

SOCIAL SERVICE CENTRE



Annual Report

April 2019-March 2020

**ARCHBISHOP'S HOUSE
LAITUMKHRAH, SHILLONG - 793003**

President's Message

I am very happy to write these few lines for the annual report of the Social Service Centre, which is the Social wing of the Catholic Archdiocese of Shillong. In the past one year, the Organization under the leadership of Fr. Bernard Laloo and the staff members have carried out various activities for the benefit of the community, especially in the villages they are working.

Among the various aspects and area of concern has been the promotion of wild edibles especially in the Farmers' market. In olden days, wild edibles played a very vital part in supplementing the diet of the people. The dependence on wild edibles has gradually declined as more exotic food have been introduced. Apart from their traditional use as food, potentially they have many other advantages, such as nutritional and medicinal values. We hope that the initiatives taken by SCC will have sustainable effects.

I take this opportunity to thank everyone who has contributed towards the growth of the Social Service Centre. I also thank Fr. Bernard Laloo, the Director, and the staff members for their hard work and effort. God Bless.

John Madur

Rev. Fr. John Madur
*Diocesan Administrator and
President of the Social Service Centre*

Director's Message

Nutrition is the process of taking in food and using it for growth, metabolism, and repair. Essential nutrients include protein, carbohydrate, fat, vitamins, minerals and electrolytes. Nutrition is essential for growth and development, health and wellbeing. Eating a healthy diet contributes to prevent future illness and improve quality and length of life. Our nutritional status is a state of health determined by what we eat

Undernourishment in terms of access to food and undernourishment due to deficiency of the diet in micronutrients, is a common problem affecting people worldwide. In a particular manner, the rural people are increasingly being hit hard by undernourishment due to the food scarcity and the spiralling cost of food. The poor especially have to spend a high proportion of their income for their food and nutrition needs, thus putting a strain on their income.

The rapid adoption of a food consumption pattern that is not part of the traditional pattern of consumption accounts for the undernourishment due to the low nutrient content in the food consumed by the people. With the advent of junk food and fast food, there has been a drastic change in the food habits of our children. Likewise, the high external input in agriculture further compounds the problem by greatly reducing the organic nature of the food people eat. People are exposed to food that is chemically dependent rather than organic.

Undernourishment due to scarcity of food and the low nutrient content in food due to adoption of an alien food consumption pattern, impacts the health of the people. Due to undernourishment and low nutrient content in food, people are suffering from either chronic illness related to under-nutrition or chronic diseases related to over-nutrition.

The resilience of older generation points to the fact that locally available traditional and indigenous food resources have healthy elements in them and can mitigate both malnutrition and the scarcity of food. Promotion of indigenous food resources would go a long way in addressing the problems of food scarcity and the lack of nutrient rich food. When the pattern of consumption is based on indigenous resources, the benefit would also be in terms of improved health, nutrition, well-being and poverty reduction. This has been one of our main areas of focus in the past one year addressing nutrition issues by means of consumption of available traditional food which are rich in micro-nutrients. We hope that our effort will bear fruit.

Fr. Bernard Laloo
Director

FACILITATING AGRICULTURAL REGENERATING MEASURES (FARM) NORTH EAST PHASE-II

Introduction:

FARM NE –II is a three year project, which began in August 2016, funded by Misereor Germany. This project is being implemented in 9 villages of East Khasi Hills District of Meghalaya. The project is facilitated by one Programme Coordinator, two Field Animators and one Accountant.

Goal 🍷 Empowering community action leading to revival of traditional socio-economic, governance and health systems for achieving greater self-reliant communities.

Block & District 🍷 Mawkynrew & Mawryngkneng C&RD Block, East Khasi Hills

No. of Villages 🍷 09

Strategies:

This project focuses on integrated approach to development with special emphasis on promotion of traditional and healthy agriculture practices, traditional governance, collective action for socio-economic development, and promotion of traditional health practices. In all these, People Led Development-Empowerment approach is the main strategy. In this project, communities' collective action for promotion of health practices, agriculture practices, traditional governance, and good social practices are taken into account, more than the individual gains.

This Program adopts **People Led-Development Approach** to implement the project activities at village level. People are the main actors and the project staffs are only the facilitators.

Activities:

1. Promotion of Herbal Traditional Medicine:

- Identified thirteen Traditional Health Practitioners from nine project villages.
- Documentation and publication of booklet on 51 herbal medicines in English and Khasi language as per information gathered from the identified traditional healers. The booklet was release by late Archbishop Dominic Jala.
- Provided support in setting up and fencing of herbal garden of a traditional healer, Mr. Petros Nonglyer, with



the support of five volunteers. Around 30 medicinal plants were planted on that particular day.



2. Promotion of Indigenous Seeds and composting

- a. SSC has been working on the conservation of indigenous seeds for food security and sovereignty of the farmers. Two Farmers' Club (Jongksha C and Rapleng) are willing to conserve the indigenous seeds through seed bank. SSC had supported them with basic requirements for seeds preservation.
- b. As part of our campaign for chemical free plantation, we also promote composting. Organic manure prepared by our farmers from Laitdiengsai and Mawmuthoh have been collected and send for analysis to ICAR in October last year (2019) for better marketing. Results are awaited.
- c. With the aim to promote healthy nutrition, SSC initiated kitchen garden and school garden at family and school level. Till the end of this reporting period, around 12 kitchen gardens were promoted.



3. Livelihood Support Programme:

- a. Umkhoi is one of the poorest villages under FARM Project. Lately SSC has adopted this village as part of FARM project. In order to support the members of the newly Farmers' club, SSC distributed 200 chicks as a source of income generation.
- b. The Monthly farmers market organised by SSC (PLACE) has greatly helped the farmers to increase their income. This year, the market witnessed the visit of prominent persons like Mr. K.N. Kumar (IAS),





Chairman of the Farmers Commission, Government of Meghalaya, Mr. Y.K. Rao, General Manager, NABARD, Dr. Anselm from MISEREOR Germany and Mr. Rajesh Upadhyay, Caritas India.

- c. To promote community owned farms, involving agricultural and horticultural crops, SSC supported farmers club from Rapleng, Jongksha and Lamsain with shed and flower seedlings for better livelihood.
- d. A training program on Livestock Management was conducted on 3rd October 2019, at Rural Resource & Training Centre (RRTC), Umran, for members of the farmers' club. The participants were supported with Piglet and chicken by SSC.



4. Visitors:

- a. **Exposure visit of MPSSS, Bhopal:**
The Regional team of Bhopal Region including Regional Director and DSSS Directors and staff visited SSC on 12th -14th June 2019, with the aim to



learn about the Farmers' Market and to replicate the same in their area. They were also taken to Phambir village for biodiversity walk and demonstration on the richness of our indigenous food.

b. SBI Foundation Mumbai: A team member comprising of Mr. Priyavrat and Mr. Gyan Prakash, SBI Foundation, Mumbai, visited Laitdiengsai and Rapleng villages to have an understanding about the project implemented by Caritas India through SSC.

c. MISEREOR (Germany) and Caritas India: Dr. Anselm from MISEREOR Germany, Mr. Rajesh Upadhyay and Mr. Jonas Lakra from Caritas India visited SSC on 9th – 10th October 2019. The aim of the visit was to evaluate the on-going FARM project implemented by SSC, funded by Misereor and supported by Caritas India. The various activities implemented under FARM project were discussed and evaluated along with the community members. They also visited the Farmers' Market and interacted with the farmers.



