

Annual Report: 2024-25

Reporting Period: April 2024 to March 2025

PRESENTED BY
Peoples Action For Rural Advancement and Sustainability (PARAS Foundation)



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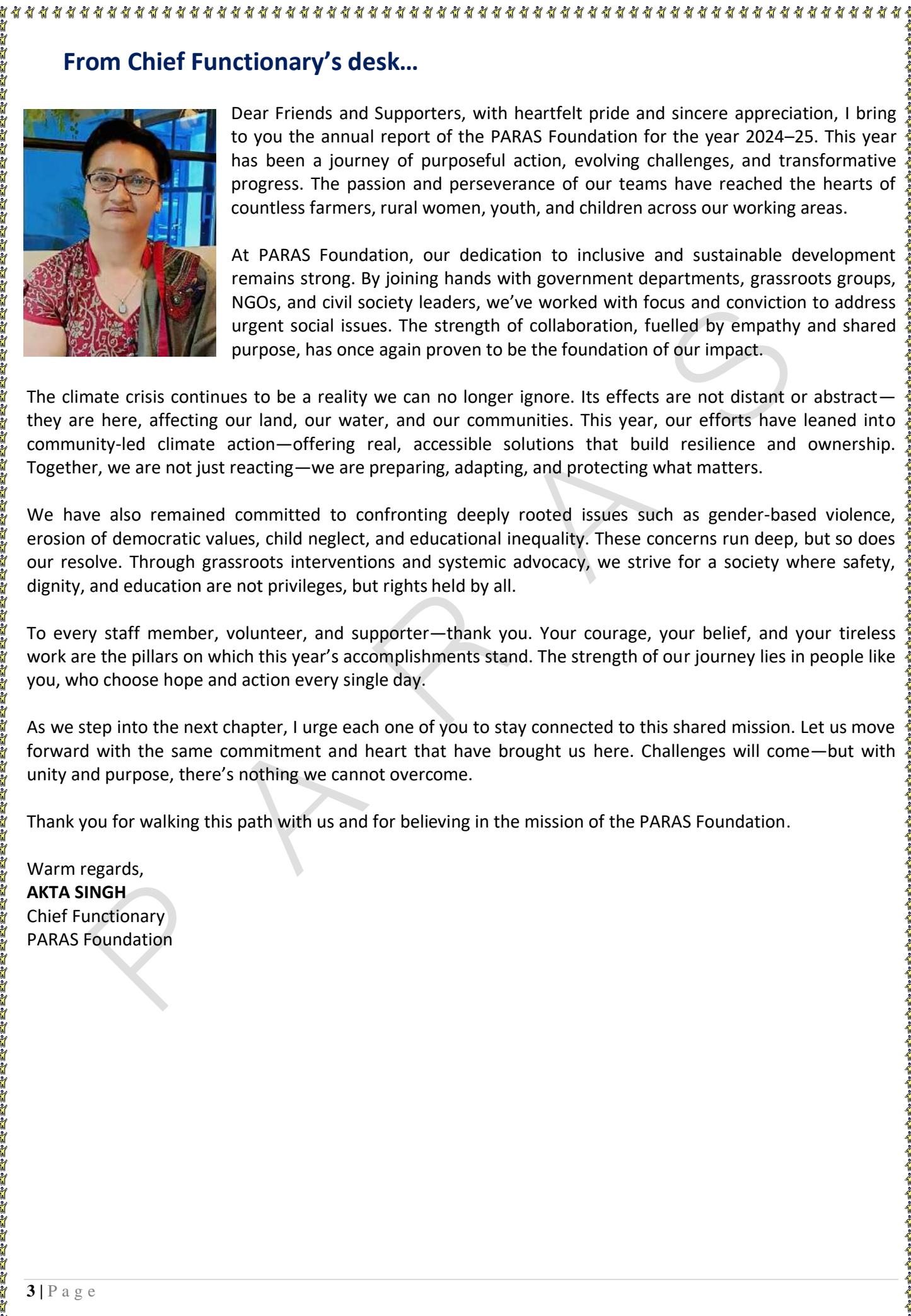
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From Chief Functionary's desk...



Dear Friends and Supporters, with heartfelt pride and sincere appreciation, I bring to you the annual report of the PARAS Foundation for the year 2024–25. This year has been a journey of purposeful action, evolving challenges, and transformative progress. The passion and perseverance of our teams have reached the hearts of countless farmers, rural women, youth, and children across our working areas.

At PARAS Foundation, our dedication to inclusive and sustainable development remains strong. By joining hands with government departments, grassroots groups, NGOs, and civil society leaders, we've worked with focus and conviction to address urgent social issues. The strength of collaboration, fuelled by empathy and shared purpose, has once again proven to be the foundation of our impact.

The climate crisis continues to be a reality we can no longer ignore. Its effects are not distant or abstract—they are here, affecting our land, our water, and our communities. This year, our efforts have leaned into community-led climate action—offering real, accessible solutions that build resilience and ownership. Together, we are not just reacting—we are preparing, adapting, and protecting what matters.

We have also remained committed to confronting deeply rooted issues such as gender-based violence, erosion of democratic values, child neglect, and educational inequality. These concerns run deep, but so does our resolve. Through grassroots interventions and systemic advocacy, we strive for a society where safety, dignity, and education are not privileges, but rights held by all.

To every staff member, volunteer, and supporter—thank you. Your courage, your belief, and your tireless work are the pillars on which this year's accomplishments stand. The strength of our journey lies in people like you, who choose hope and action every single day.

As we step into the next chapter, I urge each one of you to stay connected to this shared mission. Let us move forward with the same commitment and heart that have brought us here. Challenges will come—but with unity and purpose, there's nothing we cannot overcome.

Thank you for walking this path with us and for believing in the mission of the PARAS Foundation.

