



INDRAPRASTHA GAS LIMITED

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BHARTI SEWA SADAN TRUST

Accessible Healthcare for All



PROJECT

PROPOSAL

Financial Assistance for Providing Free Health Education, Awareness program of Health and Hygiene, Medicine Distribution among Poor and Needy Candidate in District- Araria, Bihar.

BHARTI SEWA SADAN TRUST

Implementing At

District- Araria, Bihar

FINANCIAL ASSISTANCE FROM

INDRAPRASTHA GAS LIMITED

Plot No. 4, Community Centre, Sector 9,

R K Puram, New Delhi - 110022

Website- www.iglonline.net



Bharti Sewa Sadan Trust

Work for cause not for applause...

Registration Number-15

(Registered U/t Registration Act 21 of 1882, Government of Bihar)

Ngo Darpan ID:- BR/2017/0161

(a unit of Niti Ayog Government of In

Ref:

Date

To,

The CSR Chief
INDRAPRASTHA GAS LIMITED
Plot No. 4, Community Centre, Sector 9,
R K Puram, New Delhi - 110022
Website- www.iglonline.net

Sub: Financial Assistance for Providing Free Health Education, Awareness program of health and Hygiene, Medicine distribution among Poor and Needy Candidate in District Araria, Bihar.

Sir/Madam,

We feel pleasure to introduce ourselves as voluntary social organization based at and working at Dist.- Araria, Bihar in the field of Income Generation Program in Technical Education, Promotion of Culture, Skill Development Training, Youth Awareness Program for health & Family Welfare Program, Agriculture Program, Sanitation & other Social issues, Also we have been carrying out our activities for the last several years in different sectors in rural & urban areas of Dist. Araria, (Bihar).

Keeping in mind, our committee has been decided to submit an application for the above subject for this purpose, we are enclosing the required documents, which are given in the attached sheet. Therefore, I request you that kindly consider our proposal for financial support.

Thanking you,

Yours Faithfully,

Ram Narayan Bharti
Founder Cum President



REG ADDRESS:

SHIVPURI WARD NO- 09, PO
ARARIA DIST, ARARIA PIN :- 854311,
BIHAR, INDIA.

BRANCH OFFICE :

AKLUCHAK, NEW MUBARAKPUR,
DANAPUR CANT., PATNA, BIHAR
801503.

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Mob/What'sApp :- 7782833655, 8825340183

Other Registration:

12A :- AACTB3060F26PT01
80G :- AACTB3060F26PT02
CSR :- CSR00010028
FCRA:- 031050011
LEI :- 984500BE2BB2A1D66405

GRANT APPLICATION FORM

NAME OF ORGANIZATION	BHARTI SEWA SADAN TRUST
ADDRESS	Shivpuri, Ward No.- 09 Bhudan Near Church, Dist: Araria, Bihar- 854311
TYPE OF ORGANIZATION	Trust Act 1882
<i>Government</i>	Non- Government
<i>NGO – Non Profit</i>	Non-Profit Organization Social Voluntary Organization
<i>Social Enterprise</i>	
<i>Other</i>	
Organization Registration Number	15/2014
Date of Registration	14-03-2014
Website	
TAX EXEMPTION STATUS	
12A	AACTB3060F26PT01
80G	AACTB3060F26PT02
NGO DARPAN ID	BR/2017/0161719
PAN Number	AACTB3060F
I.S.O Certification No	QMS2018802
CSR Reg. No.	CSR00010028
MSME UDYAM REGISTRATION	UDYAM-BR-01-0001719
ORGANIZATION DETAILS	
BOARD MEMBERS	
Managing Committee / Founder Cum President	Founder Cum President
Name	Dr. Ram Narayan Bharti
Email Address	dr.rnk.bharti@gmail.com
Board Members / Foundation – Names	
1. Dr. Ram Narayan Bharti	Founder Cum President
2. Ritesh Kumar	General Secretary
3. Runa Bharti	Treasurer
4. Sanjay Kumar Jha	Secretary
OPERATIONAL HEAD / PRIMARY CONTACT	
Name	Ram Narayan Bharti
Email Address	dr.rnk.bharti@gmail.com
Phone Number	7782833655
Secondary Contact	
Name	Ritesh Kumar
Email Address	rr951190@gmail.com
Phone Number	7070452255
STAFF STRENGTH	
Full Time	
Part Time	
Volunteers	
Geographical Location(s) Of Operations	MP > Araria

TYPE OF PREMISES	
Owned	
Rented	
Both	
BANK DETAILS	
Name of Bank	Union Bank of India
Address	Araria
Bank Account Number	610801010050124
IFSC Code	UBIN0561088
MICR Code	
Type of A/C	
Operating Authority	Founder Cum President, Secretary & Treasurer
PROPOSED PROJECT DETAILS (ALL details are mandatory)	
Name of Project	Health Awareness
Estimated Start Date of Project	
Total Project Period	1 Year
Objectives of Project	◆ To conduct structured and need-based health education sessions focusing on preventive healthcare, balanced nutrition, maternal and child health, communicable and non-communicable diseases, and early diagnosis among poor and marginalized communities. ◆ To organize regular health and hygiene awareness programs in rural and urban slum areas promoting personal hygiene, handwashing practices, menstrual hygiene management, sanitation, safe drinking water, and environmental cleanliness. ◆ To arrange periodic free medical check-up camps for early detection and screening of common illnesses such as anemia, malnutrition, diabetes, blood pressure, and seasonal diseases, particularly among women, children, and elderly persons. ◆ To distribute essential medicines free of cost to economically weaker individuals who are unable to afford basic medical treatment and healthcare support. ◆ To reduce the incidence and spread of preventable and seasonal diseases through awareness generation, timely medical intervention, and proper health guidance. ◆ To prioritize support for vulnerable and disadvantaged groups including women, children, elderly citizens, persons with disabilities, daily wage laborers, and socially marginalized families. ◆ To encourage active participation of local volunteers, youth groups, health workers, and community leaders for effective outreach and long-term sustainability of the program.

- ◆ To complement and support existing government health initiatives by spreading awareness about immunization, nutrition schemes, maternal healthcare services, and public health facilities.
- ◆ To promote long-term positive behavioral changes in health and hygiene practices through continuous awareness sessions, counseling, and distribution of educational materials.
- ◆ To strengthen access to basic healthcare services by bridging the gap between underserved communities and available healthcare institutions, ensuring timely referral and follow-up care.