5. Achievements

a. Visit-cum Training at Mushroom Development Centre: As a result from the visit of K.N. Kumar, Chairman of the Farmers Commission, to the farmers market, a meeting was arranged at Laitdiengsai village to meet the farmers and to listen to the problems faced by them. Understanding the need for better livelihood, a visit-cum-training to Mushroom Development Centre was organised on the 19th June 2019, sponsored by the government. 102 farmers benefitted from the training. Some of the farmers club start cultivating mushroom soon after the training.



b. Better livelihood through Farmers' outlet: SSC has taken up various measures to help the farmers to increase their livelihood. One of such initiatives is by way of Farmers' outlet. Two of such outlets have been set up with the support of SSC at Laitdiengsai village which was inaugurated by CI



State Officer Sir Prabal Sen and Lamsain village inaugurated by Zonal Manager Sir Jonas Lakra. “From Farm to Shop” is the main objective of these farmers’ outlet. Farmers who run these outlets have been provided training of basic bakery course and preparation of indigenous food. No plastic food is allowed in these outlets.

- c. **Nutritional analysis of Pumpkins:** Seven Pumpkin varieties have been collected from the farmers and given it for Nutritional Analysis to ICAR. This is part of our campaign to promote consumption nutrients rich local food items.
- d. **Networking with Government departments:** One of the problems that farmers are facing is the absence of storage system. SSC facilitated networking with horticulture department and 18 household were supported with Zero Energy Cooling Chamber. Another networking programme was awareness on ‘Mission Organic’ of the State government, held on 20th September 2019, at Jongksha. Mr. Kharnaioir, District Horticulture Officer (DHO) of East Khasi Hills, was the resource person.



6. Closing of FARM Phase II and Launching of Phase III:

- a. One day programme was organized by SSC to mark the closing of FARM NE II project. The farmers express their gratitude to Misereor, Caritas India and SSC for bringing the FARM project to their villages, which has benefitted them a lot. To mark the day, 650 trees sapling were distributed to the farmers.



- b. The launching of FARM NE – III project was held at Umkhoi village. Mrs. Belinda Kharsati a teacher-cum-farmer, who has been in the forefront with multi cropping organic plantation and livestock, was invited to be the Chief Guest. She is a member of an SHG group which cultivates organic seeds and supplying to agriculture department. Her story inspired everyone.



COMMUNITY USHERED REGIONAL EFFORT IN HEALTH CARE IN NORTH EAST INDIA (CURE, North East, Phase III)

INTRODUCTION

The “Community Ushered Regional Effort in Health Care in North East India (CURE, North East) (Health Project Phase iii)” is a three-year project which began in the year 2009 and is being funded by Misereor and Kinder Mission. It is being implemented in 40 villages falling under Ri-Bhoi district of Meghalaya, India. The project is being implemented through the Health Centres run by the Catholic Church. There are 40 villages with 40 Village Health Workers and 5 health centres with 5 trained nurses supervising the work.

GOAL

- Promotion of safe motherhood and child health and enhance community competency towards malaria management in 254 remote villages in Assam, Meghalaya, Manipur, Arunachal Pradesh and Mizoram in North East India through participatory and people led preventive and curative health care measures.

OBJECTIVES

- To increase the rate of institutional delivery and the number fully immunized children up to the age 2 years in 254 villages by September 2019.
- To reduce the occurrence of Malaria in the project operational villages through preventive and curative measures in 254 project villages by September 2019.
- To make the Health Facilitation Centers (HFC) functional with great relevance in order to reach their service to at least 60% of the population by September 2019.

PROJECT AREA

- 40 villages of Umsning and Umling C&RD Blocks, Ri Bhoi District
- Implemented through five Health Facilitation Centre (HFC)

Highlight of Activities

1. **Daily Activities:** Village Health Workers visited the houses in the villages on daily basis to counsel the family members on health related issues, motivate them for ante-natal check-up, institutional delivery, immunisation, preventive measure, provide counselling and



referral if required. Coordinator & Supervisor visit the household along with the VHWH/ASHA.

2. Awareness, Workshop and Training Programme:

a. **Awareness Programme:** The staffs of health project organised regular awareness programme in the villages on various issues concerning health and hygiene. The topic includes water-borne diseases, family planning, immunisation, nutrition and healthy lifestyle.



b. **Training Programme:** Training and orientation was conducted on mother and child health, maternity benefits, Adolescent Health, ANC, Labour and PNC to various stakeholders at Health Facilitation Centre and villages by the Supervisor & Coordinator.



c. **Health Awareness seminar for adolescent girls (schools/villages):** One of the target beneficiaries of the project are adolescent girls. Awareness programme focussing on the Health issues and concern of adolescent were organised in schools and villages. The topics discussed were physical health, coping skill, early marriage, reproductive and child health.



3. **Health cum Nutritional Camp:** General Medical cum nutritional camps was conducted at the Health Facilitation Centre and the project Villages. These camps were conducted to provide basic treatment and general check-up, health

talks on nutrition, consumption of wild edibles rich in micro rich nutrient, Hygiene, ANC & PNC, immunisation and institutional delivery. Referrals are made to the District Public and private hospital. 1208 people benefitted from the General Medical cum nutritional camps.

4. **Malaria detection camp at villages level / HFC level:** Awareness and Detection Camps were organised at the village and Health Facilitation Centre. There were 236 participants who have been sensitized on the preventive measures, facilities available and motivate for treatment

seeking behaviour. During these camps no positive cases detected.

5. **Quarterly Motivational/animation meeting with VHTFs/VHSNC/HCCs/SHGs:** Community Based Organisations play a vital role in the development of the village. VHSNC play an important role in drafting and effective implementation of the village health plan. Strengthening of VHSNC committee to perform their role had brought a change in the cleanliness in the villages and the increase in the number of immunised children by way of facilitating full immunisation on Nutrition Day conducted in the village and imposing a fine on the family not taking part in the monthly cleaning of the village.

6. **Public Consultation and Closing of the Project:** A Public Consultation meeting was conducted for the closing of the project. A detail presentation of the activities in the past three years was presented. The chief guest for the occasion was Dr. M. Mawrie, DMHO Ri Bhoi District and Rev. Fr. John Madur, Diocesan Administrator, as the guest of honour. Other dignitaries present were Dr. J.B Ranee, DMCHO of East Khasi Hill District, Dr. S. Pala, Assistant Professor of NEIGHRIMS, Dr. S. Kharmalki Retired DMHO and consultant of the organisation, members of the governing body, Health Supervisors, ASHAs, village headmen and other stakeholders of the project. There was also a panel discussion about the initiatives and action taken by the organisation.