Warm regards,
AKTA SINGH
Chief Functionary
PARAS Foundation



➤ About Organization

The PARAS Foundation was founded in 2005 under the Society Registration Act by committed grassroots social workers of PANI Sansthan in Jai Prabha Gram (Bhawaniyapur), Post-Pirkhauri, Block Sohawal, Ayodhya (formerly Faizabad). Since its inception, the foundation has grown steadily, establishing a strong presence across the Ayodhya district in Eastern Uttar Pradesh.

Our efforts span a wide range of social, economic, political, and cultural domains. At the heart of our work is a deep commitment to strengthening community capacity—empowering people to assess their realities, understand their challenges, and respond with confidence and collective strength. A central pillar of our approach is the promotion of local democracy, encouraging active citizen participation in governance and decision-making.

PARAS Foundation focuses particularly on working with rural women, small and marginal farmers, landless families, children, and adolescent girls. Our integrated development approach seeks to build their capacities and equip them to drive their own progress.

Our key thematic areas include:

- **Natural Resource Management**
- **Gender Governance**
- **Health and Nutrition**
- **Climate Change**
- **Sustainable Livelihoods**
- **Integrated Child Development**
- **Local Democracy**

Through focused work in these areas, we aim to foster inclusive growth and lasting change for the communities.

➤ Main Aim and Objects of Association

1. To carry-out developmental activities by focussing on socio-economically marginalized sections of society.
2. To build the capacity of farmers, labourers, rural artisans and youth and making available the necessary facilities for their development.
3. To execute health related activities for improving the community health in rural and urban areas.
4. To run livelihood enhancement activities for economic development of socio-economically poor communities.
5. To promote rural handicrafts and non-conventional energy.
6. To execute educational, legal and community education activities for educationally backward sections of society.
7. To organize and coordinate capacity building and awareness programs for Panchayat members and rural citizens for mobilization of Gram Panchayat's.
8. To organize and enhance capacity of the deprived sections of society and facilitate them for advocacy on their issues entitlements and rights.
9. To conduct trainings, study and research on the various aspects of development.
10. To promote conservation of environment.
11. To establish linkages and coordination with various national and international agencies/organizations, intellectuals, learned, banks etc. (both govt. and non govt.) to mobilize required resources (grants, loans etc) for achieving the organizational objectives.

➤ Working Approach

Community-Based Institutions: The PARAS Foundation acknowledges the crucial role of community participation and collective action in fostering development. We are committed to establishing and supporting community-based institutions, recognizing them as the cornerstone of sustainable success.





Community Empowerment: Empowering communities is at the heart of our approach. We believe that integrated people's development is best achieved through an empowered community where individuals possess the knowledge, skills, and resources to drive their own progress.

Stakeholders: We understand that effective community development requires collaboration with a diverse range of stakeholders. The PARAS Foundation actively engages with Gram Panchayat's (GPs), local stakeholders, government entities, and other organizations to work collaboratively towards the welfare of society.

Collective Action: We champion the power of unity and collaboration. By promoting collective action, we encourage individuals and communities to come together to enhance societal well-being and drive meaningful change.

Development: Our approach to development is holistic, addressing the interconnected economic, cultural, and political issues within communities. We work towards the comprehensive development of communities, ensuring that all aspects of their growth are supported and nurtured.

Quality Education: We place a strong emphasis on quality education as a fundamental element for creating a better life and fostering an empowered community. By focusing on education, we aim to empower future generations and facilitate long-term positive change.

➤ Vision:

A society living with sustainable livelihood options and has access to their right and entitlements through community action. Improving rural women and Child Education.

➤ Mission

We are imaging a community action for their right to food, work, health, environment and education.

➤ Core Values

At the PARAS Foundation, our core values guide our approach to development and community engagement. These values are:

- **Respect:** We uphold respect for all individuals at every level of society, fostering an environment where everyone's dignity and contributions are valued.
- **Equality:** We are committed to promoting feelings of equality and ensuring that equal opportunities are available and accessible to all.
- **Transparency:** We believe in transparency in all our development efforts, ensuring clear communication and accountability in our work.
- **Dedication:** We are dedicated to achieving our targets and fulfilling our mission with unwavering commitment.
- **Self-Discipline:** We practice self-discipline in our actions and decisions, maintaining a high standard of professionalism and integrity.
- **Responsibility:** We take responsibility for our actions and their impact on the communities we work with, striving to be accountable and dependable.

These core values shape our work and interactions, driving us towards meaningful and sustainable development.

➤ Theory of change

At the PARAS Foundation, our Theory of Change is rooted in a commitment to democratic principles and equality. We adhere to the following principles:

- **Democratic Process:** We uphold the values of democracy by ensuring that our processes and actions are transparent, inclusive, and participatory.



- **Respect and Equality:** We believe in respecting each individual without differentiation based on religion, caste, or any other identity. Our commitment to equality ensures that everyone has access to opportunities and resources.
- **Gender Equity:** We advocate for equal opportunities for all, irrespective of gender, ensuring that our initiatives are free from gender bias and promote fairness.

By aligning with these principles, we aim to create an environment where every person is valued and empowered, leading to equitable and sustainable development.

➤ Organization's understanding of Constitutional Values

We recognize that Indian society is influenced by religious, caste-based, patriarchal, and capitalist structures. To address and overcome these challenges, we are dedicated to upholding the values enshrined in the Preamble of the Indian Constitution. Our commitment includes:

- **Adherence to Constitutional Values:** We uphold the core values of the Indian Constitution—Socialism, Secularism, Democracy, Justice, Liberty, Equality, Fraternity, the Dignity of the Individual, and the Unity and Integrity of the Nation. These principles guide our work and reflect our dedication to creating a fair and just society.
- **Promoting Local Democracy:** We emphasize the importance of local democracy by encouraging community participation in decision-making processes. We believe that empowering local governance structures and fostering active citizen engagement are crucial for achieving sustainable and inclusive development.
- **Promoting Awareness and Sensitization:** We engage in raising awareness and sensitizing communities to foster behavioural change. Our interventions aim to align societal practices with constitutional values and promote a culture of respect and equality.
- **Feminist and Human Rights Approach:** Our approach is grounded in feminist and human rights values, advocating for gender equality and the empowerment of all individuals. This aligns with our commitment to justice and dignity for everyone.