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Details of project – Background & Justification

This project is proposed by BHARTI SEWA SADAN TRUST to address the pressing health challenges faced by economically weaker and marginalized communities in Araria, Bihar. Despite improvements in healthcare infrastructure over the years, a significant section of the population—particularly those living in rural areas and urban slums—continues to face limited access to basic health services, lack of awareness about preventive healthcare, and financial barriers in accessing treatment and medicines.

Araria district comprises a large number of low-income families, daily wage laborers, migrant workers, and informal sector workers who struggle to meet their daily needs. Health often becomes a secondary priority due to financial constraints. Many individuals delay seeking medical attention until conditions become severe, leading to increased complications and higher treatment costs. Common issues such as anemia, malnutrition, seasonal infections, water-borne diseases, diabetes, and hypertension remain prevalent due to poor awareness and inadequate preventive practices.

Another critical concern is the lack of knowledge regarding hygiene and sanitation practices. In several underserved communities, improper waste disposal, unsafe drinking water, open drainage systems, and inadequate menstrual hygiene management contribute to the spread of communicable diseases. Women and children are particularly vulnerable, with maternal health and child nutrition often compromised due to insufficient awareness and limited access to healthcare guidance.

Although government health schemes and public health facilities are available, many beneficiaries are either unaware of these services or hesitant to approach formal institutions due to social, economic, or informational barriers. There exists a clear gap between healthcare facilities and the communities that need them the most. Therefore, a focused community-based intervention is essential to bridge this gap.

The proposed project aims to provide free health education, hygiene awareness programs, medical check-ups, and distribution of essential medicines to poor and needy individuals. By bringing services directly to the community through camps and awareness sessions, the initiative will promote early detection of diseases, encourage preventive healthcare practices, and reduce avoidable health risks.

The justification for this project lies in the urgent need to strengthen grassroots-level health awareness and ensure that basic healthcare support reaches vulnerable populations. Through consistent outreach, community participation, and sustained awareness efforts, the project will contribute to improved health outcomes, reduced disease burden, and enhanced quality of life among disadvantaged communities in Araria district.

Detailed Budget Estimate

69,74,165.00

Expected Number of Beneficiaries(Please expand if necessary)

550

VISION

“Our vision is to create a self reliant, self confident and self aware Trust that helps themselves individually as well as collectively for the prosperity of human beings.”

To promote economic and developmental activities for the benefit of the backward sections amongst the Minorities, preference being given to the occupational groups and women.

- Promote Economic Activities through provision of concessional finance.
- Improving the socio-economic well-being of the Trust. Particularly for the less and underprivileged members and enable them to live up to the potential that they all possess.
- Creating an inclusive development paradigm that serves all Indians, and to deliver societal benefits to all geographical regions of the country without any regional, linguistic, caste, creed, religious or other barriers.
- Promote Developmental activities primarily through:
 - Vocational Training / Skill Development Program
 - Marketing Support
 - Mahila Samridhi Yojana
 - Awareness/Advocacy Programs.

MISSION

“Our mission is to self empower the disadvantaged segment of community, including all men, women, children, and senior citizens through enhancing their skills and knowledge in education, health and socio economic solutions.” We strives to improve the health status of medically undeserved population by fostering the provision of high quality, comprehensive health care that is accessible, coordinated, community-directed, culturally- sensitive, and linguistically competent. One of the highly prioritized goals of our programs and service is the preservation, stabilization, and rehabilitation of our dysfunctional families. Various programand services are designed to strengthen and support families and give people in distress a sense of hope. we uses a holistic, integrated service delivery model.

- To make resources available to the most vulnerable sections of the Trust directly and through strategic partnership/collaborations with impact making entities in the social and development sector in the most transparent way to create inclusive sustainable development
- **Social Empowerment-** Create an enabling environment through adopting various policies and Programs for development of women, besides providing them easy and equal access to all the basic minimum services so as to enable them to realize their full potential.
- **Economic Empowerment-** Ensure provision of training, employment and income generation activities with both forward and backward linkages with the ultimate objective of making all women economically independent and self-reliant.
- **Gender Justice** – Eliminate all forms of gender discrimination and thus enable women to enjoy not only de jure but also the fact of rights and fundamental freedom on par with men in all spheres, viz, political, economic, social, civil, cultural etc.

Health Promotion And Empowerment

Approximately 70% of the Indians in rural areas are deprived of basic medical facilities due to lack of healthcare infrastructure within those areas. Thus, accessible healthcare facility becomes a primary requisite for these underprivileged. In case of severe illness, the family gets into a debt spiral, thereby destroying the financial stability of the family and creating a direct impact on other important aspects like nutrition, shelter, education, etc.

BHARTI SEWA SADAN TRUST is committed to contributing positively to the United Nations' Sustainable Development Goals (SDGs) Goal 3: 'Good Health and Well Being' by bringing positive changes in the lives of underprivileged sections of the Trust by providing free access to quality healthcare.

BHARTI SEWA SADAN TRUST has initiated various healthcare and sanitation projects to contribute towards improving the healthcare scenario amongst this section of the Trust.

Promoting Sanitation And Hygiene:

"Health is Wealth" When we are healthy, we enjoy our work and live our life to the fullest. To attain good health we need to develop certain habits. Hygiene is an integral part of healthy living and deals with cleanliness of our body and our surroundings. Good health is an asset for individuals, their communities and the nation at large. A nation cannot progress without a healthy population.

There are large numbers of factors which affect our health. Some of these are balanced food, clean water and clean environment which help to remain healthy while others such as germs and stressful environment cause disease and disorders.

Many diseases are spread from person to person by germs in feces. Some experts believe health problems from poor sanitation can be prevented only if people change their personal habits, or behaviors, about staying clean. But this idea often leads to failure because it does not consider the barriers that people face in their daily lives, such as poverty or lack of access to clean water. Then when behavior does not change. People are blamed for their own poor health.

Other experts look for technical solutions, such as modern toilets that flush water. Technical solutions often come from outside a community and may not fit the traditions or conditions of the community. Sometimes they create more problems than they solve

The disease caused by germs from poor hygiene a sanitation will not be prevented if people are blamed for their own poor health, or if only technical solutions are prompted. To improve health in lasting way health promoters must listen carefully and work together with people in the community. When community use hygiene and sanitation methods that fit their real needs and abilities, they will enjoy better health.

