

SARWANCHAL SANSKRITIK AVAM

SAMAJIK VIKAS MANCH (SUDHI)

(ORGANIZATION DEDICATED TO THE SOCIAL AND ECONOMIC DEVELOPMENT OF RURAL PEOPLE, ESPECIALLY HELPLESS CHILDREN AND WOMEN)

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ADOPTION OF GOVERNMENT PREMARY SCHOOL

Our team has adopted a Government Primary School Naugaw -Dadmi in Block Lamgada, District Almora . The children coming to this school are from poor families. Our endeavors are trying to meet the needs of these children. For which our trial continues.



SKILL DEVELOPMENT TRAINING ON LIVELIHOOD THROUGH NATURAL FARMING

Sudhi Foundation is training village women about the usefulness of cows in natural farming. So that women can cooperate in milk production. And use cow dung for farming. And become self-reliant through this industry. For which women's groups(SHG) are being formed in villages. And where SHG groups have already been formed and are lying dead, these groups are being reactivated. In this work, training is being given by the qualified and expert team associated with the SUDHI foundation.



HEALTH AWARENESS CAMP ON DENGUE/MALARIA



Information about DENGUE/MALARIA was given by the expert team of Sudhi Foundation at Sanjay Camp, Chankyapuri, New Delhi. In the training, slum dwellers were made aware of the benefits of cleanliness. In the awareness camp, the breeding of dengue mosquitoes and ways to avoid them were explained.

TRAINING ON JAL JEEWAN MISSION

The expert team of Sudhi Foundation is giving and taking information about the scheme to the villagers in the rural areas of Uttarakhand state through Bad-Sambad under the Ghar Ghar Jal-Ghar Ghar Nal project with the support of Dept. of water & sanitization, Govt of Uttarakhand . During the training, villagers were made aware of the benefits of clean water. Sudhi Foundation team discussing with the villagers of Gram Sabha Quetta, Dist. Almora.



AWARENESS CAMP AND CARRIER COUNSILING TO RAJKIYA ADARSH KNYA INTER COLLEGE JAINTI, ALMORA



This school is adopted by us. On the lines of "Everyone should be educated and become self-reliant", Sudhi Foundation is giving information about the importance of education not only to government schools but also to the children who are begging on the streets or doing other work. Along with this, career counseling programs are being given to the children of senior class to become self-sustainable through skill development in different trades.

AWARENESS CAMP ON PLANTATION AND DEFORESTATION



Deforestation in India is the widespread destruction of major forests in India. It is mainly caused by environmental degradation by stakeholders such as farmers, ranches, loggers and plantation corporations.

We know that water also comes from the sources of trees in forests. Due to cutting of trees, water sources have also started drying up. Sudhi Foundation is making the residents of the village aware to stop the felling of trees. And trees are being encouraged to be planted instead of cutting them. Due to which forests are saved and water is also available.

WOMAN EMPOWERMENT TRAINING ON HANDICRAFTS

The women group (SHG) of Gram Sabha Jainti, Block Lamgada, Dist Almora was given training in different kinds of handicrafts by the trainers of Sudhi Foundation. In the training, women were made aware of the benefits of Uttarakhand art through handicrafts. Due to which the income of women will increase by reusing barren land. And women became self-reliant.



DAIRY INDUSTRY THROUGH SHG

The dairy industry, also known as dairy farming, is the branch of agriculture that involves the breeding, rearing and use of dairy animals, primarily cows, for the production of milk and various dairy products processed from it.

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STREET CHILDREN ON EDUCATION CLASSES

On the lines of "Right of Education and Everyone should be educated", Sudhi Foundation is identifying the children who are begging on the streets or doing other work and getting their Aadhar cards made. These children are being attracted to study by freeing them from their addiction of begging or doing other work. So that these children can also become educated and earn their living. And can live a good life.



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SURVEY AND CAMP FOR STREET CHILDREN ON EDUCATION

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SKILL DEVELOPMENT TRAINING ON LIVELIHOOD THOROUGH AGRICULTUR



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In these training programs, women are being given information about the usefulness of cows in natural farming and the environment.



CARRIER CUUNSILING TRAINING ON R.A.G.I.COLLEGE, JAINTI, ALMORA



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SURVEY AND CAMP FOR STREET CHILDREN ON EDUCATION



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HEALTH AWARENESS RALLY

Health is of prime importance for each of us. Whenever we are walking or traveling by any vehicle on the road, our safety is in our hands. We have to be very careful of the other vehicles on the road. Our safety on the road can only be ensured when we will abide by the traffic rules. To provide information about health and road safety and to avoid accidents, camps are being organized by Sudhi Foundation from time to time in schools and colleges. Along with this, awareness campaigns of the local community are being run through rallies and street plays.