Focus Areas:

- **Livelihood Generation and Restoration:** Enhancing economic opportunities and restoring livelihoods in rural areas.
- **Social Empowerment and Advocacy:** Empowering marginalized communities and advocating for social justice.
- **Maternal and Child Care:** Improving health and care for mothers and children.
- **Child Rights:** Protecting and promoting the rights of children.
- **Care for Persons with Disabilities:** Providing support and care for individuals with disabilities.
- **Education:** Ensuring access to quality education for all.
- **Labour Rights:** Advocating for fair labour practices and workers' rights.
- **Environmental Protection:** Safeguarding and restoring the environment.
- **Skill Development and Training:** Offering training programs to build skills and enhance employment opportunities.

Through these focus areas, we strive to advance the principles of the Constitution, foster local democracy, and work towards a more equitable and inclusive society.

➤ Core Issue

The PARAS Foundation is dedicated to addressing several critical issues to foster sustainable development and empower communities. Our core focus areas include:

- **Women's Socio-Economic Rights and Empowerment:** Advocating for and enhancing the socio-economic rights of women, and promoting their empowerment through various initiatives.
- **Realization of Entitlement Services:** Ensuring that individuals and communities can access and benefit from their rightful entitlements and services.
- **Climate-Informed Agriculture and Entrepreneurship:** Supporting climate-smart agricultural practices and fostering entrepreneurial opportunities that are resilient to climate change.

- **Work with Men and Boys for Gender Equality and Prevention of Violence Against Women:** Engaging men and boys in promoting gender equality and addressing violence against women.
- **Maternal, Neonatal, Child Health, Adolescent Health, and Environmental Health and Livelihood:** Improving health outcomes for mothers, newborns, children, and adolescents, while integrating environmental health into livelihood strategies.
- **Promotion of Agro-Based Livelihoods through Women Farmers:** Enhancing the livelihoods of women farmers through support for agro-based activities and sustainable practices.
- **Adolescent Development and Young People's Reproductive and Sexual Health Rights, including HIV/AIDS:** Focusing on the development and health rights of adolescents and young people, including reproductive health and HIV/AIDS prevention.
- **Youth Skill Development and Employment through Job Placement:** Providing skills training and job placement services to enhance employment opportunities for youth.
- **Education:** Promoting access to and quality of education for all age groups to support personal and community development.
- **Disaster Relief Work:** Offering support and relief during and after disasters to help affected communities recover and rebuild.
- **Water Saving:** Implementing strategies and practices to conserve water and promote sustainable water management.

Through these core issues, PARAS Foundation aims to drive meaningful change and build a more equitable, resilient, and sustainable society.

➤ **Geographical Area**

The PARAS Foundation operates in the following regions of Uttar Pradesh, India:

- **Sohawal and Rudauli Blocks, Ayodhya District:** Known for its historical and religious significance, Ayodhya District presents a unique context for the Foundation's social welfare and developmental efforts.
- **Puredalai Block, Barabanki District:** This region, primarily agricultural, provides a critical focus for our initiatives aimed at enhancing agricultural practices and rural livelihoods.

These areas are strategically chosen to address various social, economic, and developmental needs, leveraging their distinct characteristics to implement targeted programs effectively.

➤ **Target group**

The PARAS Foundation focuses its efforts on several key target groups to ensure that our initiatives address the most pressing needs of the communities we serve:

- **Small and Marginal Farmers:** Supporting farmers with limited resources to enhance agricultural productivity and sustainability.
- **Women:** Empowering women through various programs to improve their socio-economic status and overall well-being.
- **Teenage Girls:** Providing targeted support and resources to teenage girls to foster their development and address their specific needs.
- **Dalit Communities:** Working to uplift and support Dalit communities, addressing issues of discrimination and ensuring equal opportunities.
- **Dropout Girls:** Engaging with girls who have dropped out of school to reintegrate them into educational and developmental programs.
- **Children:** Focusing on the health, education, and overall development of children to ensure a bright future for the next generation.
- **Landless People:** Assisting individuals and families without land to improve their livelihoods and access essential resources.

Through our work with these groups, we aim to create meaningful and sustainable change in the communities we support.

➤ Major ongoing project:

A. Empowering Rural Women (ERW)

Supported by: Azim Premji Foundation

Location: 10 Gram Panchayat's, Rudauli Block, Ayodhya District

The Empowering Rural Women (ERW) project aims to uplift and empower rural women by providing opportunities for education, leadership, and socio-economic advancement. It focuses on fostering gender equity and local democracy through active participation in Panchayat-level governance.

The project prioritizes:

- **Local Democracy:** Encouraging women's participation in decision-making processes to enhance their leadership in community governance.
- **Addressing Gender Discrimination:** Tackling deep-rooted gender inequities through collective action and rights-based advocacy.
- **Transparency in Panchayat Operations:** Promoting accountability in local governance for better implementation of welfare schemes.

In 2024–25, the project made significant progress in enhancing rural women's leadership, participation, and rights. Activities such as introductory community meetings, regular Nari Sangh gatherings, and leadership trainings for Nari Sangh Leaders (NSLs) helped reinforce grassroots leadership. Block Resource Centres (BRCs) were strengthened to act as knowledge and facilitation hubs, while the adoption of a real-time mobile MIS streamlined documentation and increased field efficiency.

