving our neighbours and showing our love for the community through acts of love i.e, doing something for our community using cheap and easily available resources. I am glad that the community based groups, Dubling and Lungshel united forums have lend help to ill neighbours, cleaned roads making the practical use of their lessons. Lessons on marriage and family from Module 4 are helping me in fulfill the duties of a husband and a responsible father of 2 kids in a much better way.

My work as a CF has helped me gain respect and earn good words from church members too. My church has given me chances to speak and share on many occasions. Leading trainings for Self Help Groups, Village Development Committee has made me confidence and given me a boost to carry on with my work. Sometimes, I think about the day I joined HIMserve. I am glad that I chose to work as a CF when the opportunity was at hand.

Administration:

- Monthly reporting & planning meetings done with all staff & CMs except in December and March.
- Daily devotions.
- 2 staff meetings.
- 2 HIMserve Board Meetings.
• 2 Newsletters published.
• Lalita Bhujel & Sheila Subba attended Life skills and Agro Based training at NOMI Network, Kissanganj.
• Lalita Bhujel and Yuden attendant Human Trafficking training in Sevakendra Siliguri.
• Rajesh Thapa and Akela Lepcha attended TCT Module 5 training in Hetuada, Nepal
• Anjali attendant communication training at Indian Campus Crushed for Christ, Siliguri.
• Om attended the organic farming training in Hamiltongan by CINI.

**Staff trainings:**

• Importance of SHG, VDC and United.
• Reuse of plastic.”Cusion Making”
• Facilitation
• Preparation of Lesson
• Preparation of field visit plan and report..
• Para Legal “ Consumer Protection Act”
• TCT Module 4.

**Thank You**
Appendix

Appendix 1: ABBREVIATIONS

AF.................................................................Area Facilitator
AG.................................................................Assembly of God
AGM.............................................................Annual General Meeting
AH.................................................................Animal Husbandry
AIDS.............................................................Acquired Immuno deficiency Syndrome
BCI..............................................................Believer’s Church of India
CAV.............................................................Community (Health) Awareness Volunteer
CHV.............................................................Community Health Volunteer
CF.................................................................Community Facilitator
CNI..............................................................Church of North India
CTC.............................................................Child to Child
FCRA ...........................................................Foreign Currency Registration Act Account
GP.................................................................Gram Panchayat (Village government)
HFC.............................................................Himalayan Free Church
HM.................................................................Holistic Mission
HTPC..........................................................Human Trafficking protection Committee
ICDS.............................................................Integrated Child Development Service
IEC...............................................................Indian Evangelical Church
IES...............................................................Isai Ekta Samudai
IT.................................................................Income Tax
KUCMWS..................................................Kumai United Christian Minority Welfare Society
LUCF...........................................................Lankapara United Christian Fellowship
LUS.............................................................Lungshel United Society
MT..............................................................Management Team
NPCMS......................................................Nimbong Pabringtar Christian Minority Society
OD...............................................................Organizational Development
PD...............................................................Program Development
PFC.............................................................Presbyterian Free Church
RC..............................................................Roman Catholic
RES...........................................................Rajabhatkhawa Essai Sagathan
Appendix 2:

Holistic Teaching: Truth Centred Transformation (TCT) topics for churches:

Curriculum for TCT Module 1 in Churches

1: The whole story.
2: Humans are important to God.
3: Love God and love your neighbour.
4: Luke 2:52
5: God wants the church to help.
6: What is some need we can help with?
7: God’s Kingdom Math.
8: Understanding how to help.
9: Act of love.
10: Seed project planning.

Curriculum for TCT Module 2 in Churches

1: The Kingdom of God.
2: Kingdom Communities.
3: Kingdom Values.
4: Kingdom Values and Work
5: Building the Kingdom of God.
6: The Church’s role in building the Kingdom of God.
7: The Truth Centred Transformation programme.

Curriculum for TCT Module 3: God’s Truth & Satan’s Lies

1: Are We Being Transformed
2: We Are To Be Stewards of Creation.
3: We Can Change the Future.
4: God Has Given Us So Much.
5: Satan Is a Liar.

Appendix 3:

Leadership & Capacity Building Training for SHGs & VDCs:

- Self Help Groups.
  - What is a group?
  - What are SHGs?
  - Why? (Include also social role of SHGs).
  - SHG formation details.
  - Responsibilities of SHG office bearers and members.

- What is a VDC? Why have VDCs? Steps in VDC formation. Roles and responsibilities of VDC office bearers and members.

- Building a Vision.
  - Discovering strengths of the SHG members.
  - Discovering strengths of the SHG.
  - Dream mapping.
  - Dreams to reality.