7. **Visit and Evaluation of the Project:** As we come to the end of the third phase of the project, an evaluation on the effective implementation of the project was carried out by the donor agency. The external evaluators which consist of Dr. Clements, Consultant, Misereor, Germany and Mrs Enakshi Deka, NEN Guwahati, visited our office and project villages to assess the outcome of the project and how it has benefitted the people. The evaluators were satisfied with the performance of SSC and suggest ways for better implementation in the future.



8. **Visit from Vitamin Angels:** SSC has been working with Vitamin Angels to support pregnant and lactating mothers with vitamin supplements. We had a visit from the representative of vitamin Angles to monitor the distribution of free vitamin supplements at the village level.

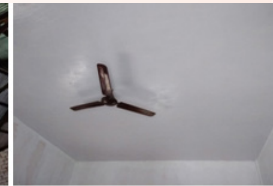


9. **Success Stories:**

a. **Failing to Prepare is preparing to Fail:** Sacred Heart, Health Facilitation Centre Marmain, with the leadership of Sr. Alin Therese started a weekend class for Adolescent girl. The number of adolescent girls registered to attend the classless are 60. During the Classes the UNICEF model was adopted. A workshop was also organised for them to enhance their knowledge on laws and Regulation related to women and children.



b. **Generosity is the best investment:** St. Mary's HFC Nongkhrah, under the Supervision of Sr. Lily Nonglang has been functioning without a proper Ceiling for the building. With the generosity of one of the VHTEF/ VHSNC member of one of the project villages, a proper ceiling was installed. This has prevented insects and butterflies entering the HFC.



c. **HFC case Story:** Mrs. Gloria Masharing was suffering from numbness and not able to stand or sit on her own, came to the HFC for treatment on June 2018 after two weeks of treatment with acupressure in Our lady of Good Health, Health Centre Tyrso she was able to sit on her own, after one month she starts walking and now she attending her normal daily works and activities.



d. **Delivery:** Mrs. Cecilia Wahlang, VHW and ASHA of Umtngam village under Our lady of Good Health HFC, assisted the mother who deliver in the paddy field on their way to the hospital. The mother and baby were then taken to Mawlasnai PHC for Proper medical requirement and they were sent back home after Consulting the Doctor. The baby girl was healthy and weight 3kg 200 gm.



e. **Immunisation:** Mrs. Biola Sten, VHW of Tyrso Village, through her frequent home visit and follow up had been able to convince the parents of two houses, who always refused to immunise their children. She patiently explained the important of immunisation and was able to convince them to give polio drops and other required immunisation.

NO ONE SHALL BE LEFT BEHIND INITIATIVE

Biodiversity for Food, Nutrition and Energy Security

Introduction

The project “No One Shall Be Left Behind Initiative: Biodiversity for Food, Nutrition and Energy Security for 3000 households in Meghalaya and Nagaland, Northeast India” is a three years’ project, which began in August 2018. It is supported by Rural Electrification Foundation, New Delhi and implemented in collaboration with Northeast Slow Food and Agro biodiversity Society (NESFAS). The project is implemented in 25 villages of East Khasi Hills and Ri Bhoi Districts. At the heart of this Project is a concern for the food, nutrition and energy security of indigenous peoples of North East India.

Goals

- ☛ To promote indigenous food systems (IFS) that will significantly contribute to improved nutrition, food security and sustainable livelihoods.

Objectives

- ☛ Increased Production of Micro-nutrient rich and climate resilient species
- ☛ Increased consumption of Micro-nutrient rich and climate resilient species.
- ☛ Increased of livelihood and the average income of community members.
- ☛ Pilot initiatives in renewal energy for community well being.

Special Focus

- ☛ Adolescent girls, young mothers, women’s groups, youth, community elders and custodian farmers

Highlight of Activities:

1. **Increased in Production:**
 - a. **General awareness workshops on Project/ IFS:** A General Awareness was reorganized in the Project villages to facilitate practical understanding of the goal and outputs of the project.
 - b. **Workshops on soils, seeds, composting:** A village level workshop on Composting and bio pest was organized in six project villages.



Along with explanation, practical demonstrations were shown for better understanding. Lead farmers such as Mr. Kwarbel Kurbah were the resource person. These workshops were conducted to sensitize the participants about soil health and the impact of using chemical fertilizer which affect the soil, seed and the production. The participants were motivated to practice chemical free cultivation.

c. Community Seed Fairs: The availability of the appropriate kind of seed is highly significant for agriculture. The ways that farmers obtain seeds are as old as agriculture, and most small-scale farmers



routinely save their seed from one harvest to the next. The Green Revolution shifted the focus of Indian agriculture away from biodiversity to high yielding varieties. As a result, the genetic base of traditional seed varieties reduced considerably. These varieties were inherently more compatible with local farming conditions, economically practical and environmentally sustainable. They were also more resistant to pests, climatic change. To facilitate the preservation of Indigenous seed a community seed fair and exchange was conducted Jongksha Village, which was participated by all the 25 Project villages of both East Khasi Hills and Ri Bhoi Districts.

d. Agro ecology Learning Circle (ALC) groups: Another step towards achieving the goals of the project is formation of ALC groups. The purpose of the groups is to find local solution to the problems of agriculture especially with regards to pests. The same knowledge is shared to others. For sharing of knowledge, the ALC group from Umkhoi and Jongksha were taken to Khweng village for sharing of knowledge and exchange of ideas on agriculture.



2. Increased in Consumption:

a. Workshops with Rural Custodian Cooks & Cooking Demonstrations: A Workshop with Rural Custodian Cooks was conducted at the village level for the midday meal cooks, youth, mothers and individuals interested in cooking. The aim of



the workshop is to promote of consumption of indigenous food, including wild edibles through the introduction of innovative recipe.



b. Campaign for Women, SHGs and Youth Group on local food consumption and its positive impact on agro- ecology, climate resilience, nutrition:

To enhance the skill and capacity of the group formed which include the women's group, SHG, PGS group, Farmers Club and youth group a campaign was conducted at the village level, to sensitized the people about the important of local crop which are climate resilient and consumption of wild edible which are nutritious and rich in micro nutrient and available in the community. Cooking competitions were also organized to motivate the same.

c. Dietary Diversity Score Survey, First 1000 Days Campaigns for adolescent girls, babies & WASH (Water, Sanitation and Hygiene) Campaigns:

Increasing the variety of foods and food groups in the diet helps to ensure adequate intake of essential nutrients. Research study indicates that most common food groups consumed by the people are starchy staples crop. A campaign on Dietary Diversity Score, Water, Sanitation and Hygiene in the Aganwadi centre, School, Home visit and community through role play, Poster and workshop will facilitate hygienic and dietary food consumption.



d. More tasty nutritious midday meals campaign with students, youth & women: The Mid-day Meal Scheme is a school meal programme of the Government of India designed to better the nutritional standing of school-age children. But the food provided was rice, boil dal and potato, once in a while egg was given to them. To enhance the nutrition of the children the SSC along with school administration started a school garden in all the project villages with the objectives to enhance the nutrition of the children.

e. Biodiversity walks to encourage Biodiversity for Youths: Children and youth at present have lost contact with the environment around them, coping to modern lifestyle of spending time in school and university. With the purpose to motivate the youth and children to appreciate



the richness of our area with various indigenous plants which are medicinal and rich in micro nutrients, these young people are transmitted the knowledge by the village elders who have traditional knowledge and love for the environment by means of biodiversity walk for better consumption.

