

NISHTHA UK TRUST– Program Report for 2024-5

Actual Fund Received from UK Trust	25,21,004				
<u>carried forward from 2023-4</u>	1,95,515				
<u>Corpus interest received</u>	1,39,944				
<u>Total Income</u>	28,56,463				
Total expenditure / balance				27,78,723	77,740

Clinic Report:

Nishtha clinic continues to be open 4 days a week for drop in patients as well as those who make appointments. Dr Shreya is available all 4 days while Dr Sara is on duty in the mornings only. Dr Barbara continues to see her old patients and consults with the other two doctors about complicated or unresponsive cases. She has been focusing on developing her skills in acupuncture and is currently giving regular acupuncture treatment to nine patients with various problems. Acupuncture is particularly successful for stroke patients; however, they need to be treated soon after the accident but usually they tour the hospitals looking for a cure before returning to the village too late to really benefit from acupuncture. Very little physiotherapy follow up is provided by the hospitals.

The number of patients seen in the clinic averages 260-266 per month with very little seasonal variation. We see almost exactly double the number of women as we do men, and when it comes to children, we see approximately one third more girls than we do boys. Since it is not the case that there are more girls than boys born in the village, it is clear that boy children are taken to more sophisticated private clinics when they are ill than are girls.

With concern that the number of patients attending the clinic is declining, efforts have been made to advertise our clinic services by erecting two large new signboards at the approaches to the clinic and posting our timings on facebook and Instagram.

In early September, with our kind friend, Sabina's help, we posted 3 advertisements for Nishtha clinic, Community centre and environment programs on Instagram and on facebook

Dr Shreya talks about how she has been able to successfully treat a number of patients with skin problems with homeopathy. She also finds it particularly useful when treating depression and mental problems. One particular case was of a man who has been compulsively eating significant quantities of paper a day since he was about 10 years old. He developed liver problems and pancreatitis which Shreya thinks is from a build-up of lead in the body. She treated him homoeopathically and his symptoms have much reduced. He no longer craves to eat paper and is feeling much better.

Dr Shreya has been doing an on-line course in psychotherapy from a British university. As she now has 3 months placement in a mental health clinic in the UK she will be taking April 2025 leave so as to concentrate on the initiation into the work of this clinic but will return to

work full time with us on May and June while seeing patients on line in the evenings. We are proud that Dr Shreya shows such dedication to improving her counselling skills which will be of great benefit to her work here in the clinic.

Dr Sara's report: I'm glad to say that we have observed a significant reduction in cases of infections mirrored in our antibiotics usage. We are happy that we could protect gut bacteria. There has been a steady rise in cases of hypertension. A lot of patients benefited from magnesium supplements to reduce blood pressure especially diastolic. Diabetes mellitus and diabetic neuropathy continue to raise our concerns as despite dietary care, people still developed rising A1Cs. Which probably indicated to us the effect of cortisol resulting from stressful lifestyles. We were glad to see positive impacts of adding mineral supplements for general well-being. We still continue to see nutritional anemia amongst women. The compliance factor has improved in patients this year with more people showing up for their health checkups on time. I really enjoy working together with Dr Barbara and Dr Shreya.

October 9th The monsoon has retreated allowing us to re-build our clinic wall next to the new road. It is delightful to see how lovingly local mason Rajinder approaches each rock and river stone, shaping it with his hammer so that it fits exactly to build up the wall. This method of dry-stone walling is traditional in this area but it is difficult these days to find skilled masons to do this work. The staff have put a great deal effort to re-create the front garden with a drain which will make sure that rain water no longer floods the path

24-25 A. Clinic Services:

**Received: Rs. 30,000 Spent: Rs. 25,400
Balance: Rs. 4,600**

Rs.25,000 has been spent on fuel for the ambulance which is used regularly to take patients to and from Tanda and the Dharamsala Zonal hospitals. They also pick up immobile patients in the villages to bring them to Nishtha clinic for treatment. Our doctors make use of it when they go on home visits.

A further Rs.400 was spent on filling the oxygen cylinder.

24-25 B. Special help for disabled children:

Received: Rs. 75,000, Spent Rs. 66,046, Balance: Rs. 8,954

- a. The majority of this fund (Rs.55,156) has been spent to fuel the vehicle which takes the children and one stroke patient, Payar Lal, to Tapovan for physiotherapy treatment. The fuel expenses have increased due to the new petrol vehicle. Petrol is substantially more expensive here than the less environmentally clean diesel. Around 246 journeys to and from Tapovan have been undertaken this year. Sometimes when there are many children two trips a day are required.

Tapovan Attendance Chart 2024-25														
Name	Apr	May	June	July	Aug	Sept	Oct	Nov	Dec	Jan	Feb	Mar	Total	Nishtha
Mitali	18	22	17	12	17	14	16	20	21	19	16	13	205	16
saksham	17	23	17	20	18	19	8	16	20	12	8	16	194	20
Priya	12	22	21	13	18	4		16	15	19	20	16	176	14
Vivan	0	0	7	3	2	1							13	2
Vihyana	17	21	0	0	13	18	8	16	16	9	16	12	146	14
Tarushi	7	9	4	5	6	8							39	0
Akshar	1	0	4	0	0	4		2				8	19	0
Pyare Lal	17	4	1	4	4	3	1						34	7
Sanjoli	0	0	0	0	0	0							0	2
Miraya											13	13	26	2
													852	77

Children who visit Tapovan and Nishtha.