- Strategic Planning: Mission, core values, strategic issues, long term goals, activities, monitoring & evaluation.

- Mobilizing the community.

- Writing a constitution (rules and regulations for the group).

- SHG/VDC meetings – why & how? Keeping minutes, etc.

- Bookkeeping, maintaining records.

- Leadership.

- Need for leadership in an SHG/Village (VDC).
  - Leadership styles.
  - Characteristics of a good leader.
  - Rotating leadership function.

- What is development? Explain and help them understand the concepts/basic principles of development and how it works.
• Consensus or collective decision-making.
  - What is a decision?
  - Various ways in which groups make decisions.
  - Importance of collective decision-making.
    ▪ Ownership.
    ▪ Empowerment.
• Unity – why, importance.
  - What is unity? Why is unity important?
  - What steps will the SHG take to stay united?
• Time Management; Discipline; Accountability.
• What is communication? Principles of successful communication.
• Conflict Resolution.
  - What is a conflict? Why do conflicts arise?
  - Unresolved conflict.
  - Different approaches to dealing with conflict.
  - Steps in solving conflict situations.
  - Dangers while resolving conflict.
• Money Management.
• Right to information act 2005
• Sharpening interpersonal skills
  ✓ Relationship Killers
  ✓ Loving Listening
  ✓ Helping Others Solve Problems
  ✓ Building Trust
  ✓ Living in Community
  ✓ Managing Conflicts Well
  ✓ Helping Others Manage Conflict
  ✓ Walking in Moral Purity
  ✓ Managing Stress
- Maintaining Margin
- Helping Others Grieve Well
- Being an Encourager

- Para Legal
  ✓ FIR
  ✓ Domestic Violence
  ✓ Arrest Rights
  ✓ Consumer Protection Acts 2005

**Appendix 4:**
Importance of Children (topics)
The value of children; Children in church; Child participation; Parenting; Child evangelism.
Discipline children

**Appendix 5:**
CTC Clubs curriculum
Leaders:
How to teach?, Visual Aids, 6 steps of CTC approach, How do children learn?, Active learning, Communication, Telling is not teaching, What is good health?, Different Approaches of Active learning (quiz, fames, storytelling etc.), How to tell a story?, How to build life skills with children? (self-confidence, self-esteem, social contact/communication, problem solving skills, decision making, creative thinking, critical thinking, dealing with emotion), Why\How to discipline children?, Child Participation, Child Development, Growing in the 4 areas of life, Life skills, Gender, God’s heart for poor

**Clubs:**
Creation, You are special, Our ears, Our nails, Our body, Our teeth, Immune system, Intestinal worms, Looking after my eyes, Conjunctivitis, Germs, Hand wash, Personal hygiene, Compound hygiene, Transmitting of worms, Clean environment, Clean water, Diarrhoea, Bed bugs, Dengue, Cholera, Hepatitis A, Hepatitis E, Malaria, Mumps, Chicken pox, Cough and cold, Cholesterol, Cholera, Tuber closes, Pneumonia, Nutrition, First aid, Accidents, Typhoid fever, Traffic rules, Good habits, Bible stories.
3-day family health camps:
On the first day, the teachers and students are taught. On day two, the students prepare a teaching with the help of a teacher. On day three, the students present the teaching to their parents and friends. All teaching is done in the form of songs, drama, story and lecture style. The learning effect was evaluated through a quiz at the end.

Appendix 6:
Adolescent’s Groups curriculum
Leaders:
Vision; Understanding and handling adolescents; Physical development of adolescents; Emotional, social and mental development; Child participation; Life skills (how to develop life skills of adolescents); Self-confidence, Self-skills; How to discipline children; Active learning; Adolescents reproductive health; Value of life; Communication; God’s heart for children; Gender issue.

Groups:
Awareness – self, family and community (who am I; what I like; my aspirations); Our values - mine, my family’s, my community’s; My family and friends (importance and role of family members; importance of friends; relating with friends of same and opposite sex); My community (exploring the community, my role in community to improve community life; community leaders); Communication (verbal and non-verbal; means of interpersonal communication); Our environment (keeping our environment clean and green; our role in creating an enabling environment); Community Health and Hygiene (concept of personal and community health; prevention of common diseases); Puberty and Adolescence (physical change among girls and boys; emotional aspect of puberty and sexuality; how a baby is created); Marriage role of husband and wife; Career planning, Life skills development(problem solving, decision making, creative thinking, critical thinking, dealing with emotion), Awareness on love marriage & sex, Use of internet & gadgets, Alcoholism, Addiction.