3. Increased in Livelihood:

a. **Strategic training for women SHGs and youth groups:** SSC in its journey to strengthened and improved livelihood for women SHGs and youth group groups provided training on value addition and proper packaging on Jack fruits, banana and tapioca. Pickle making of dry fish, bamboo shoot, chili, lemon and Rosella tea, after which proper bottling were also demonstrated for better income.



b. **Support to PGS groups for improved marketing and increased incomes:** Participatory Guarantee System (PGS) are locally focus quality assurance system, they certify producer based on active participation of stakeholders and are built on a foundation of trust, social network and knowledge exchange. This enables them to sell their produce as natural grown produce. We are in the process of registering our farmers group for better income.

c. **Farmer's market and Indigenous Food Fest:** Social Service Centre is providing a platform to the farmer to sell their product by



way of the Farmers' Market which has gained popularity and recognition in Shillong city. With the aim to spread this further, an indigenous food fest was organized at Nongpoh and Laitdiengsai. The aim is to improve the livelihood of our farmers.

4. Success Story:

a. **Setting up of Mei Ramew café:** A Mei-Ramew Café is an indigenous café that serves local food in local recipes with utilisation of local ingredient. The objectives of the café are to encourage consumption of local food, which is also to promote the livelihood. The



Social Service Centre have been able to motivate entrepreneur to set up two Mei Ramew Cafés at Pahmabir and Khulia, Ri- Bhoi District and one farmer outlet at Lamsain, East Khasi Hills. All these were set up with the support of SSC.

- b. **Marketing linkages:** SSC in its journey to improve the livelihood of the people and linkages between the farmer and the consumer, in its journey the staff of SSC have been able to connect the farmer of Pahambir and Pahamshiken with the owner of You & I café, to sell their Rosella. Rosella grows wildly in their field, which they hardly harvest them. The price of the Rosella in the local market is maximum Rs 20 per bunch but with the linkages with You & I Café they are able to sell the dried Rosella at the cost of Rs. 1000 per Kg for 10 kg.

BPCL: CSR INITIATIVES IN EDUCATION AND SWACHH BHARAT

Introduction

The Social Service Centre, Shillong, in collaboration with Seva Kendra Kolkata, is implementing BPCL: CSR Initiatives on Education and Swachh Bharat. The project consists of Free Tuition centre for poor children and a campaign for clean villages. It is being implemented in six villages under Umling C&RD Block, Ri-Bhoi District. The project is funded by Bharat Petroleum Corporation Limited (BPCL).

Goals:

1. To provide free tuition for poor children by way of joyful learning centre
2. To campaign for cleanliness and plastic free villages

Highlight of Activities:

1. **Joyful Learning Centre:** Six free tuition centres, entitled Joyful Learning Centre, were set up in six villages, namely Pahambir, Nongkhrah, Pahamardaloi, Pahamshiken, Pahamjri and Mawiong. These centres cater towards all round learning of poor children in the evenings, after school hours. Twelve teachers, two for each centre, were appointed for the said purpose. The number of beneficiaries from these centres was 113 boys and 143 girls. Special care and attention were given to the weak students and slow learners in these centres. Besides, moral values were imparted to each child. All the students who attended the free tuition centres passed well in the examinations.





- Swachh Bharat Campaign:** Swachh Bharat campaign or celebration of swachh bharat abhiyan has been carried put in six villages of Ri Bhoi and four villages of East Khasi Hills Districts. The programme has been carried out in collaboration with the village headmen and village councils. The programme consists of cleaning drive, campaign against plastic, distribution of dustbins and tree plantation. Besides, a special programme was organised for adolescent girls on their physical and psychological changes. Sanitary napkins were also distributed to them.

DISASTER RELIEF PROGRAMME IN COLLABORATION WITH DISASTER MANAGEMENT AUTHORITY, MEGHALAYA

Sensitization Programme on Psychosocial Care and Disaster Risk Reduction

Social Service Centre in collaboration with the District and State Disaster Management Authority has been implementing awareness programmes on disaster management. In recent times, the focus has also been on psychological management, post disaster. It is understood that disasters affect not only physically, but also emotionally, which takes longer time to heal. In this context, SSC, with the Support of District Disaster Management Authority, organised one day training on **Psychosocial Care Training in Disaster** for students of Divine Saviour School Laithumkrah. The programme was chaired



by Mr. Sainborlang Nongkhlaw, Coordinator of the project along with Mr. Surajit Bordoloi, Senior Consultant SDMA and Ms. Grace, UNDP City Coordinator. The students were enlightened on the meaning of Disaster and Gendered Vulnerabilities in Disaster Risk Reduction. They were also taught about the stages of Reaction during disasters and the Seven Psychosocial Techniques which are helpful for those who experience disasters in their lives.

COUNSELLING AND AWARENESS PROGRAMME ON DRUGS IN COLLABORATION WITH THE DIRECTORATE OF SOCIAL WELFARE, MEGHALAYA

Introduction

Drug abuse has reached an alarming level in Meghalaya. The number of intravenous drug users shows a worrying trend, besides those who take heroin and other substances. In the last two years, Meghalaya has seen a spurt in the number of drug peddlers and users. The number of people, both men and women, taking drugs is high and it should be a concern for all of us. It is in this context that the Social Service Centre, in line with the objective of the Government and with the support of the Directorate of Social Welfare, through the District Social Welfare Officer, East Khasi Hills organized “Counselling and Awareness Programme on Drugs,” particularly for the students and youth groups in order to enlighten them on the ill effects of drugs and how to avoid them. “Say NO to DRUGS, Say YES to LIFE,” has been our campaign theme in the entire awareness programme.

Sl. No.	Awareness and Counselling held	Target Group	No. of Participants
1	Good Shepherd Higher Secondary School, Jongksha	Students	123



2	St. John Bosco Girls' Higher Secondary School, Sohra	Students	190
	St. John Bosco Boys' Higher Secondary School, Sohra		
	St. Loius Secondary School, Sohra		
	St. Peter and Paul Secondary School, Sohra		
3	St. Francis Higher Secondary School, Smit	Students	150
	St. Peter Secondary School, Smit		
4	Madanryting	Youth	148
5	St. John's Higher Secondary School, Laban	Students	100

The awareness and counselling programmes consist of rally, presentation and session by a resource person, covering the topic on Drugs abuse / Drug addiction, factors that cause addiction, sign of addiction, what an addicted person does to get drugs, why do youth consume drugs, effects of drugs on the individuals, families and society and prevention, mode of treatment and ways to end drug. After the session, the participants performed role play on the topic. The programme ended with a pledge by all the students, "Say No to Drugs and say YES to Life."