1. **Mitali** who is in 6th grade attends the Tapovan clinic three or four times a week particularly for speech therapy. The classes go up and down according to the therapist on duty but it is clear that Mithali's comprehension has improved and she is able to make her wishes known. She first gets dropped at the village school at Tapovan and then goes for her physiotherapy treatment after lunch along with Shaksham and Priya.
2. **Shaksam** is well able to get up to standing on his own now but, according to his mother is still very fearful about attempting to walk without support. Shreya told how she has tried with his mother to tie a dupatta (scarf) around his waist to give his lumbar region additional support. She thinks this has been of some help to his confidence. In October we bought him a larger lightweight walker which he uses well and recently he got a new pair of calipers as he is growing so fast.
3. **Priya** is now 10 years old and is studying in class 3. She comes to Nishtha to monitor her epilepsy treatment which she receives from Dharamsala Zonal hospital. She is regularly going to Tapovan and is making good progress with her walking and speech.
4. **Vivan's** Mother came to the clinic to talk about his club feet which a doctor in one of the hospitals suggested should be operated on. It is now quite late to do the operation so she has been further advised to have him wear his calipers as much of the day as possible. This has not improved his temper. His mother has been unable to bring him to Tapovan at all as her mother-in-law is ill and cannot be left on her own. She does not come even as far as Nishtha for follow up with the homeopathic treatment for his anger.
5. **Vihana** goes to Tapovan regularly and often comes to Nishtha on a Saturday. she is due to receive her first set of calipers (Nishtha will pay 50% of the cost)
6. **Tarushi** went to Tapovan regularly up until the end of September. She has a very supportive family but they have had problems with a complicated pregnancy so have moved to their family home. Her family contributes to her extra transport as she lives on the Sidhpur side of the river so requires picking up separately.
7. **Akshar** receives homeopathic treatment from Nishtha clinic. His mother home schools him and calls on us for transport to the school for his exams. We are suggesting purchasing

washable diapers for him since disposable ones are so expensive. He is a large 16 year old so very hard work for his mother.

8. Miraya is 5 years old now and can stand with the help of a walker. She has been going to Tapovan regularly for the past 2 months and her mother is pleased with her progress.
 9. **Payar Lal** is an adult male stroke patient who came to Nishtha 2 years after his initial episode. He was going to Tapovan regularly up to October
 10. **Sanjoli** no longer attends Tapovan because it is too difficult to transport her for her home to the car and from the car into the clinic. The doctors occasionally make home visits and Baby, her carer regularly comes to the clinic to report any difficulties she is having. In general, it seems that she is good health, well cared for and is more comfortable staying at home.
- b. Rs. 10,850 has been spent on the following mobility and special needs for disabled children: Repairing Sanjoli's chair, buying a new walker for Shaksham, helping Miraya's family to shift to a more convenient location so she can be taken to Tapovan regularly and transporting another CP child to school to sit his exams. This boy, Akshar is quite bright and his mother assists him with home schooling but he needs help to get to the school to sit his exams.

February 18th Every day Ravi picks up our special needs children and their carers to take them to Tapovan clinic where they receive exercise and physiotherapy from their homes, treatments crucial to their mobility and ability to manage daily tasks. Shaksham, Priya and Mithali also attend the Tapovan primary school in the mornings while the younger children go straight to the clinic to join in the play sessions there. On Saturdays he picks up the children and brings them to Nishtha Community centre where they enjoy playing and drawing together and our doctors are able to check their health and progress.

24-25 C. Community Outreach Program:

Received: Rs. 1,22,000, Spent Rs. 1,34,574, Balance: Rs. -12,574

1. Outreach: Health Education:

a. Transport Running Costs: Rs 97,244. (Rs, 17, 244 Overspend)

This overspend is due to the use of the new petrol vehicle and that we have been encouraging the women activists to organise camps further away from the main roads in order to reach people who are more in need. The team reports that when camps are held in areas where they are relatively more developed and have more facilities the attendance and interest in the camps is less. Whether or not the people there would actually benefit from the camps which focus on learning to understand and manage your own ailments, when they are closer to doctors' clinics or perhaps are busier, they are less likely to attend.

- b. Field Activists Expenses: Rs. 28,800.** This expense is Rs.400 paid to a local woman to help our activists to organise the camp in each area. Until last month we have been paying Rs.400 but it has come to our notice that, in order to encourage people to attend the clinics and to make them feel welcome and comfortable the village helpers have been providing tea or cold drinks to the participants. Providing tea or a cold drink to guests is so much a part of local people's sense of hospitality that it is uncomfortable for them to receive their neighbours (very often in their own homes) without providing something, we agreed to raise the amount we provide each camp to Rs.500 so that it is possible for all the helpers to provide the same.