DISTRIBUTION OF CLOTHS TO POOR FAMILIES

Every year our team collects cloths, school goods and other necessary things and distributed among the children living in Street / Slum. The work which was done this year also.



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SUCCESSFUL STORY OF NATURAL FARMING

Sudhi started giving 15 days training in natural farming to 30 women of about 4 women groups of Gram Sabha Masar, Block Didihat, District Almora. While taking introduction from the women by Sudhi's trainers, it was realized that most of the women of this Gram Sabha have almost given up farming and rearing livestock. In such a situation, these women have to do useful work in natural farming, which includes the use of local good quality seeds (use of local varieties), preparation of microbial formulations (like Bijamrita) produced on the farm for seed treatment, and preparations made on the farm itself for soil enrichment. Preparation of microbial inoculants (jeevamrit), how to cover and mulch the crops with green and dry organic matter to create suitable micro climate for recycling of nutrients and maximum beneficial microbial activity in the soil, how to grow mixed crops, How to manage the diversity in the farm through integration of trees, how to manage to prevent pests through diversity and local farm made botanical blends (like Neemastra, Agnistra, Neem extract, Dashaparni extract etc.), many How to integrate indigenous breeds for livestock, especially cow dung and cow urine as essential inputs for the practices along with water and moisture conservation were other important aspects on which Sudhi's trainers had to be trained.

After listening to the serious problems mentioned by the women, it was decided to make what seemed like an impossible training a success with the help of our skilled trainers. Sudhi's trainees first listened to the problems of women, then organized the women through their experiences and then started giving training about the advantages and disadvantages of natural farming. As the days of training progressed, the enthusiasm of the women towards natural farming also increased. But according to the women, the land of all of them in the village is mixed among themselves, and even after separating the livestock, the cows are next to nothing. Due to which women may face problems in working in natural farming. After listening to the problems of the women, Sudhi's trainers advised the women to work together in groups of 4 each. Working in a group will make it easier for them to work in natural farming.

After listening to the problems of the women, Sudhi's trainers advised the women that after taking training in natural farming, any women who want to work in natural farming, if they work together in groups of 4 each, then the group will Working will make it easier for them to work in natural farming. And together they will be able to take advantage of natural farming.

After completion of Sudhi's training, about 18 to 20 women formed their groups and with hard work started some work in natural farming. Their success story is as follows-

STORY No. 1:

Smt. Puja Bisht and her other 3 group members Smt. Sarswati Devi, Smt. Prabha, Smt. Shanti Bisht are the prominent farmer of Masar village of Almora district. Earlier they used to do farming as an ordinary farmer. After taking training in natural farming through Sudhi, now they are an enthusiastic natural farming practitioner. They were cultivating vegetables and leafy greens through pre-monsoon dry sowing method in group.

Technology: On learning about Ghanjeevamrit from Mrs. Puja Bisht and her team, they told that the following things were included in the composition of Ghanjeevamrit -

Cow dung: 2 kg, jaggery: 25 grams, flour: 50 grams, soil: 2 spoons and a little cow urine were taken and mixed in a barrel. Then the barrel was rotated clockwise with a wooden stick and covered with a jute bag. It was then allowed to ferment in the shade for 48 hours, stirring twice a day. After that the mixture was shaped into flat tubers and allowed to dry. And then the dried pieces were stored for six months, which they used when liquid fertilizer was unavailable. Ghanjeevamrit was also used by them by spraying it in the soil or through irrigation water.

Thus, they told that to make Beejamrit, 5 kg cow dung was tied in a cloth and tied with tape. Then that cloth was hung in 20 liters of water for 12 hours, 50 grams of lime was mixed in one liter of water and kept overnight. After that, to use the seed nectar prepared by them, before sowing the seeds of the crop, they applied seed nectar to them thoroughly, after drying the seeds for some time, sowed the seeds in the ground.



Photos of nursery and vegetables prepared by Smt. Puja Bisht & her group members

After some time Mulching was done in the field with dry leaves. The field was fenced to protect it from animals and to protect the topsoil from wind erosion. To protect the crop from pests, Dravyajeevamrit was sprayed at regular intervals and Neemastra was used.