- The lack of safe sanitation systems leads to infection and disease, including Diarrhoea, tropical diseases such as soil-transmitted helminth infections, schistosomiasis and trachoma; Vector-borne diseases such as West Nile Virus, lymphatic filariasis and Japanese Encephalitis.
- Unsanitary conditions have been linked with stunting, which affects almost one quarter of children under-five globally through repeated diarrhoea and environmental enteric dysfunction.
- The lack of safe sanitation systems contribute to the emergence and spread of antimicrobial resistance.

Hand Washing Campaign In School Under Swachh Bharat Mission.

Hand washing is regarded by many as the single most important practice in mitigating spread of many infections. Studies have shown that hand washing with soap at critical times contributes to over 40 per cent reduction in diarrhea rates, 23 percent reduction in incidence of acute respiratory infections (ARIs) and a 55 per cent reduction in spread of

Severe Acute Respiratory Syndrome (SARS). Another study showed that the simple practice of hand washing with soap by attendants and mothers increased the newborn survival rates by up to 44 per cent. Built on this evidence and motivated by a national level campaign – the Swachh Bharat Abhiyaan - BHARTI SEWA SADAN TRUST this year focused its resources on improving the health of school-going children, highlighting the need for hygiene promotion, life skills development and water, sanitation and hand- washing facilities in schools.

Our hand washing interventions were built with a vision to attain a condition in which all communities we serve have access to safe, protected and sustainable drinking water and sanitation services, with improved hygiene practices.

Our teams organized awareness programs using infotainment activities like pictorial presentations and community displays, school children led rallies across primary school and Junior High Schools in Araria, district. These activities were followed up by –

- 1) Demonstration and practice of hand washing technique. The demonstrators showed children the complete steps-by-step hand washing using Lifebuoy and Dettol soaps, which were readily available in local markets.
- 2) Orientation on spread of diseases through unsanitary conditions at individuals, home and community levels.
- 3) Fostering behavior change to end open defecation by use of toilets. encouraging children to advocate for toilets at home, including saving money to build a toilet.



OUR OBJECTIVES

The main objective of the organization is to work for achieving overall development of the poor, downtrodden and disadvantaged sections of people without any discrimination of castes, creed and religion so that targeted sections of people join together, generate a fellow feeling and work together and devote themselves positively for mutual development of overall Trust. Towards creating a healthier Trust by popularizing preventive measures; BHARTI SEWA SADAN TRUST organizes health awareness programs on various issues of health and hygiene. For this purpose, we make use of visual media which communities are familiar with, like street plays, puppet shows etc. Another strategy employed is involving children and youth in awareness programs like rallies, debates etc. Children are the best messengers to carry the message to their parents, family and other community members. Health- weeks and health camps are also generally organized in slums for different age groups.

Information about the conduct of health awareness sessions and camps is widely canvassed by BHARTI SEWA SADAN TRUST well in advance. These sessions and camps are organized in coordination with the community keeping their time and other constraints in mind. Through these activities, BHARTI SEWA SADAN TRUST ensures that such programs reach maximum number of people.

- To establish research institutions in medicine, nursing, physiotherapy, etc.
- To undertake paramedical courses through establishment of technical institutions.
- To conduct polyclinics, medical health centres, eye banks, blood banks, ambulance services, hospitals, etc to provide low cost medical facilities to poor and needy people.
- To run a hospital and mobile dispensary for the benefit of the scheduled caste community.
- To establish and run a drug de-addiction and rehabilitation centre.
- To run institutions for the differently abled including schools for the physically challenged, mentally challenged, the speech impaired and the visually impaired.
- To promote and conduct welfare activities for the poor.
- To promote and facilitate educational opportunities among youth, women and children.
- To conduct awareness camps on health, legal issues, etc.
- To facilitate linkages for unemployed youth with government and nongovernmental institutions for employment/livelihood.
- To undertake and promote community based rehabilitation activities.
- To run an old age home and day care centre for persons with dementia.
- To implement schemes of the State and the Central government.
- To organise local, regional and national level seminars, conferences, workshops and training programmes on national integration, peace and communal harmony.

AWARENESS OF MENSTRUAL HYGIENE AMONG ADOLESCENT GIRLS:

IGL envisions a world where every girl can learn, play, and safeguard her own health without experiencing stress, shame, or unnecessary barriers to information or supplies during menstruation. IGL's support to menstrual health and hygiene is aimed at improving outcomes on education, health, and gender equality for girls and women. By comprehensively addressing a range of factors- such as building self-efficacy, developing a positive policy and programme environment, effecting social change and increasing access to materials and facilities- IGL will continue to support girls and women to have the confidence, knowledge, and skills to manage their menstruation safely, using appropriate materials and facilities, at home and away from the household.

Menstruation is a natural fact of life and a monthly occurrence for the 1.8 billions girls, women, transgender men and non-binary persons of reproductive age. Yet millions of menstruation across the world are denied the right to manage their monthly menstrual cycle in a dignified, healthy way.

Gender inequality, discriminatory social norms, cultural, poverty and lack of basic services often cause girls and women's menstrual health and hygiene needs to go unmet. Adolescent girls may face stigma, harassment and social exclusion during menstruation. Transgender men and non-binary persons who menstruate often face discrimination due to their gender identity that prevents them from accessing the materials and facilities that they need. all of this has far reaching negative impacts on the lives of those who menstruate restricting their mobility, freedom and choices affecting attendance and participation in school and community life, compromising their safety and causing stress and anxiety. The challenge are particularly acute for girls and women in humanitarian crises.

CREATING HEALTHY COMMUNITIES FOR 01 YEARS

The healthcare landscape for people living below poverty line is abysmal, even more so for those who are more marginal among the marginalized communities, i.e. the women and children. For several decades, the infant mortality rate (IMR) and the maternal mortality ratio (MMR) for Araria has trailed thenational average, making it one of the worst districts in the country in terms of availability of and access to basic healthcare facilities. The situation of children is also as bad, with the district recording high morbidity and mortality due to water borne diseases and vector borne diseases, poor vaccination and poorer adherence to health, hygiene and nutrition guidance.