Outreach Clinic Data April to March 2024-25				
Months	Camps	Attendees	Single Women	men
April	6	143	37	5
May	5	134	32	10
Jun	7	199	36	10
July	5	110	19	19
Aug	6	172	34	14
Sep	7	207	37	13
Oct	6	171	36	15
Nov	4	94	28	5
Dec	7	195	45	1
jan	4	95	19	23
Feb	7	202	39	29
March	6	178	59	19
Total	70	1900	421	163

This year, each of our 6 field activists have organised 11 or 12 outreach clinics in their areas bringing the total number of camps held to 70. In July when the monsoon was at its height, the number of people who could come was reduced but generally around 30 women and men attend each time. By no means all of the attendees are single women – our health clinics open the single women’s program up to the wider village enabling those who are less confident about declaring themselves to be in need of help to come forward in a more acceptable context.

Dr Shreya says: The single women have worked hard to organise our health camps in more remote areas where we have a better

response from the local people than in places where they have easy access to health services. This means we are travelling up into the mountains more which is quite hard work but well worth it.

May 31st: Mohita, a young dentist who is involved in a research program on oral cancer has been joining our outreach team giving free dental check-ups. People in the more remote villages who have no immediate access to dentists are particularly happy to take up this free opportunity. It is a good reminder to talk about the importance of good oral hygiene and avoiding chewing tobacco.

People particularly appreciated when we were able to offer dental check-ups, even though we could not give any treatment and many people ask for their blood sugar to be checked – even those who really don’t need it.

Our aim is to give people health information and advice, not treatments. We particularly include first aid, garbage management and hygiene & nutrition in our programs.

2. Outreach: Pre-school Children

a. Visits, play materials and fruit: spent Rs.8,530

As the provision of fruit has been generally covered during the school feeding program, the majority of this fund was spent on replacing worn out sitting mats in Tathri and Slate Godown anganwaris and in fixing railings along the road by the Nag Mandir anganwari. The railing was donated by Dr Barbara but the costs of fixing and painting it came from this fund. Then a simple gate had to be made to keep the children from straying onto the road.

24-25 D. Public Health & Environment:

Received: Rs. 3,29,840, Spent Rs. 2,81,664, Balance: Rs. 48,176

1. Water filters: spent Rs. 15,232.

Two new filter units were bought in September to replace those that have worn out and leaking in the clinic and in Rakkar school at a cost of Rs. 4,634. After considerable concerns about the washers, they were finally properly fitted and are now working well. A further Rs. 8,923 was spent in February for a complete new set of filters for all the units in the schools and in the clinic. Azad is in charge of keeping the filters washed out and in good working order. This involves repairing leaking pipes or broken taps which expenses also come from this account. We are always impressed by the diligence with which the local people come to our filters to collect water. Not only does it ensure their good health but it discourages the use of bottled water.

2. Clean, Green Rakkar: Spent: 266,432 balance: Rs. 38,408

a. Clean up programs and education: Rs.1,990 (underspent: 28,010)

Garbage Management Record April 2024 to March 2025						
Collection				Delivered to	Old stock	5
Months	No. of Houses	Bags collected	Blocks Made	Waste Warriors	Date	Sold
April	225	30	35	10		
May	228	32	40	12		
Jun	215	30	40	10		
July	230	33	40	13	01 st July	100
Aug	235	35	50	8	13 th Aug.	100
Sep	232	30	10	22		
Oct	70	10		26		
Nov	65	10		24		
Dec	70	10		20		
Jan	55	9		15		
Feb	66	9		25		
Mar.	72	10		26		
Total	1763	248	215	215	Remaining Blocks	20

The above chart reveals how the nature of our environment work is changing. At the beginning of the year, we were still picking up the segregated waste – principally, clean plastic from the village houses who we have been working with for many years. In October,

the number of houses that kept their waste for us significantly dropped as the Waste Warriors procured a jeep which visits the village clusters and picks up mixed garbage regularly. Because of this, in October it was no longer viable to ask people to segregate their waste so we stopped making blocks but continued to pick up the waste from the less accessible houses and delivered it straight to Waste Warriors for processing.

It is now apparent that Waste Warriors have been given the responsibility of collecting waste from all the village houses and are receiving payment from the Panchayat (Village committee) to do so. Therefore, we have decided that there is no point at present in assisting them with their job when we neither get paid nor recognised for the work we have been doing to keep the village clean. As a result, we are re-thinking our role in generating awareness of the need to dispose of waste properly and to take care of the environment.

This year we continued to hold regular clean-up programs around village with our staff and the local children and to focus on keeping the water channels clear and not throwing plastic packets everywhere.

On July 5th Twelve staff and children from Nishtha visited the new waste management unit set up by the Dharamsala Municipal Corporation along with Waste Warriors near the cricket stadium. They have a machine to compress water bottles and other hard plastic to be sent for re-cycling. A liquid waste management system which produces electricity and compost has also been set up but because mixed waste is still being collected from the city it is impossible to keep the process hygienic. Our group were shocked at the conditions in which the workers have to work. We remain committed to educating everyone to segregate their own wet and dry waste and to encourage the MC garbage collectors to keep it separate.