CAPACITY BUILDING OF SHGS

BAKERY TRAINING AND TRAINING ON MUSHROOM CULTIVATION IN COLLABORATION WITH THE DIRECTORATE OF SOCIAL WELFARE, MEGHALAYA

Introduction

There are many Self Help Group (SHG) formed in different Block under Self Help Promoting Institutions (SHPI) project of NABARD and under "Livelihoods Intervention and Facilitating Entrepreneurship" (LIFE) of Meghalaya State Rural Livelihoods Society (MSRLS). Many of these SHGs are women group. The formation of SHG groups should lead to their sustainability and survival. These groups will not be able to sustain unless livelihood training is provided for them. When the SHGs take up any livelihood activity as a group, their sustenance can be assured. It is in this context that the Social Service Centre, in line with the above objective and with the support of The Directorate of Social Welfare Social Welfare through the District Social Welfare Officer, East Khasi Hills District, under the Grant in aid to voluntary organization 2018-19, organized two trainings for the women SHGs in order to capacitate them to take up livelihood activities, in order to empower them and help them increase their income and standard of living.

Sl.No	Name of the Training	No. of Days	No. of Participants
1	Training on Mushroom Cultivation	2	125
2	Bakery Training	2	100

Both the trainings consist of theory and demonstration. The resource person began with class room instructions, which is followed by demonstrations and practical learning sessions. This helps the participants to learn better in order to replicate the same. The mushroom cultivation training cum demonstration was held at the Mushroom Development Centre, Upper Shillong. The SHG members were taken to this centre. The participants learned on the cultivation of oyster. While the two days bakery training programme for SHG members was held at the training centre of the organization. The training began with classroom instruction on the names and use of various ingredients for baking cakes and biscuits. This was followed by practical demonstration on mixture of ingredients and baking technique. The participants were given the opportunity to practice what they have learnt. We hope that the training have benefitted the SHG members and by replicating the same in order to increase their livelihood.



IMPROVEMENT OF LIVELIHOOD, EDUCATION AND NUTRITION FOR CHILDREN AND POOR FAMILIES (CLEN) IN EAST KHASI HILLS AND RI BHOI DISTRICT

Introduction:

CLEN is a three year project, which began in January 2020, funded by Kindermissionswerk, Germany. This project is being implemented in 24 villages with six centres of East Khasi Hills and Ri Bhoi Districts of Meghalaya. The project is facilitated by one Programme Coordinator, field volunteers and one Accountant. The project mainly focuses on campaign for nutrition of children, free tuition for poor and vulnerable children and livelihood training for school dropouts.

Goal

- ☛ 200 children mobilized towards consumption of healthy and nutritious food.
- ☛ 200 poor children provided free tuition in child care centre
- ☛ 200 school drop outs motivated trained in livelihood activities.

Objectives

- ☛ To create awareness and discuss on nutrition, health and personal hygiene
- ☛ To create awareness and discuss on the need for education
- ☛ To create awareness and discuss on the necessity to combat social evils.

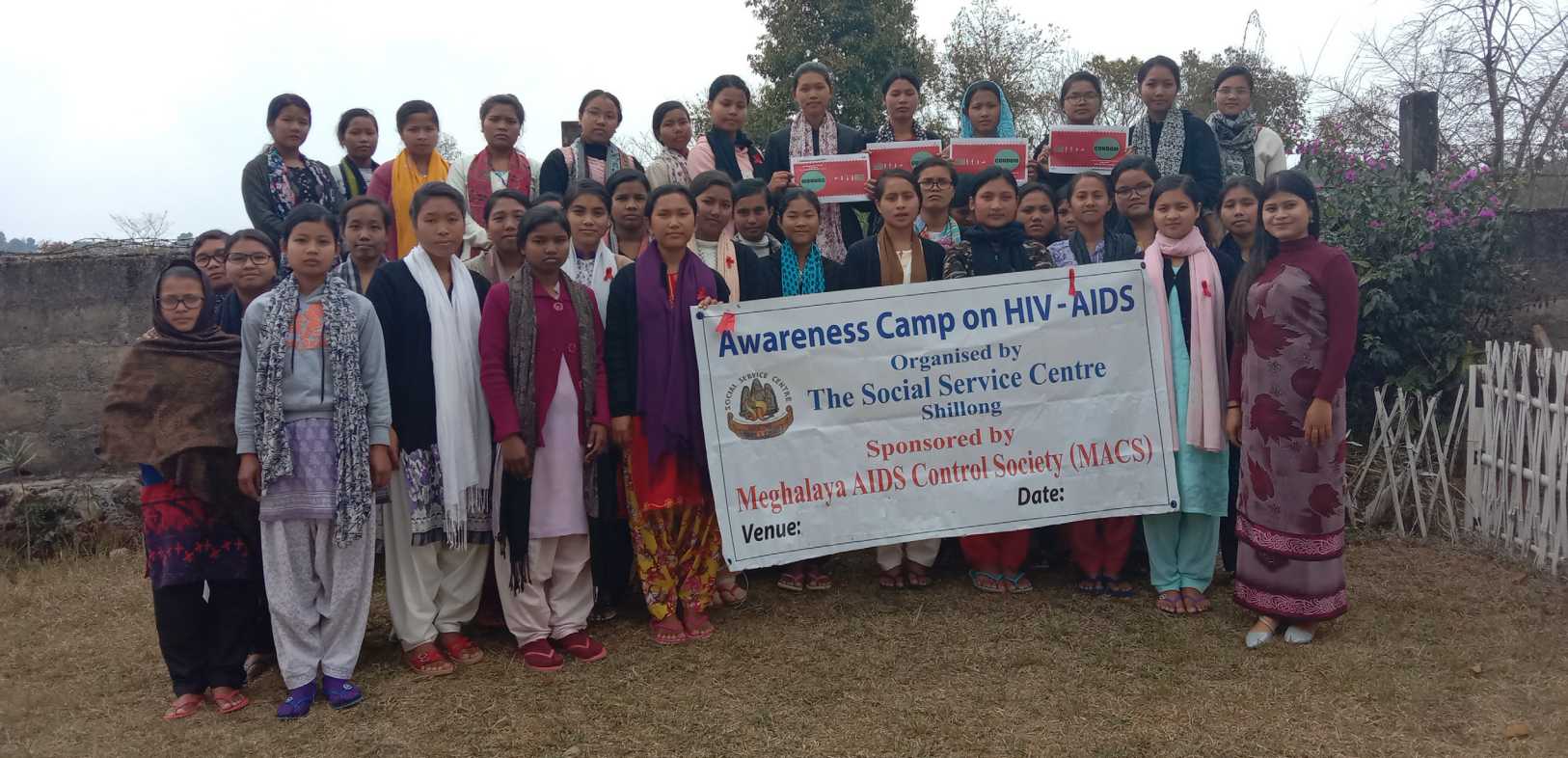
Activities:

1. **Meeting with village Headmen:** For the smooth implementation of the project, meetings were held with the village headmen and the village council in order to brief about the project and to discuss ways and means for the better implementation of the same.
2. **Baseline Survey:** The purpose of the baseline is to identify deserving beneficiaries.
3. **Survey of School drop outs:** The aim of the survey is to find out the number of school drop outs in the project villages.

