

Pragati Grameen Vikas Sanstha

Betul

Annual Report

Year 2022 - 2023

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Pragati Gramin Vikas Sanstha in Betul focused its efforts on fostering awareness and improved coordination among the marginalized, underprivileged, and impoverished population within 5 villages of the Bhimpur development block. These villages included Bhandwa, Tekdidhana, Peepaldhana, Manakdand, and Pathri.

The organization's objectives centered around several key areas, such as promoting the significance and necessity of natural farming, delivering health education, enhancing educational opportunities, fostering better mutual understanding and cooperation, encouraging community unity, eradicating untouchability and discrimination, promoting cleanliness-related planting activities, water conservation, and environmental protection. The engagement of the community in the Panchayati Raj system, advocating for children's education rights, organizing coordination meetings at the village level for social and economic transformation, opposing violence against women, and forming groups within the village community to spur development were all part of the initiatives.

The organization aimed to integrate the socially, economically, and morally marginalized individuals of these communities into the mainstream development of society. This was facilitated through consistent coordination meetings held by regional workers of the organization within their designated work areas. These meetings encompassed various activities like training sessions and campaigns, all contributing to the overarching goal of community upliftment and development.

This region is characterized by its hilly, rocky, and barren terrain. As a result, the inhabitants of this area can cultivate crops solely during the rainy season. During the remaining periods, family members are compelled to seek employment outside the village.

Health Sanitation Program: In villages Bhandwa, Tekdidhana, Pipaldhana, Khamdhana, and Manakdand, a health sanitation program was implemented. This initiative aimed to enhance awareness among representatives from these five villages about personal hygiene and health practices. Through meetings and training, the program focused on elevating their standards and improving overall cleanliness within the village environment. The objective was to break the cycle of disease transmission caused by unclean conditions.



The program also included educating adolescent

girls and women about a life cycle-based strategy for preventing anemia. Anemia is a condition marked by low hemoglobin levels in the blood, leading to reduced physical and mental capacities. It is commonly caused by iron deficiency. Signs of anemia, such as pale nails, tongue, palms, and eyes, were highlighted. To prevent anemia, the importance of consuming an iron-rich diet, including foods like green leafy vegetables, legumes, pulses, eggs, meat, fish, grains, nuts, and vitamin C-rich fruits like amla, lemon, and orange, was emphasized. Cooking these foods in an iron pan was also recommended as a preventive measure.

1. Children aged 6 months to 5 years will receive 1 ml of I.F. Syrup twice a week, specifically on Tuesdays and Fridays. This syrup will contain 20 mg of elemental iron and 100 micrograms of folic acid. ASHA and Anganwadi will collaborate to distribute this to children on the designated days.
2. Children aged 5 to 10 years will receive 1 I.F. Gulabi Goli (pink tablet) weekly, every Tuesday, in schools through teachers. Each tablet will contain 45 mg of elemental iron and 400 micrograms of folic acid.
3. Adolescent boys and girls aged 10 to 19 years will receive 1 I.F. Blue tablet weekly, every Tuesday, distributed through teachers at school. Each blue tablet will contain 100 mg of elemental iron and 500 micrograms of folic acid.
4. Pregnant women will receive 1 I.F. Lal Goli (red tablet) daily starting from the second trimester until the end of pregnancy. Each red tablet will contain 100 mg of elemental iron and 500 micrograms of folic acid. The distribution will take place on Village Health Nutrition Day/Home Visit conducted by A.N.M. or at the Anganwadi Center, every Tuesday.
5. Adolescent girls (student women) will receive I.F. Lal Goli (red tablet) daily, containing 100 mg of elemental iron and 500 micrograms of folic acid for a duration of 6 months. ASHA will deliver these tablets at the Anganwadi Center during Village Health Nutrition Day/Home Visit.
6. Women aged 19 to 49 years in the reproductive age group will receive 1 I.F. Lal Goli (red tablet) weekly during home visits conducted by ASHA. Each tablet will contain 100 mg of elemental iron and 500 micrograms of folic acid. This distribution will take place every Tuesday.