Nishtha plays an active part in the Dharamsala Environmental Preservation Network who are working to strengthen their organisation to be able to effectively lobby the government to enforce littering and garbage disposal rules for hotels and homestays. Our team continues to work tirelessly in the village to educate people by example to pick up litter and segregate biodegradable and non-biodegradable waste.

Regular collection of plastic waste has continued especially in the inner parts of the village where the Waste Warriors garbage trucks can't reach. We were able to create enough bricks to complete an order for 200 blocks for an architect building in Jia village.

August 26th The new batch of students sponsored by Nishtha efficiently held a clean-up program during their Sunday program. Now the drains and road sides are clear of the masses of garbage that washes down every time it rains. It is a mystery who continues, without thought for the consequences, to throw garbage in the irrigation channels.

- b. **Payment of Green Worker (Vijay Bhadwaj): Rs. 244,842.** Since October when our collection and brick making was reduced, Vijay has been joining the children's program each afternoon to supervise the more energetic kids who love to bounce on the newly installed trampoline. It is important that only 4-6 children are allowed on the trampoline at one time in order that they don't damage it or

themselves. He is also very helpful when the children go to the ground with the cycles, making sure they all share well and have a good time. Vijay is also actively involved in the school nutrition distribution. As we have extended our reach into the more remote schools it becomes difficult to reach them all by jeep. Vijay delivers some of the supplies on his scooter.

Another project which benefitted from Vijay's energy was when we rebuilt the wall alongside the clinic entrance, setting out a larger garden with channels to drain rain water from the path to the clinic. He also works on the farm and has been engaged in clearing a piece of land on which we plan to build a pavilion on which to hold the children's program and workshops as fun and energising an alternative to the hall..

c. Transport: Rs. 6,600 (use of tenpo and scooter to collect plastic waste.). This category will no longer be required this coming year.

d. Wall painting & advertisements: Spent: Rs. 13,000 (underspent Rs. 7,000)

The most effective way to remind people about littering and keeping the area clean is to keep the signboards which are all round the playground and school area as well as by the bridge where people find it convenient to throw their rubbish. We found an excellent very efficient painter whose rates were more reasonable than the one we used last year, so in March the messages on all the boards were renewed. They look very clear and readable.

24-25 E. Children & Youth program:

Received: Rs. 5,29,600, Spent Rs. 5,45,190; Balance: Rs. -15,590

1. Events & Cultural Program: Rs.53.094 (Rs.21,094 overspent)

- a. Rakkar Mela** On 1st June, our plastic weaving demo at Nishtha's stall at the Rakkar village mela was a great attraction for the local people. They appreciated the message that re-using waste plastic is not only good for the environment but can also provide very useful sitting mats.
- b. Environment Day:** Our team were super busy on June 5th, Environment Day. In the morning they visited three of our mountain schools where the team performed a skit highlighting the importance of keeping the water channels clear and clean, not cutting trees and of segregating waste, not burning it so that it doesn't destroy our clean air. In the afternoon they joined in the event in McLeod Ganj along with 7 other local organisations to spread awareness of the urgent need to protect the environment.
- c. Cultural program – Rs. 13,500** has been spent on engaging Rishi and Vandana as teachers of music and dance. They come to the community centre each Sunday and a good number of our sponsorship students really appreciate the chance to learn to sing, play tabla and harmonium and to dance.

An additional Rs. 15,529 was spent on making the costumes for the Jamakda performance in preparation for the cycle tour entertainment. The students have been very keen to expand their local dance repertoire for such

occasions (we also have Nishtha's 30 year anniversary coming up this year). Jamakda is a traditional dance form local to Kangra area. We have stitched special dresses and have purchased a few artificial ornaments to go with them in order to be able to perform this dance.

2. Sports programs & equipment: Spent Rs.34,951 (Rs 14,951 overspent)

Rs.7,404 has been spent on equipment for repairing the cycles, buying swim tyres when the children were swimming in Dr. Barbara's pool and later for monsoon sports – badminton, football, carom and ludo, as well as stationary material.

Rs. 27,547 was spent on the winter sports program

December 24th: Great excitement as we prepare for our Christmas sports program. After holding preliminary programs all week in the local 6 schools we are expecting over 70 participants in the major event tomorrow.

December 27th: Our Christmas Day sports program was a huge success with an additional 65 children from the surrounding area joining the 70 who we had invited from our 6 local Primary Schools to take part in the medley of games organised on the Rakkar Ground. Our sponsorship students contributed enormously to the smooth running of the activities, making sure that every child was fed lunch and went home with a gift in their hands. Thank you to our Nishtha Trustees for providing their support and appreciating the childrens dance performances that rounded off the day.