Effect: Healthy crops of maize, Cabbage, ladyfinger etc. full of healthy grains were harvested. And the amount which they used to buy from the market likes tomatoes, radish, and coriander and chilly was saved from being spent. As a result of which they got good production of vegetables. In the coming time, Mrs. Puja Bisht and her group members are hoping to earn additional Rs 1000, 2000 from the crops standing in their field. Maintaining green cover in their fields throughout the year using Ghanjeevamrit, Neemastra shows improvement in soil quality in terms of water-holding capacity along with improvement in porosity.

Along with this Mrs. Puja Bisht told that by treating the seeds with Beejamrit, the seeds do not get diseases, Beejamrit also nourishes the fields, one does not have to buy other chemical medicines to treat the seeds with Beejamrit and the cost of their cultivation is reduced with Beejamrit. have decreased and production has increased.

STORY NO. 2:

Sudhi's trainers had explained to the women during the training about compost and vermicompost. It was also explained that vermi compost is very essential for natural farming. And by making vermi compost, good crops will be produced and women will also earn good income from vermicompost. Because the demand for vermi compost is

high in the market and the price is also expensive. How vermi compost will be made and how to use it was explained by Sudhi's trainers during the training, which was understood by the women.

Seeing the need of women in the village to grow good crops, vermicompost was prepared by Mrs. Hema Devi and her 3 other group members i e, Ku. Himani Bisht ,Smt. Hansi Devi, and Smt. Bhagwati Devi. The entire cost of this vermicompost was paid by the women of the village with their own cooperation.

Technology: Regarding how vermicompost is made, Smt. Hema Devi told that the size of the area for making vermicompost is kept as per requirement. But for middle class farmers, 100 square meter area is sufficient for make a good quality vermi-pit. Vermi-pit are made from cement and bricks. The length of each pit is 3 meters, width is 1 meter and height is 30 to 50 cm. About 90 such pits can be made in 100 square meter area. To protect the pits from strong sunlight and rain and to keep them dark for rapid reproduction of earthworms, it is very important to cover them with a green net made of straw and straws all around.

Smt. Hema Devi told that they choose degradable organic materials like leaves of trees, plants, grass, vegetable and fruit peels, cow dung etc. to fill the pits. Before filling these materials in the pits, it is necessary to make heaps and keep them to rot for 15 to 20 days. The heap is left after sprinkling water into the mixture of organic matter kept to rot. After 15 to 20 days the garbage becomes partially decomposed. Such waste is considered very good food for earthworms.



Vermicompost pit prepared by Smt. Hema Devi and her group members

Use of Vermicompost:

Smt. Hema Devi told that to use vermicompost, cowdung and cowdung mixed grass, leaves and garbage gets converted into vermicompost within 45-60 days. The black color of the pile and the appearance of earthworms on the upper surface indicate that vermicompost is ready. To separate earthworms from vermicompost, one should make a heap of vermicompost 3-4 feet high and stop sprinkling water.

Effect of Vermicompost: Smt. Hema Devi said that vermicompost increases the organic matter in the soil and provides continuity to the biological activities in the soil. By using it the land becomes fertile and fertile. It destroys termites and other harmful insects in the field. This reduces the cost of pesticides.

STORY NO. 3:

There are other women like Smt. Bina Bisht, Smt. Hema Devi, Smt. Bhawna Devi and Smt. Kamla Devi who have increased the number of some cows.

Technology: Those women are working together are to make useful fertilizers like Beejamrit, Jeevamrit from cow urine and cow dung. Which is motivating the farmers of Masar village to do natural farming by adopting organic fertilizers through cows. The objective of which is to boost the income of village farmers in milk production by promoting cow rearing in future.



(Mrs. Bina Bisht showing samples of Beejamrit, Jeevamrit etc. made from cow feces and urine through her group.)

Impact: Working in groups in natural farming by these women is helping in reducing water consumption, reducing production costs and being safe for the soil and environment. Natural farming has created employment and women's income was increasing, which was helpful in increasing social capital, with adding mutual trust, support and community solidarity among these women. Due to which a good cycle of increase in economic benefits for these women has started.

STORY NO. 5:

Mrs. Radha Chilwal and Mrs. Kamla Chilwal and Smt. Pushpa Devi are a farmer resident of Tok Chichillagaw of Masar village. They told that to make vermicompost.

Technology: The group of women used rotten banana leaves and peels lying in their fields. They first cut the banana leaves and peels into small pieces and boiled them in water for 15 to 20 minutes, then after removing the peels from the water, put them in an empty container and left them for a month and observed that about a month. After this the organic fertilizer of banana peels was ready. Which was used by them in their fields.