Awareness campaigns, wall writing, and direct engagement with Gram Pradhan's allowed women to demand MNREGA work and highlight issues in PDS and MDM schemes. Staff trainings ensured a unified approach to fieldwork and advocacy.

Quantitative Achievements:

- Over 1500 women regularly engaged through Nari Sanghs
- 700+ written MNREGA work applications submitted
- 50+ women actively participated in Gram Sabha meetings
- Real-time reporting increased by 60 percent
- Improved grievance redressal in 20 villages
- Multiple entitlements facilitated, including ration cards, job cards, pensions, and Ayushman Bharat cards

Qualitative Outcomes:

- Women emerged as strong public leaders and influencers
- Coordination improved between women leaders and frontline service providers (ASHA, AWW, Rojgar Sewak, Panchayat Sahayak)
- BRCs became safe and trusted support spaces
- Young women led campaigns, supported application processes, and mobilized Gram Sabha participation

Challenges and Learnings:

Some Gram Panchayats initially resisted women's leadership, and limited digital literacy delayed MIS adoption. However, mentorship, streamlined documentation, and better coordination with Panchayat structures proved key in overcoming barriers. The ERW project reaffirmed that empowered women are capable of shaping governance and social outcomes when supported by inclusive platforms.



B. DACCWSR Project - Building Climate Resilience in Rural Uttar Pradesh

Full Title: Developing Adaptive Capacity to Climate and Water Security Risks for Small and Marginal Farmers

Launched in: May 2024

Supported by: SATHI Network

Location: 5 Gram Panchayats (Mamrejnagar, Hayatnagar, Rahimganj, Meenapur Fagauli, Gauriyamau) – Rudauli Block, Ayodhya

The DACCWSR Project is a three-year initiative aimed at strengthening the capacity of small and marginal farmers, especially women, to respond to the growing risks posed by climate change and water scarcity.

The project promotes climate-resilient agriculture, water conservation, sustainable energy, and local planning integration.

Objectives of the Project:

1. Build resilience among small farmers against climate and water-related stress.
2. Promote eco-friendly agricultural techniques—zero tillage, mulching, crop diversification, organic inputs, and micro-irrigation.
3. Increase awareness on climate change through outreach in schools, colleges, and village institutions.
4. Integrate climate-sensitive actions into GPDP and work closely with PRI representatives.
5. Facilitate convergence with schemes like PM-KUSUM, MNREGA, and Agriculture Department initiatives.
6. Strengthen women farmers' leadership in sustainable farming.
7. Demonstrate scalable solutions—Machan farming, green manure, rooftop solar, and pond renovation.

Key Activities and Results (2024–25):

- 50+ collective meetings with women farmers
- 12 awareness camps in schools and colleges
- Capacity-building trainings on zero tillage, mulching, vermicomposting, crop diversification, and solar irrigation
- Demonstration plots for onion and bottle gourd using Machan and furrow irrigation
- Introduction of green manure (Dhaincha), rooftop solar units, and intercropping models
- Renovation of community ponds for water storage and reuse
- Inclusion of climate-focused activities in Gram Panchayat Development Plans (GPDP)
- Behavioural change events like *Jal Jeevan Sanrakshan Divas* to build awareness

Impact Summary:

Over 1000 farmers, mostly women, were directly involved. The project led to higher adoption of sustainable practices, better crop yields, improved water-use efficiency, and stronger links with government schemes. Women emerged as community leaders, bridging the gap between local governance and climate action.

Through this initiative, the PARAS Foundation is fostering a sustainable and replicable model of rural development that addresses both environmental and social dimensions—particularly by placing women at the heart of change.

➤ Outcome of the year

The year 2024–25 marked a period of impactful transformation for the PARAS Foundation, driven by focused interventions in women's empowerment, grassroots governance, climate resilience, and



sustainable agriculture. Through the Empowering Rural Women (ERW) project and the DACCWSR initiative, the Foundation successfully translated its strategies into measurable outcomes, reaffirming its commitment to inclusive, sustainable rural development.

A significant achievement was the strengthened participation of women in local governance. Over 1,500 women across 10 Gram Panchayats actively engaged in decision-making processes through Nari Sanghs. More than 700 MNREGA work applications and dozens of collective memorandums submitted to Gram Pradhans led to increased demand for entitlements and public services. Additionally, over 50 women confidently took part in Gram Sabha meetings, marking a notable shift in public representation and empowerment.

The Foundation also improved transparency and access to entitlements by establishing and effectively utilizing Block Resource Center (BRCs). These centers made it easier for communities—particularly women—to obtain ration cards, pensions, health insurance, and job cards. Furthermore, grievance redressal mechanisms were strengthened in 20 villages, reflecting enhanced accountability at the Panchayat level and a greater responsiveness to community needs.

Women emerged not only as beneficiaries but as proactive local leaders and advocates. They organized campaigns, monitored public services, and provided training to others. Their improved coordination with frontline workers such as ASHAs, Anganwadi Workers (AWWs), and Rojgar Sewaks helped bridge critical service gaps in health, nutrition, and livelihoods, fostering stronger community networks.

Under the DACCWSR project, climate resilience among small farmers saw remarkable progress. More than 1,000 farmers—predominantly women—adopted eco-friendly farming practices including zero tillage, mulching, green manure application, and furrow irrigation. Demonstration plots and solar-powered models showcased significant improvements in productivity and water-use efficiency, offering sustainable alternatives for agricultural development.

Community awareness and climate action were boosted through a series of initiatives. Twelve climate awareness camps were conducted in schools and colleges, and various public campaigns, such as Jal Jeevan Sanrakshan Divas, inspired local engagement on water conservation and climate risks. The inclusion of climate-sensitive activities in Gram Panchayat Development Plans (GPDPs) demonstrated growing integration of environmental concerns into local governance and planning processes.