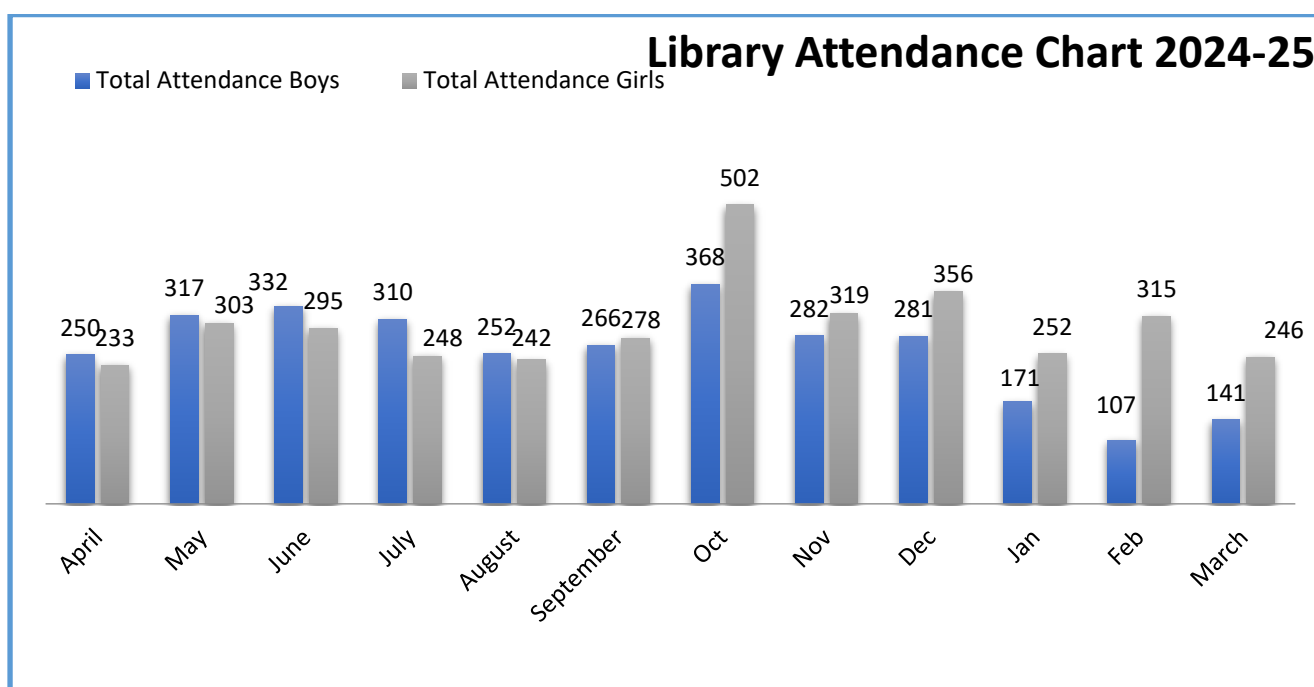
3. Playground maintenance & equipment: Rs. 18,875 was spent on doing welding repairs on the swings, paint, tree guards and for fruit trees during the monsoon. Later in the year, further playground repairs and painting

September 7th This week, Arvind and Sunil repaired the climbing wall on the bigger kid's adventure play equipment, reviving their interest in using it.

March 20th Vinod applying a fresh coat of Nishtha blue paint to the play equipment on Rakkar playground as well as to the new fence at Nag Mandir. Brightening things up for spring!

was done both on Rakkar ground and Nag mandir. This spring the equipment is all bright and functional and the ground is full of children and parents in the evenings.

4. Library & Kids Project: Rs. 3,62,161



a. Ravindra salary: Rs. 301,499

Ravindra is the full-time manager of the Community Centre and organises the kids program and the tuition. She is also in charge of the library. She is an excellent trainer and runs both the Wenlido and adolescent boys and girl's workshops. She also organises the distribution of fruits, vegetables and additional nutrition to the 10 schools and anganwaris we have been providing for this year. This brings her in contact with the anganwaris as well as the schools which she visits from time to time to understand their needs and see how many children are attending so what supplies to provide for them.

- b. Books & periodicals: Rs. 14,533** was spent on newspapers and 6 sets of popular and unique comic story books which the children are really enjoying and are encouraged to read. In December a further Rs.6,571 was spent on books from Pratham and Tulika publishers recommended by Mithali, a guest, to re-enforce the children's understanding of inclusion of children with differences.

January 10th The library has had an infusion of new exciting books published by Tulika and Pratham. They were curated by our guest Mithila who worked with Ravindra and Vijay to display them and then on Monday held a lovely reading session with the children. A great way to spend a cold winter afternoon!

- c. School libraries-** the book boxes in the schools are regularly refreshed by Ravindra though no special purchases have been made for the schools this year. We have 4 metal boxes and 4 folding library display bags out with the schools. Ravindra checks them periodically, changing the selection of books.

d. Supplies & stationary: Rs. 915

Once the schools went back on May the centre became alive with children coming to use the library, learn computers, read books and play games in the community centre.

Just then we received a wonderful donation of a trampoline which is now set up in Dr. Barbara's Garden, behind the community Centre. The children are delighted with it and Vijay Bhadwaj is there to monitor the children's use of it so they all get a turn, and behave carefully on it. Even our special children have lots of fun bouncing!