VILLAGE LEVEL AWARENESS PROGRAMME IN COLLABORATION WITH MEGHALAYA AIDS CONTROL SOCIETY (MACS)

The Social Service Centre (SSC) with the support of Meghalaya AIDS Control Society (MACS), Shillong organized Village Level Awareness Camp with the aim to sensitize the community people on HIV, AIDS, Myths and Misconception and to educate them on the preventive measures of the disease. Awareness has been created on the basic facts about HIV and AIDS, causes, how HIV and AIDS spread and prevention of HIV. The programme was sponsored by MACS.





Sl. No	Date	Villages	Venue
1	06.03.20	Umsohlait	St. Mary's Dispensary
2	11.3.2020	Mawryngkneng	Community hall
3	15.3.2020	Patharkmah	School Hall

ADHERENCE SCHEME OF REVISED NATIONAL TUBERCULOSIS CONTROL PROGRAMME

EAST KHASI HILLS AND RI BHOI DISTRICTS

The Social Service Centre, (Archdiocese of Shillong) in collaboration with the District Tuberculosis Centre, under the Revised National Tuberculosis Control Programme (RNTCP), is implementing Treatment Adherence Scheme and TB advocacy, Communication and Social Mobilization Scheme in East Khasi Hills and Ri Bhoi Districts. The program consists of creating awareness on the diseases, home visits and patients' visits. The purpose of the visit is to encourage the sick people to adhere to medical care.

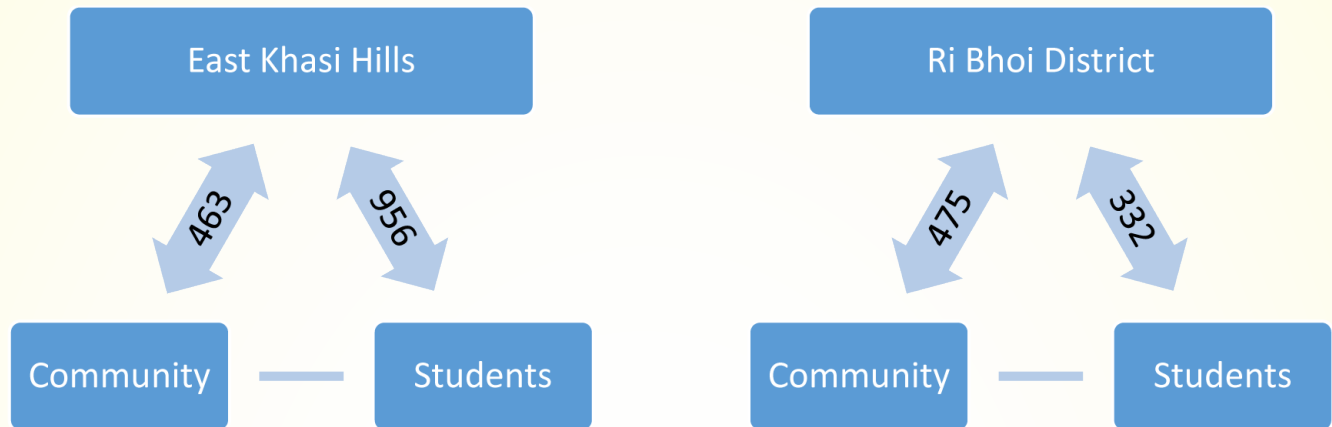
Objective of the program:

To ensure that treatment is readily available, and very much acceptable to the sick.

Activities:

Awareness Programme Conducted:

Aim: The aim of the awareness program was to provide basic facts on TB - types of TB, causes, prevention and treatment.



- **Home visit and monitoring of patients:** The aim is to counsel patients and the family members on coping mechanism in dealing with the disease and the importance of adhering to medical treatment methods. There were 98 patients visited and counseled.
- **Interaction with Patients:** The group sessions and interactions with patients is to help them experienced support and encouragement and to listen to their problems and difficulties and how we can address the same.

Achievements:

- **Celebration of World TB day:** The Social Service Centre celebrated World TB Day along with the patients who received nutritional support from the organization. The program was held on 22nd March 2019. Dr. Jenny Kharwanlang from TB Hospital was the Chief Guest where she expressed her gratitude to the organization for being the only NGO that provides nutritional



support to MDR TB patients. On this occasion two patients witnessed of being cured of TB with the nutritional support given by Social Service Centre. The patients were provided nutritional food items and free distribution of clothes.

- **Free distribution of food items and clothes to TB Patients:** As we prepare the feast of Christmas 2019, and as part of our



charitable activities carried out from time to time, especially to the vulnerable sections of the society, this year the Social Service Centre, Shillong Archdiocese presented Christmas Clothes and nutritional food to TB Patients at RP Chest Hospital, Mawprem, on the 14th December 2019.

- **Nutritional support to Vulnerable Tuberculosis patients:** This year, 2020, we have been able to support 56 vulnerable MDR tuberculosis patients with free nutritional food.



AUDITOR'S REPORT

1. We have examined the Balance Sheet as on 31st March, 2020, and the Income & Expenditure Account for the year ended on that date, attached herewith, of SOCIAL SERVICE CENTRE: ARCHBISHOP'S HOUSE: SHILLONG.

The preparation of the financial statements is the responsibility of the institution's management. Our responsibility is to express an opinion on this financial statement based on our audit.

We have conducted the audit in accordance with the Generally Accepted Auditing Standards. These standards require that we plan and perform the audit to obtain reasonable assurance about whether the financial statement is free of material misstatement

An audit includes examining, on a test basis, evidence supporting the amounts and disclosures in the financial statement. An audit also includes assessing the accounting principles used by the management, as well as evaluating the overall financial statement presentation. We believe that our audit provides a reasonable basis for our opinion.

We have obtained all the information and explanation which to the best of our knowledge and belief were necessary for the purpose of our audit.

The Balance Sheet and the Income & Expenditure Account referred to in this report, are in agreement with the books of accounts.

In our opinion and to the best of our information and according to the explanations given to us, subject to above, the said accounts give a

true and fair view, in so far as it related to:-

- (i) the Balance Sheet, of the state of the affairs of the Fund as at 31.03.2020; and
- (ii) Income & Expenditure Account of the **Surplus** for the year ended on that date.