Institutional convergence and policy linkages were another highlight of the year. Both projects effectively facilitated connections with government schemes such as MNREGA, PM-KUSUM, Ayushman Bharat, and programs run by the Agriculture Department. This ensured stronger institutional support and enhanced sustainability for community-led efforts.

A key outcome of the year was the behavioral and systemic shift in how communities, especially women, perceived their roles in governance and development. There was a visible rise in self-confidence, mutual cooperation, and awareness of rights and responsibilities. Moreover, the reduction in documentation burdens, supported by real-time MIS tools, enabled field teams to dedicate more time to community mobilization and handholding, thereby deepening the impact on the ground.

➤ Demography:

Total District: 03

Total Block: 04

Total No. of G.P: 67

Total family covered: 63541
Total Advocacy Group formed: 01
Total hamlets level Collectives: 82
Total Farmer Group formed: 74
Total Farmers Producer Company (FPC): 01
Total family linked with Farmers group: 2111
Total Nari Sangh – 10
Total family linked with Nari Sangh- 2473
Total covered children under School education: 167

➤ Women's Socio-Economic Rights and Empowerment

In 2024–25, the PARAS Foundation made significant strides in advancing women's socio-economic rights and empowerment through its flagship initiative, the *Empowering Rural Women (ERW)* project, supported by the Azim Premji Foundation. Operating across 10 Gram Panchayats in Rudauli Block, Ayodhya, the project focused on strengthening women's leadership, expanding access to welfare entitlements, and increasing participation in democratic governance.

Key Achievements:

- **Grassroots Leadership:** Over 1,500 women regularly engaged through 10 Nari Sanghs, emerging as confident community leaders. More than 50 women actively participated in Gram Sabha meetings, amplifying women's voices in local decision-making.
- **Access to Rights and Entitlements:** Through the facilitation of Block Resource Centres (BRCs), 700+ MNREGA work applications were submitted, and numerous women accessed ration cards, pensions, Ayushman Bharat cards, and job cards—ensuring their socio-economic inclusion.
- **Collective Advocacy:** Women organized community meetings, led public campaigns, and directly engaged with Gram Pradhans to demand improvements in public service delivery, particularly in PDS and MDM schemes.
- **Capacity Building:** Leadership trainings for Nari Sangh Leaders (NSLs) enhanced women's skills in advocacy, coordination, and community mobilization. Staff trainings and adoption of a real-time MIS ensured effective field monitoring and streamlined documentation.
- **Improved Service Coordination:** Stronger linkages were built between women's groups and frontline service providers such as ASHAs, Anganwadi Workers, and Rojgar Sevak, resulting in improved access to healthcare, nutrition, and livelihood services.

Qualitative Impact:

Women not only accessed services but became agents of change within their communities. Young women especially led the charge in organizing awareness drives, facilitating application processes, and mobilizing participation in governance platforms. The emergence of safe and trusted BRCs further contributed to women's confidence and collective strength.

➤ Facilitation of Women and Child Health

In the reporting year 2024–25, the PARAS Foundation placed strong emphasis on improving the health and nutrition outcomes for women and children across its intervention areas. Recognizing that women's health is central to the well-being of families and communities, targeted efforts were made to bridge the gap between community needs and frontline healthcare services.

Key Interventions and Achievements: Health Entitlement Linkages: Through Block Resource Centres (BRCs) and community outreach, hundreds of women were facilitated to access health-related entitlements such as Ayushman Bharat cards, maternal health schemes, and immunization services for children.

- **Strengthened Coordination with Frontline Workers:** The Foundation facilitated regular interface meetings between women's collectives and key service providers including Accredited Social Health Activists (ASHAs), Anganwadi Workers (AWWs), and ANMs. These engagements helped improve service delivery in maternal care, child nutrition, and immunization drives.
- **Awareness and Behavioural Change:** Village-level health awareness sessions were organized focusing on maternal nutrition, institutional deliveries, newborn care, menstrual hygiene, and preventive healthcare practices. These were especially effective in remote hamlets where traditional barriers to healthcare persist.
- **Nutrition Support through Advocacy:** Community monitoring and advocacy efforts led by Nari Sanghs brought attention to gaps in Anganwadi services. As a result, several centres resumed regular operations and improved the delivery of Take-Home Ration (THR) and Mid-Day Meal (MDM) programs.
- **Child Education and Well-being:** A total of 167 children were supported under school education interventions, many of whom were also linked with ICDS services to ensure better nutrition and early childhood care.

Qualitative Outcomes:

- Increased health-seeking behavior among women, particularly around antenatal care (ANC) and postnatal care (PNC).
- Greater trust in government health services due to consistent engagement and support by community leaders.
- Improved hygiene practices and knowledge on early childhood development within households.

➤ **Maternal, Neonatal, and Child Health (MNCH)**

In 2024–25, PARAS Foundation expanded its focus on Maternal, Neonatal, and Child Health (MNCH) to address critical gaps in healthcare access, awareness, and service delivery for women and young children in rural areas. These efforts were aligned with national health goals and tailored to local community needs, particularly in underserved hamlets of Ayodhya district.