BHARTI SEWA SADAN TRUST implemented a safe drinking water project funded by IGL, where we designed initiatives to increase awareness on safe drinking water, took over the responsibility of building capacity of communities in villages to maintain hand pumps. BHARTI SEWA SADAN TRUST conducted awareness on adoption of sanitation and hygiene practices in six blocks with focus on safe drinking water and use of low-cost latrines. BHARTI SEWA SADAN TRUST had constructed model toilets in Araria district under this project.

- To increase awareness among adolescent girls on menstrual hygiene
- To increase access to and use of high-quality sanitary napkins by adolescent girls.
- To ensure safe disposal of sanitary napkins in an environmentally friendly manner.

ROAD SAFETY AWARENESS THROUGH BLOOD DONATION DRIVE

Road Safety is one of the most important core objectives of our organization. The traffic safety week was celebrated by the organization in the community to create awareness in the community people, especially children being the potential users. We arranged a skit and a role play through which the knowledge on the importance of following traffic rules was disseminated to the children. Approx. 80 children participated in the program and their learning was evaluated by conducting art & craft activities, drawing competition and poster making. During the program, the emphasis was given on following the road safety rules such as wearing helmet while riding a bike or a bicycle on the road, putting on the seat belt while driving a car; avoid speaking on the phone while moving on the road, etc.

Apart from this, a blood donation drive was also held by the NGO to make people understand the value of blood. More than 70 people donated blood in the drive and took a pledge not to shed blood on roads by their rash driving.



INDIA'S STATUS IN HEALTH

Investment in education is an investment in health. Addressing health and education together underpins all Sustainable Development Goals (SDGs). National Health Policy (NHP) 2017 also envisages attainment of the highest possible level of health and well-being for all ages, through preventive and promotive healthcare.

India is home to 47.3 crore children (0–18 years) comprising 39 percent of the country's total population (Census 2011). The recent data suggests around 26 crore children in the age group of 6-18 years are attending schools.

For millions of young people including adolescents around the world, the onset of adolescence brings not only changes to their bodies, but also new vulnerabilities due to limited access to quality services, and health information, particularly on sexual and reproductive health, injuries and violence and digital challenges (e.g. cyber-bullying and pornography, Internet addiction). As per National Mental Health Survey 2015-16, prevalence of mental disorders in age group 13-17 years was 7.3% and nearly equal in both genders. Approximately 54 % of the girls and 29% of boys in the age group of 15-19 years are anaemic in India (NFHS-4). A large proportion of girls are coerced into unwanted sex or marriage, putting them at risk of unwanted pregnancies, unsafe abortions, sexually transmitted infections, including HIV. AIDS- related deaths have fallen for every other age group except for adolescents where it has increased.

It is important to educate the children early in life, about their health and the right behaviours, so that they lead a healthy life and realize their full potential. These educated, healthy and productive adults, will form the base of resilient, prosperous and sustainable communities.

Furthermore, the School Health Programme has been incorporated as a part of the Health and Wellness component of the Ayushman Bharat Programme of Government of India to strengthen the preventive and promotive aspects through health promotion activities. These activities will combine health education, health promotion, disease prevention, and improve access to health services in an integrated, systemic manner at the school level. There will be increased focus on emerging social morbidities like injuries, violence, substance abuse, risky sexual behaviors, psychological and emotional disorders.



National Health Programme (Follow Up Activities)

Safe pregnancy, motherhood and childhood are basic human rights as well as an imperative indicator for social and economic progress of any country. In order to bring greater impact through the RCH programme, it is important to recognize that reproductive, maternal and child health cannot be addressed in isolation as these are closely linked to the health status of the population in various stages of life cycle. The health of an adolescent girl impacts pregnancy and the health of a pregnant woman impact the health of the newborn and the child.

BHARTI SEWA SADAN TRUST has been actively working towards improving the issues of reproductive, maternal and child health for a long period of time in the district of Araria, district being a flood prone area, has less accessibility to resources.

Celebration Of Safe Motherhood Day

EVERY YEAR ON 11TH APRIL, THE COUNTRY CELEBRATES THE NATIONAL SAFE MOTHERHOOD DAY.

BHARTI SEWA SADAN TRUST celebrates this event in Araria every year to create awareness on proper healthcare and maternity facilities for pregnant women and make them aware about institutional delivery, birth preparedness, reducing anaemia among women and pre and post-natal care for mother and children. BHARTI SEWA SADAN TRUST health workers oriented and sensitized communities in Araria on birth preparedness – arrangement of money, vehicle to take pregnant woman to health facility, antenatal and postnatal care, taking proper diet, Iron and folic acid tablets and administration of tetanus toxoid injections. ASHA workers of the villages oriented the community using flip books and showing charts.



Newborn Vaccination

Vaccines are the world's safest method to protect children from life-threatening diseases. Vaccines are among the greatest advances in global health and development. For over two centuries, vaccines have safely reduced the scourge of diseases like polio, measles and smallpox, helping children grow up healthy and happy.

Thanks to immunization efforts worldwide, children are able to walk, play, dance and learn. Vaccinated children do better at school, with economic benefits that ripple across their communities. Today, vaccines are estimated to be one of the most cost-effective means of advancing global welfare. They act as a protective shield, keeping families and communities safe. Despite these longstanding benefits, low immunization levels persist.

Vitamin K is needed by humans for blood clotting. Babies have very little vitamin K in their body at birth as it doesn't cross placenta and gut doesn't have any bacteria to make Vitamin K before birth. Newborn babies are given Vitamin K injections to prevent a serious disease called haemorrhagic disease of the newborn (HDN). Two community mobilizers of BHARTI SEWA SADAN TRUST made home visits to orient people of Araria, on the importance of timely vaccination to newborn to prevent serious illnesses.

Millions of children die every year from preventable causes. Disease, injury, environmental hazard and the devastating effects of conflict put children and adolescents around the world in harm's way.

Our efforts identify and prioritize marginalized and undeserved communities, and strengthen the front-line immunization workforce to reach them. We engage with communities to learn their values and needs around quality vaccination services.



Observing Breastfeeding Week

Breastfeeding provides children with the best start in life and is the baby's best source of nutrition, bolstering brain development with lifelong benefits for the mother and the baby.