Place: Shillong
Dated: 09.09.2020



for Amit O P Sharma & Co.
Chartered Accountants

Amit Sharma

(Amit Sharma)

Proprietor
M No 063463

SOCIAL SERVICE CENTRE: ARCHDIOCESE OF SHILLONG

ARCHBISHOP'S HOUSE, SHILLONG

Account: Foreign Contribution & General A/C

Balance Sheet as at March 31, 2020

<u>Fund and Liabilities</u>	<u>Amount</u>	<u>Amount</u>
General Fund		
Per last Account	548189.53	
Add: Capital introduced inadvertently not entered in the Consolidated Account	565126.60	
Add: Surplus transferred from Income and Expenditure	597132.00	1710448.13
Loans And Advances:		
Per last account		548999.26
Total Rupees		<u><u>2259447.39</u></u>
Properties and Assets		
Fixed Assets:		
Furniture: Per last Account	12828.21	
Less: Depreciation for the year	<u>1283.00</u>	11545.21
Machinery and Equipment: Per last account	189254.31	
Less: Depreciation for the year	<u>28388.00</u>	160866.31
Vehicle : Per last Account	384634.31	
Less: Depreciation for the year	<u>57695.00</u>	326939.31
Computer: Per last Account	88155.94	
Less: Depreciation for the year	<u>35262.00</u>	52893.94
Current Assets:		
UTI Mutual Funds		199000.00
Receivable against use of Office Space and Equipments		20000.00
Receivable against Reimbursement from programmes		68012.00
TDS AY 2018-19		23388.00
Cash in hand		
General A/C	7465.02	
FC . Account	<u>0.00</u>	7465.02
Cash in Bank: General Account		
Meghalaya Rural Bank: Savings A/C - Account No. 87005691881	0.00	
Federal Bank: LIFE PROJECT Savings A/C No - 11900100239258	0.00	
Federal Bank: Savings A/C No - 11900100222569	409814.20	
Federal Bank: REC Project Saving Ac/ No 11900100244563	<u>13976.00</u>	423790.20
Cash At Bank: FC Account		
The Federal Bank: FC Ac/ No - 11900100041233		
FARM PROJECT	8844.00	
CLEN Project	934794.00	
Others	<u>18075.40</u>	961713.40
Cash in Bank: Federal Bank: Savings a/c 11900100252624		
HEALTH PROJECT		3834.00
Total Rupees		<u><u>2259447.39</u></u>

In terms of our report of even date
for Amit O P Sharma and Co
Chartered Accountants



Amit Sharma
(Amit Sharma)
Proprietor

Date: 09.09.2020
Place: Shillong

Delors



SOCIAL SERVICE CENTRE: ARCHDIOCESE OF SHILLONG
ARCHBISHOP'S HOUSE, SHILLONG
Account: Foreign Contribution & General A/C
Income and Expenditure Account for the year ended 31st March, 2020

		<u>INCOME</u>	
<u>Particulars</u>	<u>Amount</u>	<u>Amount</u>	
North East Diocesan Social Service Society	2463390.00		
Caritas India: New Dehli	1296974.00		
Kinder Mission	1159200.00		
North East Slow Food Agrobiodiversity Society (NESFAS)	2029411.00		
District Disaster Mangement Authority, East Khasi Hills District Meghalaya	9000.00		
District TB Officer, Cum Member Secretary District Tuberculosis Control	150000.00		
District Tuberculosis Office cum Member Secretary, District Tuberculosis	150000.00		
Seva Kendra Calcutta	220500.00		
District Social Welfare Officer, East Khasi Hills District, Meghalaya	140000.00		
Project Director Meghalaya AIDS Control Society Shillong	<u>22000.00</u>	7640475.00	
Donation			30000.00
Reimbursement from programmes			60980.00
Local Contribution			101334.00
Transfer from other Accounts due to Closure of Bank A/C			
LIFE Project	6632.00		
CSP Project MRB	<u>13039.00</u>	19671.00	
Bank Interest			
General Accounts	18020.00		
REC Project	12073.00		
Meghalaya Rural Bank- CSP	311.00		
FARM Project	13352.00		
HEALTH Project	6102.00		
CLEN Project	<u>8594.00</u>	58452.00	
		Total Rupees	7910912.00

		<u>EXPENDITURE</u>	
<u>Particulars</u>	<u>Amount</u>	<u>Amount</u>	
Community Ushered Regional Effort In Health Care In North East India (Cure, North East)			
Programme Cost: Annexure 1(a)			
Donor	1085976.00		
Local Contribution	<u>78690.00</u>	1164666.00	
Programme Support Cost : Annexure 1 (b)		398000.00	
Administrative Cost : Annexure 1 (c)		<u>20000.00</u>	1582666.00
Community Action For Water, Sanitation, And Nutrition In North East India (Health Project Phase Iv)			
Programme Cost: Annexure 2 (a)			
Donor	602116.00		
Local Contribution	<u>17644.00</u>	619760.00	
Programme Support Cost/ Travel Allowance :		68000.00	

Blair
Director
Social Service Centre
Archbishop's House Laitumkhrah
Shillong-793003, Meghalaya



Personnel Cost: Annexure 2 (c)	279000.00	
Administrative Cost : Annexure 2 (d)	16000.00	
Bank Charge: Annexure 2 (e)	<u>16.00</u>	982776.00
Facilitating Agricultural Regenerating Measures (Farm Northeast - Ii)		
Programme Cost : Annexure 3 (a)	536575.00	
Personnel Cost : Annexure 3 (b)	232000.00	
Administrative Cost : Annexure 3 (c)	<u>79300.00</u>	847875.00
Empowering Community For Nutritional Food Intake Through Improving Status Of Food Sovereignty (Farm Northeast-Iii)		
Programme Cost : Annexure 4 (a)	155000.00	
Programme Support Cost: Annexure 4 (b)	62000.00	
Personnel Cost : Annexure 4 (c)	210000.00	
Administrative Cost : Annexure 4 (d)	<u>46000.00</u>	473000.00
Improvement Of Livelihood, Education And Nutrition For Children And Poor Families (Clen)		
Programme Cost: Annexure 5 (a)	187000.00	
Personnel Cost: Annexure 5 (b)	<u>51000.00</u>	238000.00
No One Shall Be Left Behind REC Project		
Programme Cost: Annexure 6 (a)	1065637.00	
Personnel Cost: Annexure 6 (b)	852600.00	
Administrative Cost: Annexure 6 (c)	<u>111747.00</u>	2029984.00
General Account		
Local Contribution to Projects	101334.00	
Programme Cost: Annexure 7 (a)	838590.00	
Administrative Cost: Annexure 7 (c)	64660.00	
Bank Charge: Annexure 7 (d)	<u>31.00</u>	1004615.00
Livelihood Intervention Facilitating Entrepreneurship		
Amount Refunded to Meghalaya State Rural Livelihood Society	12565.00	
Amount Transfer to General Account of Social Service Centre	<u>6632.00</u>	19197.00
Meghalaya Rural Bank - Csp Project		
Amount transferred to General Account of Social Service Centre due to Closure of A/C		13039.00
Depreciation on:		
Furniture	1283.00	
Machinery and Equipment	28388.00	
Vehicle	57695.00	
Computer	<u>35262.00</u>	122628.00
Surplus transferred to Capital		597132.00
Total Rupees		7910912.00