Key Interventions and Impact:

- **Awareness and Counselling Sessions:** Regular health education sessions were conducted for pregnant and lactating women on topics such as nutrition, antenatal and postnatal care, institutional deliveries, and newborn care practices. These sessions helped dispel myths and encouraged early registration of pregnancies.
- **Antenatal and Postnatal Support:** Over the course of the year, hundreds of women were supported in accessing ANC checkups, Tetanus immunizations, Iron-Folic Acid (IFA) tablets, and institutional delivery services through direct facilitation and coordination with ASHAs and ANMs.
- **Safe Motherhood and Birth Preparedness:** Community health volunteers and Nari Sangh members promoted birth preparedness plans, including arranging transportation, birth companions, and ensuring timely referrals for high-risk pregnancies.
- **Newborn and Infant Care:** Emphasis was placed on early initiation of breastfeeding, exclusive breastfeeding for the first six months, timely immunization, and recognition of danger signs in newborns. Mothers were supported in enrolling children into Routine Immunization (RI) schedules.
- **Linkage with Health Schemes:** Women were connected with key government health schemes such as Janani Suraksha Yojana (JSY), Janani Shishu Suraksha Karyakram (JSSK), and Ayushman Bharat, ensuring financial protection and access to institutional healthcare.



Qualitative Changes Observed:

- Increased community confidence in public health systems due to regular handholding and facilitation.
- More mothers now opt for institutional deliveries instead of home births.
- Mothers reported better understanding of newborn care and child feeding practices.
- Increased male involvement in maternal care and household nutrition planning, as noted in some Gram Panchayat's.

➤ Realization of Entitlements and Services

In 2024–25, PARAS Foundation prioritized the realization of government entitlements and essential services as a key pathway to improving the lives of marginalized rural families, particularly women, farmers, and vulnerable households. Through sustained facilitation, rights-based advocacy, and capacity-building at the grassroots, the Foundation enabled communities to access schemes that are vital for health, nutrition, livelihood, and social security.

Key Strategies Implemented:

- **Block Resource Center (BRCs):** These centers acted as local facilitation hubs, offering information, handholding, and application support for accessing entitlements. They played a pivotal role in bridging the gap between communities and frontline service providers.
- **Awareness Campaigns and Outreach:** Regular camps, wall writing, street plays, and group meetings were conducted to raise awareness about schemes such as PDS, MNREGA, pensions, Ayushman Bharat, Ujjwala Yojana, and PM-Kisan. Informational materials were disseminated in simple language to enhance understanding and reach.
- **Application Facilitation and Grievance Redressal:** More than 2,000 households were supported in submitting applications for various entitlements. Community volunteers and Nari Sangh leaders were trained to track application status, accompany women to government offices, and escalate cases when delays or rejections occurred.
- **Strengthening Institutional Linkages:** Field teams built strong working relationships with Panchayat Sahayaks, Rojgar Sewaks, ASHAs, AWWs, and PDS dealers, ensuring timely verification and approval of applications. Issues of corruption, absenteeism, or denial of services were escalated to higher authorities for redressal.

Quantitative Achievements:

- 700+ written MNREGA work applications submitted
- Over 1,500 women facilitated to obtain job cards, ration cards, pension approvals, and Ayushman Bharat health cards
- 20 villages reported improved PDS functioning and complaint resolution
- Dozens of collective memorandums submitted to Gram Pradhan's and block-level officials for infrastructure, health, and livelihood entitlements

Qualitative Outcomes:

- Women became confident claimants of their rights, no longer dependent on intermediaries.
- Community members began demanding services instead of passively waiting for delivery.
- A culture of transparency and accountability took root in targeted Gram Panchayat's.





➤ Environmental Health Initiatives

In 2024–25, PARAS Foundation deepened its commitment to improving environmental health by promoting community-driven actions that safeguard both ecological balance and public well-being. Recognizing the direct connection between environmental conditions and rural health outcomes, the Foundation focused on awareness, sustainable practices, and behavior change communication.

Key Focus Areas:

- **Water Safety and Conservation:**

The Foundation organized Jal Jeevan Sanrakshan Divas and water safety campaigns across villages to raise awareness about clean drinking water, rainwater harvesting, and sustainable water usage. Renovation of community ponds in five Gram Panchayat improved water availability and quality, benefiting both agriculture and household use.

- **Solid Waste and Sanitation Awareness:**

Hygiene and waste segregation campaigns were conducted in coordination with Panchayat and schools. Sessions emphasized toilet use, hand-washing practices, and safe disposal of domestic waste, particularly in high-density hamlets.

- **Air Quality and Clean Energy Promotion:**

The Foundation promoted clean cooking practices by facilitating connections to the Ujjwala Yojana, reducing indoor air pollution and improving women's respiratory health. Additionally, solar rooftop installations were demonstrated in households and community centers as part of climate-resilient interventions under the DACCWSR project.

- **Climate Change Sensitization:**

Through 12 climate awareness camps in schools and colleges, young people were educated on the health impacts of climate change, such as vector-borne diseases, heat stress, and poor nutrition. These engagements fostered a culture of environmental stewardship.

Achievements and Impact:

- Renovated 3+ community ponds, improving safe water access in 5 villages
- Over 1,000 families sensitized on safe water and sanitation practices
- 300+ women educated on clean cooking fuel benefits and linked to LPG schemes
- Solar energy models piloted in key locations, reducing dependency on grid power
- Climate-health linkages introduced in village meetings and Gram Panchayat Development Plans (GPDPs)

Outcomes:

- Improved water-use efficiency and hygiene led to a reduction in waterborne illnesses
- Increased adoption of sustainable practices created healthier living environments
- Women and youth took lead roles in environmental campaigns, strengthening local ownership

➤ Better Education, Better Life!

Transforming Lives Through Inclusive and Skill-Based Learning

Every child deserves a chance to learn, grow, and dream big. At our school, we are proud to be a bridge to that brighter future—especially for those from underprivileged backgrounds.



Supporting Poor Families, Empowering Girls: Out of 162 students currently enrolled, 74 are girls, and they are guided by 8 compassionate and qualified female teachers. Together, they are building a space where education is not a privilege but a right. Despite modest resources—with ₹ 50,200 collected monthly against expenses of ₹ 50,200—we are committed to providing free education and transport to 11 children, ensuring that financial hardship never comes in the way of learning.