Achievements:

1. **Disease Reduction:** Notably, there has been a decrease in the prevalence of diseases within the community.
2. **Focus on Cleanliness and Health:** The initiative has prompted villagers to direct their attention towards matters of cleanliness and health.

3. **Improved Living Standards:** The standard of living among the villagers, as well as the hygiene of school children, has seen significant improvement.
4. **Enhanced Cleanliness Efforts:** Villagers have taken proactive measures by regularly conducting cleanliness activities around village handpumps and wells, ensuring a clean environment.

Natural Farming Program:

Natural farming promotes chemical-free agriculture, utilizing natural inputs. It's an agro-based, diversified system that integrates crops, trees, and livestock. This approach restores soil fertility and environmental health. Farmers were educated about the pros and cons of chemical and natural farming through village-level training programs. Natural farming offers high quality, high yield, cost-free, toxin-free, debt-free, and holistic farming that ensures farmer well-being. It's rooted in knowledge, science, non-violence, and spirituality. Techniques like Jeevamrit, Ghanjivamrit, Bijamrit, Neemastra, Brahmasta, Agni Astra, and natural fertilizers were shared to enrich this sustainable farming approach.



Zero Budget Natural Farming:

- Zero Budget Natural Farming is an enduring agricultural approach rooted in nature, science, spirituality, and non-violence. Unlike traditional methods, this technique eliminates the need to purchase fertilizers like chemical, cow dung, organic, and earthworm variants, as well as toxic pesticides. Astonishingly, just one indigenous cow can sustain 30 acres of farming, regardless of irrigation.



- By relying on a mere 10% of water and electricity, this method achieves substantial savings of 90%, while still yielding more than chemical and organic farming. The produce from this approach, free from toxins and nutritionally rich, commands higher prices due to its demand.

- Remarkably, the absence of input costs makes this method a shield against farmer suicides. Unlike chemical and organic farming that harm humans, animals, water, and the environment, zero budget natural farming conserves these resources. By offering high yields, quality, and demand, this practice holds the potential to curb



migration.

- Given these factors, embracing zero budget natural farming emerges as a holistic and sustainable choice for every farmer, ensuring a harmonious coexistence with nature and prosperity.

Panchayati Raj System:

The Panchayati Raj System engages representatives from three Panchayats within the Bhimpur Development Block. This includes Sarpanch, Panch, Deputy Sarpanch, Panchayat Secretary, Treasurer, and women representatives. The initiative aims to cultivate awareness among the public and representatives regarding their responsibilities by elucidating government policy rules and the simplified governance system of Village Swaraj.

The goal is to empower individuals to make informed decisions with enthusiasm and inspiration based on knowledge and understanding. By fostering self-cooperation and community thinking, this approach aims to strengthen their ability to contribute to their local governance and overall development.



Enhancing Natural Farming through Gram Panchayat Schemes:

- **Climate-Aware Environment:** Gram Panchayats and Gram Sabhas can facilitate an environment conducive to natural farming and address the impacts of climate change.
- **Support for Small Farmers:** Small and marginal farmers can leverage planning with assistance from the Agriculture Department, Irrigation Department, and MNREGA to benefit from natural farming practices.
- **Water Resource Development:** Implementing MNREGA, the construction of ponds, wells, embankments, and soil erosion prevention measures can bolster natural farming efforts within fields.

Achievements:

1. **Improved Panchayat Engagement:** Panchayat meetings gained regularity, witnessing increased attendance.
2. **Reduced Dependency on Officials:** Sarpanchs' reliance on secretaries and government employees decreased, indicating enhanced self-sufficiency.
3. **Utilization of Government Schemes:** Villagers began reaping the benefits of government schemes, contributing to their well-being.
4. **Environmental Awareness and Action:** Recognizing the significance of water, forest, and land, villagers initiated efforts to enhance agricultural land, water conservation, and tree plantation.

Pramod Naik
Secretary
Pragati Grameen Vikas Sanstha
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