In terms of our report of even date
for Amit O P Sharma and Co
Chartered Accountants



Amit Sharma
(Amit Sharma)
Proprietor

Date: 09.09.2020
Place: Shillong

Belin
Director
Social Service Centre
Archbishop's House Iaitumkhran
Shillong-793003, Meghalaya

SOCIAL SERVICE CENTRE: ARCHDIOCESE OF SHILLONG

ARCHBISHOP'S HOUSE, SHILLONG

Account: Foreign Contribution & General A/C

Receipts and Payments Account for the year ended 31st March, 2020

<u>RECEIPTS</u>	<u>Amount</u>	<u>Amount</u>
Opening balance:		
Cash in Hand :		
General Accounts	3045.02	
F.C		
Accounts	<u>379.00</u>	3424.02
Cash at Bank: General Account		
Federal Bank: Saving Ac/ No - 11900100222569	598678.20	
Meghalaya Rural Bank : Savings A/C No. 87005691881	12728.00	
Federal Bank: LIFE PROJECT Ac/ No - 11900100239258	19197.00	
Federal Bank: REC Project Saving Ac/ No 11900100244563	<u>2476.00</u>	633079.20
Cash At Bank: FC Account		
The Federal Bank Limited: Social Service Centre FC Ac/ No -		
FARM	19393.00	
HEALTH	3071.00	
Others	<u>18075.40</u>	<u>40539.40</u>
		677042.62
Grant in Aid:		
North East Diocesan Social Service Society	2463390.00	
Caritas India: New Dehli	1296974.00	
Kinder Mission	1159200.00	
North East Slow Food Agrobiodiversity Society (NESFAS)	2029411.00	
District Disaster Mangement Authority, East Khasi Hills District Meghalaya	9000.00	
District TB Officer, Cum Member Secretary District Tuberculosis Control	150000.00	
District Tuberculosis Office cum Member Secretary, District Tuberculosis	150000.00	
Seva Kendra Calcutta	220500.00	
District Social Welfare Officer, East Khasi Hills District, Meghalaya	140000.00	
Project Director Meghalaya AIDS Control Society Shillong	<u>22000.00</u>	7640475.00
Donation		30000.00
Reimbursement from programmes		60980.00
Local Contribution		101334.00
Transfer from other Accounts due to Closure of Bank A/C		
LIFE Project	6632.00	
CSP Project MRB	<u>13039.00</u>	19671.00
Bank Interest		
General Accounts	18020.00	
REC Project	12073.00	
Meghalaya Rural Bank- CSP Project	311.00	
FARM Project	13352.00	
HEALTH Project	6102.00	
CLEN Project	<u>8594.00</u>	58452.00
Total Rupees		<u>8587954.62</u>


 Director
 Social Service Centre
 Archbishop's House Iatumkhrah
 Shillong-793003, Meghalaya



PAYMENTS		<u>Amount</u>	<u>Amount</u>
Community Ushered Regional Effort In Health Care In North East India (Cure, North East)			
Programme Cost: Annexure 1(a)			
Donor	1085976.00		
Local Contribution	<u>78690.00</u>	1164666.00	
Programme Support Cost : Annexure 1 (b)		398000.00	
Administrative Cost : Annexure 1 (c)		<u>20000.00</u>	1582666.00
Community Action For Water, Sanitation, And Nutrition In North East India (Health Project Phase Iv)			
Programme Cost: Annexure 2 (a)			
Donor	602116.00		
Local Contribution	<u>17644.00</u>	619760.00	
Programme Support Cost/ Travel Allowance : Annexure 2 (b)		68000.00	
Personnel Cost: Annexure 2 (c)		279000.00	
Administrative Cost : Annexure 2 (d)		16000.00	
Bank Charge: Annexure 2 (e)		<u>16.00</u>	982776.00
Facilitating Agricultural Regenerating Measures (Farm Northeast - Ii)			
Programme Cost : Annexure 3 (a)		536575.00	
Personnel Cost : Annexure 3 (b)		232000.00	
Administrative Cost : Annexure 3 (c)		<u>79300.00</u>	847875.00
Empowering Community For Nutritional Food Intake Through Improving Status Of Food Sovereignty (Farm Northeast-Iii)			
Programme Cost : Annexure 4 (a)		155000.00	
Programme Support Cost: Annexure 4 (b)		62000.00	
Personnel Cost : Annexure 4 (c)		210000.00	
Administrative Cost : Annexure 4 (d)		<u>46000.00</u>	473000.00
Improvement Of Livelihood, Education And Nutrition For Children And Poor Families (Clen)			
Programme Cost: Annexure 5 (a)		187000.00	
Personnel Cost: Annexure 5 (b)		<u>51000.00</u>	238000.00
No One Shall Be Left Behind Rec Project			
Programme Cost: Annexure 6 (a)		1065637.00	
Personnel Cost: Annexure 6 (b)		852600.00	
Administrative Cost: Annexure 6 (c)		<u>111747.00</u>	2029984.00
General Account			
Local Contribution to Projects		101334.00	
Programme Cost: Annexure 7 (a)		838590.00	
Administrative Cost: Annexure 7 (c)		64660.00	
Bank Charge: Annexure 7 (d)		<u>31.00</u>	1004615.00
Livelihood Intervention Facilitating Entrepreneurship			
Amount Refunded to Meghalaya State Rural Livelihood Society: Annexure 8 (a)		12565.00	
Amount Transfer to General Account of Social Service Centre: Annexure 8 (b)		<u>6632.00</u>	19197.00
Meghalaya Rural Bank - Csp Project			
Amount transferred to General Account of Social Service Centre due to Closure of			13039.00


 Director
 Social Service Centre
 Archbishop's House Iaitumkhrah
 Shillong-793003, Meghalaya



Closing Balance :

Cash in hand

General A/C	7465.02	
FC . Account	0.00	7465.02

Cash at Bank: General Account

Federal Bank: Saving Ac/ No - 11900100222569	409814.20	
Meghalaya Rural Bank : Savings A/C No. 87005691881	0.00	
Federal Bank: LIFE PROJECT Ac/ No - 11900100239258	0.00	
Federal Bank: REC Project Saving Ac/ No 11900100244563	<u>13976.00</u>	423790.20

Cash at Bank: FC Account

Federal Bank Limited: FC Ac/ No - 11900100041233		
FARM PROJECT	8844.00	
CLEN Project	934794.00	
Others	<u>18075.40</u>	961713.40
Cash in Bank: The Federal Bank Limited: Savings a/c 11900100252624		
HEALTH PROJECT		<u>3834.00</u>

Total Rupees 8587954.62

In terms of our report of even date
for Amit O P Sharma and Co
Chartered Accountants

Date: 09.09.2020

Place: Shillong



Amit Sharma
(Amit Sharma)
Proprietor

Ashu
Director
Social Service Centre
Archbishop's House Iaitumkhrach
Shillong-793003, Meghalaya