We are delighted to welcome little Anku among the new batch of children who have just joined school this year and are now discovering our library and all the toys in our community centre. Anku is a child of special interest to Nishtha as we have been helping his mother take care of him in difficult circumstances since he was born. Its lovely to see how bright and healthy he is now!

Because of the unexpectedly declared early monsoon holiday, we had to switch all the training programs we had organised for August to take place in July, leaving very little scope to organise anything special for the children. Luckily, they didn't mind because they were too busy bouncing on the trampoline or playing on the ground with Vijay Bhadwaj and Ankush, well out of earshot of the trainings!

March 31st After the school exams the kids swarm the Community centre and our team find ways to interest them for example by taking them to the farm where they find a large rock on which to sit and draw to their hearts content. It gives us great satisfaction to be able to engage the kids in creative activities rather than seeing them with eyes fixed on their mobile phones.

e. School children's tuition: Spent Rs. 31,002

An average of 27 children, 11 boys and 16 girls attended the tuition classes held in the community centre for the 5 months from October to February. As well as purchasing a certain amount of stationary for the children, we pay a monthly stipend to the 3 teachers who help with this program. Vishbandu (Indu) was brought in to teach remedial classes to 4 kindergarten and 1st grade children including Anku who has a sponsor who provides sufficient funds to a sponsor to pay part of the cost of these extra classes. She is the anganwari teacher from Nag Mandir and is free in the afternoons. Two graduates: Kanika and Payal are college graduates who were sponsored by Nishtha and have undertaken the maths matters course from Aaviskar. They are familiar with taking the tuition in a relaxed and informal style, going through the children's school work with them, answering questions and making special presentations in maths from time to time to interest the children.

September 26th: This week our new season tuition classes have begun. We started with Indu helping four little children who are not keeping up with their classes but very soon the other children wanted to start so they can prepare well in time for their exams. Now, even though it is still September, the community centre is full of children eager to get help with their school work.

- f. **Library activities, fruit & snacks:** Rs. 14,212 was spent on regular fruit and snacks for the children who came to the community Centre.

5. Computer Centre: Spent Rs. 76,109

- a. Trainers: Vijay, Ankush, Sahil. Rs. 32,000 (balance 8,000)
- b. Computer maintenance & virus protection. Rs 25,966 (10,966 overspend) We bought 2 hard drives and 2 new keyboards for donated laptops which are very useful during our Sunday programs when we have up to 20 students working on the 7 community centre computers. Dr Barbara has managed to get donated a further 6 laptops in good condition which we are able to make good use of. This account also includes various repair and set up costs related to the computers.

January 7th We are delighted to have been able to upgrade the 7 very old computers used by the children and students in our community centre. Thank you to the UK Trust cyclists for allowing us to use their left-over funds for running the trip to do this! Thank you to Brian for doing all the hard work of ordering and installing the new components!

- c. Broadband: Rs. 18,143 (Rs.1,507 per month)

24-25 F. Wenlido Training:

Received: Rs. 1,00,000, Spent Rs. 94,997; Balance: Rs. 5,003

Three Wenlido empowerment workshops for girls were held by Ravindra and Deepa in the Community Centre. The first was from 8th to 9th May for 17 young girls aged 12 to 14 years. from various nearby villages. It was 2-day residential training instead of 3 days because the girls could only take 2 days holiday from school. They were not allowed to take any extra holiday due to the new style of exams.

It was a little tight to cover the essential topics in this short time and yet the trainers felt that for these very young and bubbly girls 2 days were enough. In future we will do only 2 days for this age range. There are many topics which are beyond their thoughts and they don't have questions regarding certain topics yet, so they just listen which makes the sessions shorter.

Interestingly, however the younger participants were more forward than the slightly older ones in this group. The younger ones broke the board in their first attempt without hesitation whereas the older ones got struck, some even trying 8 times before they could break the board. They all actively

May 22nd

What a fun group of girls from Rakkar school met for a three day workshop with our trainers Ravindra and Deepa! Though their excited voices frequently filled the air, they learned a great many valuable tips and tools with which to negotiate the difficulties faced by young modern village girls. This is the first of a series of empowerment workshops which will be held in our community centre this year.

participated in discussions and so came to understand the topics well. They also enjoyed the games and energizers between the sessions and enthusiastically danced in the evening.

They all said they enjoyed the food and accommodation and confidently promised each other to meet again to learn more about Wenlido.

The second workshop was held from 10th to 12th May 2024 for 12 adolescent girls aged 12th to 14th years. This was a 3 day residential Wenlido training for young girls from the local Govt. school, Rakkar. The training started with a ball game as an energizer and a way to get to know the girls and for them to get used to working together. Ravindra talked about the objective of Wenlido training and set the rules for the training.

The first day, sessions were based on learning how to recognize danger and what steps need to be taken to ensure personal safety. The trainers talked about the four Ws (who, When, Why, Where), and discussed fear and what it does to you. In the afternoon the participants learned safety techniques to use when in danger.

The second day started with a check-in to judge the mental and physical condition of the participants. This activity helps the trainer to plan the day, knowing how much they can handle at a time. These girls were ready to learn how to use their bodies as weapons, practicing on cushions to become aware of how much physical power they have which they can use to protect themselves. The following session had them visualizing a situation and how they would respond in those circumstances, then discussing their responses and what effect they would have. In the afternoon, they learned about good touch and bad touch and the six alerts to recognize a good or a bad person.