Effect: They reported that the water from banana peels retained the moisture of the soil, and along with the fertilizer liquid, it was sprayed on the leaves and branches of the plants while watering the plants. Due to which it helped in preventing aphids. Due to which along with the regular growth of the plants, the use of this fertilizer also resulted in more flowers in the vegetable plants. And the production of vegetables was getting good. The women of this group told their success story in farming by adopting this easy system of making manure.

STORY NO. 6:

Smt. Champa Devi is a farmer woman living in village Masar. Before taking training in Natural Farming, Smt. Champa Devi was doing some light farming work following the old method. After taking natural farming training, this woman prepared Sanjeevak solution out of her interest. He said, Sanjeevak solution helps in increasing microbial activities in the soil. Moreover, it is completely organic. And there is an ancient, indigenous scientific method of increasing soil fertility. Smt. Champa Devi told that after seeing her, other farmer women can also easily prepare and use this wonderful organic fertilizer. Smt. Champa Devi told the method and benefits of making Sanjeevak. And it was also told that Sanjeevak is not only helping them in growing organic vegetables with manure, but through this method they are also connected to nature.

Regarding the benefits of Sanjeevaki, she says that the uses and benefits of Sanjeevaki are similar to those of Jeevamrit, or waste decomposer. But, it does not act as a bio-pesticide. It only increases microbial activity in the soil.

These microbes help in decomposing the waste material. And this increases the fertility of the soil. Farmers can use this soil fertility enhancing substance before or after sowing seeds.

Technology : Smt. Champa Devi told that in the process of preparing this fertilizer, after collecting cow dung (fresh) 30 kg, cow urine (fresh) 3 liter, jaggery 500 gram, water 100 liter, to prepare this organic fertilizer. Mix cow dung, cow urine, jaggery and water in a plastic drum with the help of a wooden stick. The solution was kept in shade for 10 days for the fermentation process and the opening was covered with a cloth/lid to prevent contamination. After 10 days she used this solution for farming or gardening. Then after using the prepared solution for 10 to 15 days, she used it again.



Smt. Champa Devi preparing Sanjeevak solution and showing sample of Sanjeevak in bottle



Smt. Champa Devi prepared cabbage from her farm using Sanjeevak solution

Effect of Sanjeevak:

Regarding the effect of Sanjeevak, Smt. Champa Devi told that it helps in increasing the fertility of the soil, promotes the growth of crops by supplying all the essential nutrients to the crops, helps in destroying bio-waste. Helps in improving soil structure.

Giving information about other important facts of Sanjeevak, she said that the use of Sanjeevak solution played an important role as a growth promoter for the cabbage and tomatoes grown by her, which led to excellent growth of the vegetables. Early fall of flowers and fruits due to the presence of insects has reduced to a great extent. She did not use any other chemical or fertilizer along with Sanjeevak. But yes, after harvesting the crop, she chopped the straw and mixed it in the field, due to which the amount of nutrients in the soil increased due to decomposition. Due to which they got very good results.

STORY NO. 7:

Similarly, Smt. Durga Devi and Smt. Basanti Devi are also a farmer of Gram Sabha Masar village. Due to less education and lack of proper resources, they took Ghanjeevamrit, Neemastra, Agnistras, Brahmastra from one or two groups.

Technology: They told that during the crop cycle of natural farming of cucumber and radish, they got support from other colleagues to use Ghanjeevamrit, Neemastra, Agnistras, Brahmastra. It was only with their help that Jeevamrit was put into drip irrigation. Then the seeds were treated with Beejaamrit.

Effect: By adopting natural farming, they produced more radish along with cucumber. The taste of cucumber was

found to be more delicious than before. Whereas radish was found to have more shine than before. Thus, these are the success stories of all those women who had adopted the natural farming method. The success stories created by the Natural Farming women's groups show that the women of Masar village were greatly impressed by the training program given by Sudhi in Natural Farming, hence they adopted the Natural Farming method after taking the training in a very short period of time. Whereas women were not given any practical information after going into the field. These women want to adopt the method of natural farming in future also, provided they get continuous training and support.

SURVEY AND EDUCATION CAMP FOR STREET CHILDREN

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AWARENESS CAMP ON NATURAL FARMING AND GAUSHALA



WOMEN DAY CELEBRATION ON 8TH MARCH 2024