Skills That Shape Futures: Vocational Training our students don't just learn from textbooks—they learn life skills too. Through vocational training in Silai (sewing), Kadhai (embroidery), and Bunai (knitting), we equip them with practical abilities that help them support their families and dream of independent livelihoods. For many, these skills are stepping stones to entrepreneurship and financial stability.

Access to Education: Free School Transportation Thanks to the generous support from the LIC Foundation, we run a free bus service for students—particularly those from remote or economically weaker areas. This initiative has not only boosted attendance but also ensured safe and timely travel for children, helping them focus on what truly matters: learning and growing.

No Child Left Behind: Support for Divyang Students-Inclusion is at the heart of our vision. We proudly support 1 divyang (differently-abled) students, providing complete fee waivers and free transportation. With special attention and care, we ensure that these students are part of the mainstream classroom, participating fully and progressing confidently.

Education changes everything. At our school, we don't just teach lessons—we build confidence, dignity, and opportunities for a better tomorrow.

➤ Capacity building of community

Building Stronger Communities through Knowledge and Skills

At PARAS Foundation, we believe that real change begins when people are empowered with knowledge, confidence, and skills. Our capacity building initiatives are designed to unlock the potential of every community member—from farmers and women leaders to adolescent girls—enabling them to take charge of their lives and futures.

Empowering Farmers, Including Women in Agri-Leadership

We conducted 24 online training sessions focused on modern agricultural practices, efficient water use, resource management, tree plantation, and market linkages. These sessions reached 1,730 farmers, including 982 women—a strong step toward making agriculture more inclusive. Already, 488 farmers have adopted improved techniques, resulting in smarter farming and better yields.

Strengthening Grassroots Women Leaders: Nari Sangh Training

To nurture leadership at the grassroots, we organized 2 intensive trainings for 123 Nari Sangh leaders. With a focus on group management, leadership, and record-keeping, these sessions led to the successful activation of two women's collectives, now operating independently and keeping their records with discipline and transparency.

Rural Women Take the Lead: Rights & Schemes Training

Our 5 training programs under the Nari Sangh initiative brought together 124 rural women, helping them understand their rights and navigate schemes like PMAY, JSY, MNREGA, PDS, MKSY, GPDP, and pensions. As a result, 1,855 women applied for these schemes, confidently stepping forward to claim their entitlements to work, food, housing, and health.



Adolescent Girls Learn, Lead & Earn

With weekly sessions for 35 adolescent girls, we focused on personal safety, hygiene, and vocational skills. All 30 girls enrolled in the beautician training completed the course, opening up new paths toward self-employment and financial independence.

➤ Extension of People's institution

Strengthening People's Institutions: Power in Collective Action

At PARAS Foundation, we believe sustainable development begins at the grassroots—with people organizing, leading, and transforming their own lives through strong, accountable institutions. That's why we place a deep emphasis on strengthening and expanding people's institutions, ensuring that communities themselves drive the change they wish to see.

Nari Sanghs: Women Leading the Way

Our flagship initiative, Nari Sanghs—women-led collectives at village and block levels—continues to serve as powerful platforms for women to unite, voice their concerns, claim entitlements, and participate in governance. These collectives not only support women in accessing schemes and services, but also nurture leadership and solidarity. Through Nari Sanghs, women are building confidence, asserting their rights, and shaping community development agendas.

Farmer Resource Centres (FRCs) & Block Resource Centres (BRCs)

We have established Farmer Resource Centres (FRCs) and Block Resource Centres (BRCs) to support farmers with the tools, knowledge, and support systems they need for sustainable agriculture. These centres provide:

- Training in eco-friendly farming techniques
- Information on market trends and government schemes

More than just resource hubs, they are collaborative learning spaces where farmers exchange ideas, adopt new technologies, and grow together.

The BRCs have emerged as critical support units for entitlement realization—helping villagers apply for MNREGA, pensions, PMAY, and health benefits. With hands-on support for documentation and follow-up, these centres bridge the gap between the community and the system.

FPOs: Building Farmer-Owned Enterprises

To further promote farmer entrepreneurship and collective bargaining power, we have facilitated the formation of Farmers Producer Organizations (FPOs). These entities help farmers access larger markets, get better prices, and operate as self-sustaining economic units that directly benefit their members.

➤ Accountability & Transparency: Trust at the Core of Our Work

At PARAS Foundation, we believe that accountability and transparency are not just policies—they are values that define who we are and how we work. These principles are deeply woven into every aspect of our operations, ensuring that the resources entrusted to us are used responsibly, ethically, and with maximum impact.

Independent Internal Audits

To maintain financial integrity, we partner with an external audit agency that conducts thorough, periodic internal audits. These independent reviews evaluate our compliance with legal and donor norms, identify risks, and offer recommendations that help us fine-tune our financial systems. This ongoing scrutiny ensures our foundation remains robust, accountable, and ever-improving.





Rigorous Budgeting and Control

Every initiative—whether big or small—operates within a carefully crafted budget. Each project proposal includes a detailed financial plan, reviewed and approved by donors when required. Our finance and senior leadership teams ensure every rupee is spent with purpose, and that expenses align with goals. Regular monitoring helps us stay efficient and results-driven.

Transparent Financial Reporting

We maintain a cycle of monthly financial reviews, where our finance team closely analyzes income, expenses, and variances. These reviews ensure accuracy and enable timely corrective action, if needed. Our commitment to timely, accurate reporting reinforces our organizational culture of openness and data-informed decision-making.

Donor Compliance

We honor our commitments to all donors by maintaining strict adherence to grant guidelines, financial protocols, and compliance requirements. Every report we submit reflects not just numbers—but our deep sense of responsibility and respect for our partners who place their trust in us.