Appendix 7:
**Sunday School Teacher’s Training curriculum**

Listening to God’s voice; Importance of children in church; Child participation & development; Life skills; Improving self-confidence, Self-esteem, etc.; How to discipline children; Active learning skills; Teaching skills; Jesus‘ active learning style; Use of drama, songs, games; Meaning behind Bible stories and its application; Making and using various visual aids (flash cards, flannel graphs, puppetry): Memorising Bible verses; How to tell Bible stories; “Good health” in Sunday schools. God’s blessing.

**Appendix 8:**

**School Teacher Training**

How young children learn, How to teach, Communication, Active learning(drama, quiz etc), All health subject (clean water, good health etc) as active learning style(practical), Life skill, Child development, Child participation, Visual Aid, Basic rules for learning, Better classroom better learning(class room settings), Good facilitation, How to be an effective teacher(role of a teacher).

**Appendix 9:**

**Community Health Volunteer Training:**

**Level One: Community Awareness Volunteer**

Each Session = Four Days

**Session 1 – CAV Training 1**

Health Overview - What is Health?

1. Holistic/Spiritual Health
2. Nutrition/Malnutrition
3. The Role of Water in Health
4. What is Blood Pressure?
5. Fever Basics
6. Healthy Respiration
7. Toxins and Harmful Consumables

**Session 2 – CAV Training 2**
1. What Are Germs?
2. How a Disease Spreads
3. Hygiene Personal/Public/Food/Home
4. Diarrhoea/Vomiting/Dehydration Basics
5. Tuberculosis
6. HIV/AIDS
7. Malaria
8. Immunization Overview

Note: For the CAV training, 2-3 candidates from each village are selected who have the potential to serve their communities.

**Level Two: Community Health Volunteer**

**Session 3 – Patient Exam/Ante-Natal Check Up**

1. Temperature and Practical
2. Pulse and Practical
3. Respiration and Practical
4. Blood Pressure and Practical
5. Anemia and Blood Sugar
6. Female Anatomy
7. ANC

**Session 4 – Reproductive Health**

1. Menstruation and Hygiene
2. Family Planning
3. Abortion
4. Conception/Fetal Development
5. Healthy Pregnancy
6. Healthy Nutrition in Pregnancy
7. Warning Signs in Pregnancy
8. Birth Preparedness

**Session 5 – Delivery and Post Natal Care**
1. Signs of Labour/Taking a History  
2. Home Birth  
3. New-born Exam and Resuscitation  
4. Delivering the Placenta/Retained Placenta  
5. Post Natal Complications/Warning Signs  
6. Post-natal Care and Nutrition  
7. Breastfeeding and Breast-care  
8. Kangaroo Care  

Session 6 – Under Five Care  

1. How to Care for a Sick Child  
2. Cough and Cold  
3. Diarrhoea/Vomiting and Rehydration  
4. Worms  
5. Malnutrition, MUC and Charting  
6. Weaning Foods  
7. Chicken Pox/Shingles  
8. Fever  
9. Pneumonia  
10. DPT  
11. MMR  
12. Polio  

Session 7 – Infectious Diseases  

1. Tuberculosis and DOTS  
2. HIV/AIDS  
3. UTI/STD  
4. Kidney/Bladder Stones &Infection  
5. Hepatitis and other reasons for Jaundice  
6. Typhoid  
7. Malaria  
8. Giardia and Dysentery
Session 8 – **Non-Infectious & Chronic Illnesses**

1. Diabetes Signs/Symptoms/Care
2. Gastric Illnesses and Care
3. Illnesses of the Aging-Hypertension
4. Stroke and Heart Disease
5. Arthritis/Chronic Pain
6. Health Issues for Aging Women
7. Identifying Cancer/Tumor/Cysts etc.
8. Epilepsy/Seizures

Session 9 – **First Aid**

1. Ingestion of Poisonous Substances/Food
2. Snakebite/Black Stone
3. Allergic Reaction and Asthma
4. Dangerous Objects
5. Bleeding Control/Nosebleeds
6. Wound Care
7. Burn/Fall/Road Injuries with Fracture Care
8. CPR
9. Fainting and Shock
10. Heat Stroke/Exhaustion

Session 10 – **Responsible Treatment and Use of Medicine/Managing a Village Dispensary**

1. Appropriate Use of Medicine
2. Analgesics
3. Proper Use of Locally Available Antibiotics
4. Medicines in Vomiting and Diarrhoea
5. Medicines for Allergies/Asthma
6. Medicines for Gastric Problems
7. Managing a Village Dispensary
8. Post Hospital Care for Patients
Session 11 - Graduation Ceremony and Community Health Volunteer’s Programme

Candidates Awarded with Certificate and Health Volunteer Kit.

Note: For the CHV training, community women who have the potential to serve their communities are chosen from among those who attend the Community Awareness Volunteer’s trainings.

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