The third day began by talking about different types of violence. We discussed sexuality and did the body mapping exercise to highlight the functions of the body parts. Some girls were very shy about talking about the body parts but others were curious to know more about them. At the end the trainers took feedback from the participants.

Ravindra and Deepa held the third program from 13th to 15th July, this time for 17 girls aged 15 to 18th Years. Most of the participants of this training were coming for the second time, only 3 were new. These participants had already experienced a 2-day Wenlido training when they were younger. They were already familiar with the idea of the safety net which means identifying people who you trust to help in a critical situation and how to recognise what is abuse. This time we focused on more advanced ideas and practices which went very well because they were already familiar with the topics and safety techniques. The session on bullying, sexuality and cybercrime went on quite long with a good deal of healthy discussion. Many of the girls shared their experiences of how social media affects their lives. We advised them how to use social media safely, protecting their identity so nobody can harm them online.

The positive thing about this training was that the participants were open, asked a lot of questions and shared their experiences. They said that they understood things much better and are more familiar with what to do in any critical situation than they were after their previous Wenlido training. We suggested that we could meet together again any time when they want

Participants Feedback

All the participants left feeling very confident and powerful, especially after the board breaking activity. They enjoyed and learned a lot from most of the sessions and techniques. At the beginning of the trainings the participants don't look very enthusiastic but after two or three sessions they began to perk up and began to take a more positive interest in the what we had to say as well as in the physical activities. They learned that fear is not bad but it's good as it makes you alert and powerful in a difficult situation. By the end they were all very friendly and don't want to leave the premises on last day. They all enjoyed the food a lot except the soya champ that they don't like. In the evening, they enjoyed chatting, dancing and bouncing on the newly established trampoline.

24-25 G. Sponsorship Students:

Received: Rs. 3,47,742; Spent Rs. 3,65,738; -ve Balance: Rs. 17,990

- a. Student's sponsorship expenses: received 2, 80,000; spent Rs. 3,28,986 (**overspend: Rs. 48.986**)
 - a. 3,08,060 Students fees and expenses
 - b. 20,925 on refreshments during Sunday programs

As well as the 18 BA students funded by the UK Trust, there is Rinki Devi plus 3 students

BA Students - In July we interviewed a total of 17 students to fill the spaces for vacated by the 6 students who have completed their degrees. We are very grateful to Puja Anand for interviewing them and helping with the quite difficult selection process. Out of the 19 students, 4 didn't follow up with us, 2 had been studying in a private school so didn't qualify as really needy, 2 we felt were not serious or capable of further study and one who is very bright wanted to do her course in Delhi which we cannot support. We were prepared to support one boys' ITI electrical training but he didn't get admission. Of the 7 we did accept, one, also from ITI, dropped out so now we have 6 new students bringing the total number of students funded by the UK Trust to 18.

doing advanced courses funded by a local donor. Please see attached chart of sponsored students. The overspend for he students expenses this year is accounted for because the course fees and transport has gone up and we have a large number of students who are doing science or specialist courses which are more expensive than BAs. We have 18 students who cost us an average of Rs.18,000 each. We are however very pleased with this group and feel they have made the most of the opportunities we have been able to offer them.

Rinki Devi expenses: Received: Rs. 67,742 Spent: Total Rs. 90,480 of which Rs. 58,728 was paid out during the last financial year and Rs. 36, 752 for her college fees and expenses during 2024-5. I hope the following account makes the situation clear.

Rinki Devi Budget			
Year	Income	Expenses	
2021-22		46,605.00	
2022-23	50,000.00	39,382.00	
2023-24	20,000.00	42,741.00	
2024-25	67,742.00	36,752.00	
TOTAL	1,37,742.00	1,65,480.00	27,738.00 Minus Balance

Rinki is in her final year and is the senior in whole group. She is helping Ankush to manage the Sunday classes and takes responsibility for maintain good behaviour, cleaning and attendance during the classes. Her studies have been going very well. She will be sitting her final exams in June and is currently applying to colleges to do her masters. She is extremely grateful for the help she has received to enable her to complete this course. She doesn't need any further support to finish this course though she says she will come on Sundays when she has time.

The Sunday classes have been attended regularly by all 22 students, 18 plus Rinki Devi funded by the UK Trust, and 3 students doing advanced courses funded by a local donor. The classes include:

- a. **Computer Training:** In computer class we have 7 desktops and 4 laptops so we have to engage 2 students on each machine. Vijay and Ankush take these classes; teach them basics of computer which help them in their education to prepare presentation, data, graph or any other research.

With funds remaining from the cycle tour we were able to replace the CPUs of the 7 computers in the Community Centre computer room. Upgrading the computers means that they can explore more on line and familiarise themselves with advanced software programs

- b. **Music/Dance Lessons:** Bandana and Rishi (Music teacher) teach them local Gaddi and Jhamakda dance. In the monsoon and autumn, they specially focused on preparing a program to present aa cultural event for our Nishtha UK cycling group. More recently they have been practicing Vijay Bhadwaj's latest environment song which we will get professionally recorded along with a selection of our student singers.