BHARTI SEWA SADAN TRUST more robust structure! The Trust for a healthy life and well-being is laid in the mother's womb. The first 150 days of life – the time spanning roughly between conception and a child's second birthday - is the most crucial period of development. This is when children's brain, body and immune system develop significantly, which holds the key to lifelong physical and mental well-being.

International Breastfeeding week is observed on the first seven days of August every year. This year too, BHARTI SEWA SADAN TRUST organized events in Araria district around breastfeeding and child nutrition. The events were attended by several women including pregnant women, lactating mothers and elderly women. Women were made aware of the need and importance of colostrum to newborns at the time of birth and mother's milk in the first six months of life, how it helps in building immunity, fighting deadly diseases like pneumonia, providing critical nutrients and fostering growth and development. ASHA present at the event locations were encouraged to respond to queries on breastfeeding raised by the participants. They also communicated important messages on breastfeeding using flip books.

Breastfeeding provides children with the best start in life

Breast milk is a baby's best source of nutrition, bolstering brain development with lifelong benefits for the mother and the baby.

Early initiation of breastfeeding, exclusive breastfeeding (between 0-5 months) and continued breastfeeding (6-23 months) offer a powerful line of defence against infection and malnutrition. In contrast, Infants who are not exclusively or partially breastfed have a higher risk of diarrhoea and are more likely to die from severe malnutrition if they don't get lifesaving treatment. Breastfeeding also acts as a baby's first vaccine, protecting them from common childhood illnesses.

Healthy Mother, Healthy Baby

A pregnant mother's health, nutrition and mental state affect the well-being of her child. An expecting mother's diet, if poor in nutrition, can lead to severe congenital disabilities and have lasting consequences. However, the possibility of birth anomalies can easily be checked with the early provision of optimal maternal nutrition, including a diet rich in nutrition, supplements and recommended doses of vitamins and minerals. The mother's nutritional well-being also contributes to her good mental health, which positively impacts childcare.



HEALTH CHECKUP CAMPS:

Health Checkup Camps will be one of the core components of this project, aiming to provide direct health benefits to the poor and needy communities of Araria District, Bihar. A large number of people in rural and marginalized areas continue to suffer from lack of awareness, limited healthcare access, and inability to afford basic medical services. To bridge this gap, BHARTI SEWA SADAN TRUST proposes to organize free health checkup camps across different villages, slums, and semi-urban clusters, ensuring that underprivileged families receive timely medical support. These camps will act as an accessible platform where individuals can get general health consultations, screenings, and free distribution of medicines. Qualified doctors, nurses, paramedical staff, and trained volunteers will actively participate in these camps to provide essential medical services to the beneficiaries. The focus will remain on detecting common health problems like anemia, fever, infections, malnutrition, skin diseases, diabetes, hypertension, and gastrointestinal issues that often go untreated in poor households due to lack of awareness and financial barriers.

Special attention will be given to women, adolescent girls, and children who are more vulnerable to health challenges. Maternal health checkups, menstrual hygiene awareness, vaccination awareness, and nutritional counseling will form an important part of these interventions. Eye checkups and dental checkups will also be conducted, and spectacles or basic medicines will be distributed wherever required. Each camp will also serve as a platform for health education, where doctors and volunteers will conduct awareness sessions on preventive healthcare, importance of sanitation, safe drinking water, hand washing, and healthy lifestyle practices. For cases that require advanced treatment, proper referral support will be provided to link patients with government hospitals and healthcare centers. To ensure maximum outreach, the community will be mobilized well in advance through local leaders, volunteers, and awareness drives, encouraging participation of all sections of Trust.

Through these camps, the project aims to bring about early detection and treatment of diseases, reduce preventable health issues, and promote healthier living conditions. The distribution of free medicines will directly benefit families who cannot afford to purchase them, while awareness activities will empower individuals to adopt hygienic practices. Data and health records will be maintained during each camp for effective monitoring and follow-up. The expected outcome is not only improved health status but also strengthened trust between the community and healthcare providers. Over time, these camps will contribute to reducing health inequalities and ensuring that even the poorest families have access to essential healthcare services. Ultimately, the health checkup camps will create a healthier, informed, and empowered community in Araria District.

STRATEGY OF TRAINING PROGRAM:-

The strategy of the training program under this project will focus on creating sustainable awareness and practical knowledge among the poor and needy communities of Araria District through structured, participatory, and need-based learning methods.

The approach will begin with baseline assessments to identify key health and hygiene challenges faced by different target groups, followed by designing customized training modules in simple and local language for easy understanding. Interactive workshops, demonstrations, role plays, and group discussions will be used to engage participants effectively, ensuring that the sessions are not limited to theory but also include practical applications such as proper handwashing techniques, safe water storage, menstrual hygiene management, and first-aid practices.

Special emphasis will be placed on training women, adolescent girls, and youth volunteers as “community health ambassadors” so that they can carry forward the knowledge within their families and neighborhoods, creating a multiplier effect. Regular refresher sessions will be organized to reinforce learning and monitor behavioral changes.

The training will also integrate audio-visual tools, street plays, posters, and mobile-based awareness content to reach illiterate and semi-literate beneficiaries. In addition, partnerships will be built with local healthcare providers, government health departments, and schools to strengthen the credibility and reach of the program.

The overall strategy will be community-driven, focusing on empowering people with practical knowledge and lifelong healthy habits rather than short-term solutions.



Project summary

The project is in line with government efforts to establish as many pre-schools, primary schools and secondary schools as possible so that many children get access to Health education. Quality basic education is very important to even the poor children. People of Araria (Bihar), constitutes empowerment; and it is one of the tools that will empower the country in different aspects of the war against poverty.

Priority need

The priority need of this project proposal is to have an education institution which will join hand with the ministry of education's effort of having a nation with high level of education at all levels; a nation which produces the quality and quantity of educated people sufficiently equipped with the requisite knowledge to solve the Trust's problems in order to meet the challenges of development and attain competitiveness at regional and global at large at affordable costs.