Open Stakeholder Engagement

Transparency doesn't end at reports—it thrives in dialogue. We keep our stakeholders informed through regular updates, impact stories, and financial disclosures, creating a feedback loop that invites participation, builds trust, and strengthens collaboration. Our goal is not just to inform, but to inspire confidence in our collective journey.

Culture of Continuous Improvement

Accountability is not a destination—it's a process. We constantly assess and evolve our systems, embrace feedback, and invest in internal capacity building to ensure our processes meet the highest standards. We are committed to being better each day—for our donors, our partners, and the communities we serve.

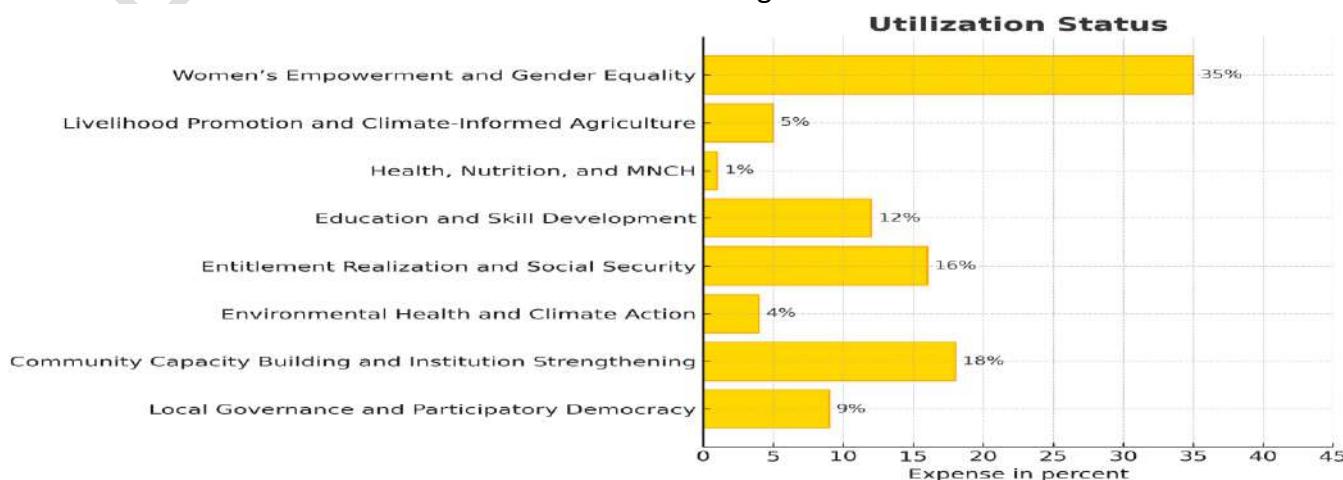
“Transparency builds trust, and trust builds change.”

At PARAS Foundation, we hold ourselves accountable—because every rupee, every effort, and every action matters in our mission to create a just, inclusive, and empowered society.

➤ Financial Overview (FY 2024–25)

In the financial year 2024–25, PARAS Foundation successfully mobilized a total of **₹31,74,769.00** Through a combination of donations, grants, and institutional support. These funds were carefully and strategically utilized across our core programmatic sectors, ensuring transparency, accountability, and maximum community impact.

We believe in putting every rupee to work—strengthening grassroots institutions, empowering women, supporting livelihoods, and promoting inclusive development. The chart below illustrates the sector-wise allocation of funds and reflects our commitment to meaningful and efficient resource utilization.





➤ Our visitors

Over the course of the year, PARAS Foundation had the honor of welcoming distinguished visitors from leading institutions and government departments. These interactions provided fertile ground for collaborative learning, strategic alignment, and the exchange of ideas that strengthen our work at every level.

Each visit reinforced our mission and helped refine our interventions through expert insights, field feedback, and the promise of new partnerships. We deeply appreciate the time, trust, and encouragement extended by our guests. Noteworthy visits included:

- **Azim Premji Foundation, Bangalore**

Their team engaged with our leadership and field staff to explore collaborative models in rural education and gender equity. Their feedback affirmed the importance of grassroots leadership and validated our inclusive education initiatives.

- **Deputy Director of Agriculture, Ayodhya**

This visit enriched our understanding of evolving government agricultural policies and provided valuable inputs for better convergence with state schemes. It opened doors to deeper alignment and joint planning for future farmer-focused interventions.

- **Scientist, Krishi Vigyan Kendra (KVK), Masaudha**

The exchange with KVK brought scientific depth to our climate-resilient agriculture efforts, offering guidance on sustainable practices and farmer training content. This interaction will help us incorporate the latest agricultural innovations into our programs.

- **Additional Development Officer – Agriculture**

His engagement affirmed institutional recognition of our field-level work. Conversations revolved around scaling sustainable agriculture models, especially for small and marginal farmers.

- **Chief Manager – Finance, PANI Sansthan**

This visit emphasized the critical role of financial transparency and system strengthening. It led to valuable exchanges on accounting standards, donor reporting, and internal audits—further strengthening our accountability mechanisms.

Every visit was a dialogue, every interaction a step forward.

These engagements have helped shape our program design, affirm our strategies, and build confidence in our collective journey toward sustainable and inclusive rural development. We look forward to nurturing these relationships and creating more opportunities for impactful partnerships in the coming years

➤ Photographs











इंडिया व्यूज़ दप्तर

खबर जा कर असर
इडिया न्यूज दर्शन राष्ट्रीय हिन्दी दैनिक समाचार पत्र/पत्रिका

ग्रामीण महिलाओं के आर्थिक सशक्तिकरण के लिए पारस्परिक सहायता और समर्पण की पहल

Friday 28th March 2025



Akta Singh
Secretary
01/05/2025
PARAS FOUNDATION