October 21st The students are busy practicing their songs and dances and our stitching ladies are busy making new costumes for the local Jalmakia dance they are going to perform for our British cycle group. Everyone is very excited and looking forward to welcoming them!

- c. **English Classes:** Puja Anand continues to offer her valuable time to teach our students spoken English. She brings the classes to life by teaching skits, plays, songs and other activities. Through Puja's hard work and dedication our students get to a point where they are able to stand up in front of an audience and perform in English.

March 5th Last Sunday the group of students sponsored by Nishtha were invited to the home of their English teacher Puja Anand to enjoy the skits and dances prepared by a younger group of girls she also teaches. The program was a lot of fun and encouraged our students to take confidence in their ability to act in English. They very happily enjoyed socialising and eating pizza afterwards!

January 2nd Nishtha students decided to see in the New Year on the hillside above Tatri village where there is an old shepherd's hut and a glorious plain grassy meadow. They had a wonderful time hiking, cooking, singing and dancing around the camp fire, and in the morning warming up by playing cricket and pitu, the local sport of knocking down a pile of stones with a roll of socks.

March 24th With final exams looming we held a farewell party for the 7 students who will be leaving our sponsorship program this year. They have been a great bunch of people who have made strong friendships by meeting each Sunday. They each stood up and expressed their gratitude for the classes and opportunities the Nishtha program has given them. We wish them very good luck in their exams and hope their dreams for further education and future employment come true!

Publicity Projects:

Received: Rs. 50,000, Spent Rs. 50,000; Balance: 0

- a. Annual Report: spent 37,871 on printing and production (We hope you enjoyed it and found it informative!
- b. Calendar: spent: on production, printing and postage: We were pleased with our effort to portray the local crafts which a fast declining. We hope that you are all enjoying the images taken by local photographers.

Cycle Tour:

Received: Rs. 9,60,000, Spent Rs. 10,09,489; Balance: -49,489

The funds received though this account primarily paid for the group accommodation, the cycle hire and some food expenses. In addition, we proposed and received permission to use the funds remaining in the account to purchase the hardware to re-vamp our 7 community centre computers at a cost of Rs. 154,840. This cost rose over the initial estimate because it was found that they would function more efficiently if they had new cases in which to fit the new parts. This decision was also based on the idea that the 7 old computers in their cases will be able to live out their lives in use in village schools or skill centres.

NISHTHA UK TRUST					
CHARITY COMMISSION REGISTERED NUMBER 1118248					
Receipts and Payments for the Year ending 31st March 2025					
				2024-25	
RECEIPTS					
Income	Donations				
	Gift Aid tax refunds				
	Bank Compensation for errors				
<u>Total misc income</u>					
Investment income/ interest	Bank interest - Instant Access/Savings 9604				
	Bank interest - Deposit/fixed-term accounts				
<u>Total interest</u>					
<u>Total receipts</u>					
PAYMENTS					
Charitable payments	Support costs				
	Internet, computer supplies & overheads				
	Postage incl PO box			£364.70	
	Travel for Trustee meetings			£0.00	
	UK bank fees			£60.00	
	Leaflet printing				
	Transfers to India			£25,698.00	
	India bank fees				
	Other one-off payments			£1,400.00	
	Exchange loss				
Payments for generating funds					
<u>Total payments</u>				£27,522.70	
Net of receipts (E20-E36)				£10,899.54	
Cash funds last year end (row 50 of previous year)				£44,414.90	
<u>BALANCE end of year</u>				£55,314.44	
Based on last year's accounts total and this year's net of receipts					
REPRESENTED BY					
Funds @31/03/2026	Treasurers account 8802 (aka Current) - (treasurer to enter)			£622.93	
	Deposit account (aka 95-day notice/fixed-term deposit) - (treasurer to enter)			£10,828.70	
	Commercial Instant Access 9604 (aka Savings) - (treasurer to enter)			£43,862.81	
<u>ACCOUNTS</u>				£55,314.44	
discrepancy btw balance and accts? (E42-E49)				£0.00	
The above accounts were approved by the trustees on					
Signed:	Chair				
	Trustee 2				

Independent Examiner's Report to the Trustees of Nishtha UK Trust

Independent examiner's report to the trustees of Nishtha UK Trust

I report to the charity trustees on my examination of the accounts of Nishtha UK Trust for the financial year ending 31 March 2025.

Responsibilities and basis of report

As the charity trustees of the Trust you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the Act and in carrying out my examination I have followed all applicable directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. Accounting records were not kept in respect of the Trust as required by section 130 of the Act;
2. The accounts do not accord with those records; or
3. The accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

I confirm that there are no other matters to which your attention should be drawn to enable a proper understanding of the accounts to be reached.



Full Name: Michael Chang Kit

Qualifications: MFin, CFA

Job Title: Director, Risk Management

Address: 16H John Spencer Square, London, N1 2LZ

Date: 11-Jan-2026