Project objectives

The NGO aims to offer free health education and awareness programs focused on preventive healthcare, personal hygiene, and early detection of diseases, reaching at least 550 individuals in underserved areas. Through the distribution of free medicines ensuring that they have access to essential treatments, particularly for chronic conditions and other preventable illnesses. The initiative also emphasizes promoting good hygiene practices, with the goal of encouraging at least 70% of the target population to adopt improved habits that can reduce the spread of diseases linked to poor sanitation. Additionally, the program aims to reduce health disparities by bringing healthcare services to remote or marginalized areas where such services are scarce or unaffordable. The NGO plans to collaborate with local government health departments and organizations to ensure sustainability and expand the program's reach, fostering a long-term positive impact on the health and well-being of underprivileged communities. The financial assistance from IGL will enable the NGO to implement these objectives and make a significant difference in the lives of those in need.

Project results

As a result of our initiatives, we are seeing a steady increase in the number of children in schools and families in our intervention villages, hand washing and shifting to use of toilets. Fostering behavior change to end open defecation by use of toilets. encouraging children to advocate for toilets at home, including saving money to build a toilet.

This project is planned to be constructed at a minimum low cost so as to enable Indraprastha Gas Limited, New Delhi, afford to pay the required fees. Construction will be conducted in three phases as follows: Phase one will start in year one, focusing on construction of pre- primary school and other necessary planned buildings. Phase two will follow year two for aiming for construction of primary school class rooms with other necessary planned buildings and phase three will start year four for construction of secondary school class rooms.

OBJECTIVE OF THE PROJECT:

Project approach

Goals: Eligible organizations undertaking health promotion and behavioral change activities will be contracted. The contractors will directly report to provincial health authorities and will be expected to partner with community-based organizations and other thematic organizations to implement the programs. The objectives of this component are to

- (i) Increase health-seeking behavior in the communities on health issues like maternal and child health, water, sanitation and waste disposal, domestic and sexual violence, and HIV/AIDS; as part of the rehabilitation of health facilities/community health post building, build safe mother shelters (maximum of eight under the project) for pregnant women who are living in remote areas;
- (ii) Create an awareness program for new mothers who will stay at safe mother shelters;
- (iii) Create awareness to increase individuals' and communities' involvement in their own health by advocating the government's Healthy Islands strategy;
- (iv) Empower communities through information and social mobilization, advocating the rights-based approach; and develop the capacity of village health volunteers to build relationships with all groups in their communities and to provide information and outreach activities.

Objective and output: Well-informed and empowered communities, leading to increased health service-seeking behavior, rights to services, and informed and timely decision- making skills.



TARGET GROUP:

The target group for the project on Financial Assistance for Providing Free Health Education, Awareness program of health and Hygiene, Medicine distribution among Poor and Needy Candidates in Araria also includes women and children, who often bear the brunt of inadequate healthcare infrastructure and lack of awareness regarding preventive measures. Women, especially in rural areas, face unique health challenges compounded by limited access to medical facilities and cultural barriers to seeking healthcare. Additionally, children from economically disadvantaged backgrounds are susceptible to malnutrition and preventable diseases due to inadequate nutrition and healthcare access.

Furthermore, the project aims to target individuals with chronic illnesses and disabilities, who often struggle to afford essential medications and face barriers in accessing specialized healthcare services. By providing financial assistance and distributing free medicines, the project seeks to alleviate the financial burden on these vulnerable groups, enabling them to manage their health conditions more effectively.

Moreover, the elderly population in Araria, many of whom live in poverty and face social isolation, are also a key target group for the project. With age-related health issues and limited mobility, they often require additional support in accessing healthcare services and managing chronic conditions.

Overall, the project aims to create a comprehensive support system for Araria's most vulnerable populations, addressing not only their immediate healthcare needs but also empowering them with knowledge and resources to lead healthier lives in the long term. Through targeted outreach programs and community engagement initiatives, the project endeavors to foster a culture of health and well-being, ensuring equitable access to healthcare services for all residents of Araria.

NEED OF THIS PROGRAM:

The Organization's program for Financial Assistance aims to address critical needs in the realm of health education, awareness, and access to essential medicines for marginalized communities. In many regions, lack of education and awareness about health and hygiene exacerbates existing health disparities, leaving vulnerable populations at heightened risk of preventable illnesses and diseases. By providing free health education and awareness programs, the Organization empowers individuals with the knowledge and resources needed to make informed decisions about their health, thereby promoting disease prevention and overall well-being. Additionally, the program's provision of free medicines to those in need not only alleviates the financial burden of accessing essential healthcare but also ensures that individuals can receive timely treatment, reducing the likelihood of health complications and improving overall quality of life. Through these efforts, the Organization plays a crucial role in fostering healthier communities and addressing systemic inequities in healthcare access and outcomes.

Implementation Strategy:

The Organization's implementation strategy for providing financial assistance for free health education, awareness programs on health and hygiene, and medicine distribution among the poor and needy encompasses several key steps. Firstly, the Organization will conduct thorough research to identify communities most in need of these services, taking into account factors such as socio-economic status, access to healthcare, and prevalent health issues. Once target communities are identified, the Organization will collaborate with local healthcare professionals, educators, and community leaders to design tailored health education and awareness programs that address specific health concerns and promote preventive care practices.

- (v) Support health provider organizations (NGOs, CSOs) and district and ward administrations in developing organizational structures that increase community engagement in health and health services.
- (vi) Provide training and materials that support community members in undertaking governance roles in health services at the local level.
- (vii) Reinforce the community's role in supporting health workers and their families, particularly in remote areas.

SELECTION OF INSTRUCTORS:-

It is true that any project cannot run without the skilled & intelligent instructors and other staff, in fact they are the backbone for running any project. Through our selection of instructors, we ensure that these crucial initiatives are carried out with the utmost professionalism, compassion, and expertise. Our instructors are carefully chosen based on their proficiency in delivering health education, their commitment to community welfare, and their ability to effectively engage with diverse audiences. With their guidance, we aim to empower individuals with the knowledge and resources they need to lead healthier lives, contribute to disease prevention, and access essential healthcare services. Together, we strive to make a meaningful impact on the well-being of underserved communities by promoting education, awareness, and access to vital medical resources.

PROJECT MANAGEMENT AND MONITORING:-

BHARTI SEWA SADAN TRUST is dedicated to ensuring the well-being of underserved communities through its project management and monitoring initiatives. With a primary focus on financial assistance, the Trust spearheads efforts to provide free health education, raise awareness about crucial health and hygiene practices, and facilitate the distribution of essential medicines among the poor and needy. Through meticulous project management, we coordinate various activities aimed at enhancing the overall health outcomes of these communities. Our monitoring mechanisms ensure that resources are efficiently allocated and utilized, while also enabling us to assess the impact of our interventions. By leveraging strategic partnerships and leveraging innovative approaches, BHARTI SEWA SADAN TRUST remains committed to making a tangible difference in the lives of those who need it most.

PROJECT SUSTAINABILITY:

BHARTI SEWA SADAN TRUST is committed to ensuring the longevity and effectiveness of its initiatives aimed at providing free health education, conducting awareness programs on health and hygiene, and distributing medicine to the impoverished and needy individuals. Central to our sustainability strategy is a multi-faceted approach that integrates financial assistance, community engagement, and strategic partnerships. Through secured financial assistance from various donors, grants, and corporate sponsorships, we ensure the continuous operation of our programs. Moreover, our emphasis on community engagement fosters ownership and participation, empowering local communities to take charge of their health and well-being.

Additionally, forging strategic partnerships with governmental bodies, healthcare institutions, and other non-profit organizations enables us to leverage resources, expand our reach, and amplify the impact of our initiatives. By employing this comprehensive strategy, **BHARTI SEWA SADAN TRUST** not only addresses immediate healthcare needs but also establishes a sustainable framework for long-term impact, ensuring that individuals in need receive essential health services and support now and in the future.



Financial status of organization of last 4 years :

Financial year	Receipt & Payment	Income & Expenditure	Assets & Liabilities
2022-23	44,26,984.00	44,10,944.00	29,730.00
2023-24	49,06,239.90	48,84,991.90	51,187.00
2024-25	52,99,765.00	52,77,660.00	2,76,969.00
2025-26	54,75,610.00	54,57,203.50	48,803.50



BUDGET

Part-A: Honorarium

S.N.	Expense particulars	Description	Costing	Total
1.	Project Head-1	25000/P.M	25000×12	3,00,000.00
2.	Supervisor	20000/p.m.	20000×12	2,40,000.00
3.	Doctor (part time)	1000/per day for 15 days per month for 10 month	1000×15×10	1,50,000.00
4	Volunteers-10	500/per day for 15 days per month for 12 months	500×10×15×12	9,00,000.00
5.	Health Counsellors-3	300/per day for 15 days per month for 4 month	300×3×15×4	54,000.00
6.	Accountant	1000/Per day for 15 days per month	1000×15×12	1,80,000.00
7.	Client System	10	10×45,000	4,50,000.00
8.	Projector	04	04×40,000	1,60,000.00
			Total	24,34,000.00

Part-B: Publicity and Awareness Materials:

No. of Targeted 15 Villages>				
1.	Posters@300 posters per village	15 Village, posters @ Rs 50 per poster for three times in one year	300×15×50×3	6,75,000.00
2.	Banners	45 Banners per village @Rs. 300 per banner for three times in one year	45×15×300×3	6,07,500.00
3.	Resource Materials (4 page brochure on Health, sanitation & Hygiene for prevention of Corona Virus	450 Brochure per village @Rs. 70 per brochure for three times in one year	450×15×70×3	14,17,500.00
			Total	27,00,000.00

Part-C: Implementation Expenses (For Volunteers)

1.	Transportation	40000/ per month	40000×12	4,80,000.00
2.	Postage, stationary & Mobile	35000/per month	35000×12	4,20,000.00
3.	Refreshment for working Staff	25000/per month	25000×12	3,00,000.00
			Total	12,00,000.00

Part-D: Nutritional Food & Medical Kit Distribution

1.	Food Distribution	15000/per 4 months per village	15000×15×3	6,75,000.00
2.	Medicine Kit Distribution	10000/per 4 months per year per village	10000×15×3	4,50,000.00
			Total	11,25,000.00

Grand Total (A+B+C+D)	74,59,000.00
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Miscellaneous Expenses	10 % of all expenses	7,45,900.00
	Total	82,04,900.00
Contribution By NGO @15%		12,30,735.00
Grand Total		69,74,165.00

Fund Sought From Indraprastha Gas Limited (New Delhi) = 69,74,165.00
(Sixty Nine Lakh Seventy Four Thousand One Hundred Sixty Five Rupees Only)



Bharti Sewa Sadan Trust

Work for cause not for applause...

Registration Number-15

(Registered U/t Registration Act 21 of 1882, Government of Bihar),

Ngo Darpan ID:- BR/2017/0161719

(a unit of Niti Ayog Government of India)

Ref:

Date

RESOLUTION **EXTRACT COPY OF RESOLUTION**

Proceeding of the managing committee meeting of the **BHARTI SEWA SADAN TRUST** at Araria (Bihar) held on 15-05-2026 at the office of the Trust with Ram Narayan Bharti (Founder Cum President) in the chair, All members of Managing Committee are present.

RESOLUTION NO.1:

The Committee members unanimously agree to apply for financial Assistance of Rs. **69,74,165.00 (Sixty Nine Lakh Seventy Four Thousand One Hundred Sixty Five Rupees Only)** under the Financial Assistance for providing free health education and awareness to poor and needy candidates from INDRAPRASTHA GAS LIMITED, Plot No. 4, Community Centre, Sector 9, R K Puram, New Delhi - 110022.

RESOLUTION NO.2:

Resolved that the Managing Committee member entrusted Ram Narayan Bharti (Founder Cum President) of the Trust to pursue the concerned Authority.

RESOLUTION NO.3:

It is also resolved in the meeting that copy of the meeting proceedings be submitted to the INDRAPRASTHA GAS LIMITED, Plot No. 4, Community Centre, Sector 9, R K Puram, New Delhi - 110022 for favourand kind consideration under the above subject.

Certified to be true copy

Ram Narayan Bharti
Founder Cum President



REG ADDRESS:

SHIVPURI WARD NO- 09, PO
ARARIA DIST, ARARIA PIN :- 854311,
BIHAR, INDIA.

BRANCH OFFICE :

AKLUCHAK, NEW MUBARAKPUR,
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801503.

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www.bsstgov.org
Mob/What'sApp :- 7782833655, 8825340183

Other Registration:

12A :- AACTB3060F26PT01
80G :- AACTB3060F26PT02
CSR :- CSR00010028
FCRA:- 031050011
LEI :- 984500BE28B2A1D66405

DISTRICT SCENARIO OF **ARARIA**

Araria district is one of the thirty-eight districts of Bihar state, India, and Araria town is the administrative headquarter of this district. Araria district is a part of Purnea division. The district occupies an area of 2830 sq km. It has a view of Mount Kanchenjunga (One of the great peaks of the Himalyan range) This district has total 2 sub- divisions namely Araria and Forbesganj and 9 blocks. Araria sub-division comprises six blocks: Araria, Jokihat, Kursakanta, Raniganj, Sikti and Palasi and Forbesganj sub-division comprises three blocks: Forbesganj, Narpatganj and Bhargama. There are six Vidhan Sabha constituencies in this district: Narpatganj, Raniganj(SC), Forbesganj, Araria, Jokihat and Sikti. All of these are part of Araria Lok Sabha constituency.

Araria district occupies an area of 2830 sq km. The major rivers of the district are Kosi, Suwara, Kali, Parmar and Koli.

According to the 2011 census Araria district has a population of 28,11,569. The district has a population density of 993 inhabitants per square kilometre. Its population growth rate over the decade 2001-2011 was 30 %. Araria has a sex ratio of 921 females for every 1000 males and a literacy rate of 53.53%.



INTRODUCTION OF ORGANIZATION

Introduction: The **BHARTI SEWA SADAN TRUST** is a charitable, non-profit making and multi-sectoral voluntary organization working without distinction of caste, religion and community for the welfare and Upliftment of the poor, Skill Development, Unemployment, Low Income, Poor Health, Climate Change, Quality Education, Natural Resource Management, Research and Development marginalized and disables in our Trust. It was formed by a group of like minded people having different background and experiences in social works. It was registered in the year 2014 under Trust Act 1882 for the present; its program / activity is confirmed in the Araria, (Bihar) District of the State as per identified Programs and community needs.

Most of the persons of target group are having minimal economic assets; therefore, provision of training and enhancing their competencies is essential for economic empowerment/ upliftment of these marginalized target groups. Many of the persons of target group belong to the category of rural artisans who have become marginalized owing to coming of better technologies in market. There is also a need to empower the women amongst the target group, who, due to their overall domestic compulsions, cannot be involved in wage employment which normally involves long working hours and sometimes migration to other cities. Similar challenges are faced by members of Sanitation Workers & Waste Pickers communities who find it difficult to get into mainstream alternate occupations and are forced to therefore engage in self-employment activities. Similarly, the youth amongst the target group, owing to their educational backwardness also find it difficult to obtain employment with good compensation after undergoing short-term skilling courses. On the other hand it is observed that the long term vocational courses being conducted by ITIs with better market prospects are having large number of vacancies in the SC and OBC categories. In view of the above, there is a dire need to go beyond routine skilling and instead enhance their competency levels so that artisans may improve on their revenue generation capacities within their practicing vocations, the women may enter into self-employment thereby financially empowering themselves without neglecting their domestic activities and the youth may acquire long-term training and specialization in employable vocations giving them better standing in the job market. To recognize exemplary humanitarian service so as to accelerate social development to assist extremely poor girls to continue their studies.

The institution imparts vocational training to underprivileged women from surrounding villages in tailoring, embroidery, typing, beautician, English speaking, Tie & die, block printing and computer courses so that they can take up a vocation and earn a livelihood. Number of women/girls avail these facilities every year. Tailoring, typing, shorthand and computer courses are taught free of cost to the candidates who cannot pursue further studies. BHARTI SEWA SADAN TRUST has supported families prepare their children to enter formal school. Our Inspired Volunteers works on regular basis in Araria to ensure that children get good quality pre-school education.

MESSAGE OF THE Founder Cum President

Good Health is a prerequisite for national development. In our quest for the achievements of sustainable development Goals 2030, health and education are fundamental rights. School Create a Unique Opportunity to improve both the education and health status of learners throughout the nation. The health of children is a reflection of the future. Good education is possible only when the child is in good health. With the world's largest youth population, India represents an inspiring demographic dividend that can have lasting impact on the social and economic development of the country. Therefore, investing in the health and well being of children is a critical priority in nation building efforts. Children are vulnerable to wide spectrum of communicable and chronic disease conditions including nutritional deficiencies, substance abuse, mental health concerns, violence, injury and reproductive and sexual health problems. A number of these issues can be prevented through informed health choices. A focused and comprehensive intervention that targets risk factors and social determinants of health conditions as well as empowers children and adolescent to adopt healthy behaviors can play an important role in reducing the burden of these disease. Healthy children are the Trust for healthy nation and nation's future depends on the status of the children. Leaders around the world have acknowledged schools as an important setting where children develop behaviour skills for physical emotional and social well being, other than the family, no social institution has greater influence on the lives of children than schools. Every day millions of children in the country go to school and spend a considerable amount of time interacting with their peers and teachers gaining knowledge, building healthier nations around the world. The school environment is a natural entry point for reaching children and adolescent with health education, health promotion and health services. School and can become change agents for the community health initiatives. Health and education are strongly connected healthy children achieve better results at school, which in turn are associated with improved health later in life, setting up positive and healthy school environment, then, plays an important role in improving the health, well being, overall academic achievements.

To promote Women leadership and enhance the access of the community to the welfare schemes of the Government. To create mass awareness in the community for abolishing the discrimination due to Gender. To promote quality education and child rights among the marginalized children. To increase the livelihood opportunities through income generation among the deprived and marginalized section of the community and promote the practice of financial savings among the SHGs/CBOs for sustainable livelihood opportunities and get better economic status. To create awareness in the community on various important legal aspects. A skilled baker was hired as a trainer and provided extensive training to the women from the Self Help Groups in this area. Skill up-gradation training continued to improve the quality of their work and to slowly expand the unit by production of more items.

To organize adolescent and youth development activities like training to youth in vocational courses, leadership training, youth festival, national integration camps etc.

We have enabled better access of health care facilities and safe drinking water through hand pumps to women and children. Our interventions for the communities we work with also included enhancing livelihood opportunities to women through Khadi and Village Industries Commission (KVIC) and micro credit program and strengthening community capacities to respond to disasters.

Ram Narayan Bharti
Founder Cum President