

**Society for Eradication of Living Fragmentation, Holistic-Healing
and Enhancement of Livelihoods for Poor**

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ANNUAL REPORTS



YEAR

2003 to 2017-18

Brief About the Society

Self-Help is a non-political, secular, non-proprietary and non-profit-making, voluntary, non-governmental organization formed for the eradication of living fragmentation, holistic-healing and enhancement of livelihoods for poor.

Society for Eradication of Living Fragmentation, Holistic-Healing and Enhancement of Livelihoods for Poor (SELF HELP) started its functioning from 29 August 2003.

SELFHELP has taken initiatives to provide and improve Livelihoods to most disadvantaged people, especially visually challenged persons. The organization has also undertaken selected activities which were related to making people aware and healing them with alternative healing systems like Pranic Healing, Homeopathy, MarmChikitsa, Yoga etc. The focus of SELF HELP has been to work with selected target group termed as - 'Most Disadvantaged People'. In our understanding, most advantaged people are those who are in disadvantaged situation by more than one reason. The organisation includes following in most disadvantaged category -

- Poor and physically / visually challenged (Differently abled persons)
- Poor and widow/ orphan
- Poor and Senior citizen/ Older persons

Initiatives of SELFHELP

Livelihood Pilot with Visually Challenged Persons (Year - 2006-07)

Pilot I: Short Term livelihood support activity - Festival Strategy

Under this pilot, SELF HELP provided working capital as well as hand holding support to visually handicapped persons for purchasing and marketing the essential products (incense, candles, photo posters, lights etc.) used during the Diwali festival. SELF HELP purchased the festival related goods from Bulk market with and provided to two visually challenged persons. These people sold in different colonies

and stalls with the help of SELF HELP Volunteers. Within twenty days these persons could double the money given to them for the business. The strategy worked very well for short term support to the poor who were not having any money to invest. The money earned was deposited by the visually handicapped person in an Urban Cooperative Bank.

Pilot II: Marketing of ready to use Indoor and outdoor Ornamental and Medicinal plants

The project was for rehabilitation and livelihoods of the visually handicapped persons. The project proposal is attached for reference. The whole concept was that whatever the poor and visually challenged people are planning to produce, they should try procuring and marketing the same so that they get the idea of the products and also start getting some revenue. Under the project, SELF HELP started supporting a marketing project of visually handicapped wherein earthen / Plastic pots, vermi-compost and plants (ornamental and medicinal plants) were procured. The visually challenged people with the help of SELF HELP volunteers used to produce the final products – ready to use pots with plants. The products were marketed through a shop started on Mussoorie – Dehradun road and the target group/customer was the Tourists coming from Delhi, Haryana, Rajasthan and other places.

Promoting Alternate Medicinal System (Started in 2008-09 as a regular activity)

- The second key focus area of SELF HELP was propagating alternate medicinal systems. SELF HELP have organised Pranic healing orientation programmes in various institutions. Orientation programme on Pranic Healing were organized in United Nations Development Programme, (UNDP) New Delhi; The National Institute for the Empowerment of Persons with Visual Disabilities (earlier called National Institute of Visually Challenged-NIVH).; Integrated Livelihood Support Project of International Fund for Agriculture Development (IFAD) District office , Uttarkashi, Uttarakhand ; Aurobindo Ashram, New Delhi; Dehradun Club, Dehradun; Various schools and Academic Institutions across the country; Life Insurance Corporation and IFFCO. Orientation programmes were also organized in Schools like North Point

School Dehradun, Senior Citizen Complex, Cooperative Management Institute, Dehradun.

The whole purpose of promoting alternative healing systems was that the poor should shift from spending huge amount in health care and adopt alternative systems for prevention and health care. Several Basic courses were organized in Dehradun and Delhi with the help of Pranic healing trainer and President of SELFHELP – ShriVijendra Singh. Healing of more than 2000 people not only in India but also in other countries has been done so far.

Gandhi Swaraj Padyatra and Work in an Orphanage (Year: 2008-09) - In 2008-09, Mr. Devendra and Mr. Joseph, volunteers from SELFHELP participated in Gandhi Swaraj Padyatra from Paonta Sahib to Rikagpiyo with Mr. Jef Neval, a famous Gandhian activist. The activity was supported by Mr. Aniruddh Bhai Jadeja. Further in 2009-10, they went to Nasik (Anjneri), where they worked for 15 days at an orphanage. The work was supported by Dr. Madhav Dev Saraswat.

Support in Disaster affected Area and distribution of Essential Food Material (Year: 2010-11) - In the year 2010-11, with The Himalaya Trust, SELFHELP distributed provisions to 650 families in Haripur village in Haridwar (Uttarakhand). Most of these families were landless. An alternative therapy course was conducted at DVC Colony where the local people attended and learned healing and yoga. A craft program was also conducted. In the same a flood in Buggawala village had destroyed many houses. The Society provided tin sheets for roof making to 16 families. During the same program, the Society provided gifts (tin box, sewing machine) to a family who were marrying the daughter. The Society provided Rs. 5000 (rupees five thousand only) to an orphaned girl, Ms. Babita from Basoi village (Jaajal). Her house had been damaged by the floods.

Solar Lights in Disaster affected areas (Year: 2011-12) - In 2011-12, with the support of Vitthal Solar, Haridwar, the Society provided solar lanterns to disaster-affected families in the region. The lanterns were provided mostly to families that were living in the forests with their livestock. In the year 2013-14, volunteers from the society formed a firm to market the lanterns at business activity. The firm is still

active in Uttarkashi by the name of Vikalp, providing direct and indirect benefits to 4 men of the firm. With resources from Vitthal Solar, The Himalaya Trust and the SELFHELP Society, 31 families were given solar lanterns. In Uttarkashi, one family was given a solar cooker from demonstration and promotion among the community.

Distribution of Blankets in Winters (Year - 2014-15) - In the year 2014-15, with the help of Uday Foundation, Delhi, SELFHELP distributed 1000 blankets to extremely poor families in various areas of Dehradun and in 8-10 villages in Thatyud region (Tehri district). Blankets were also distributed to the poor rag pickers of Dehradun.

Promoting Alternate Medicinal System (Started in 2008-09 as a regular activity. Going on till date)

The second key focus area of SELF HELP is propagating alternate medicinal systems. SELF HELP have organised Pranic healing orientation programmes in various institutions. Orientation programme on Pranic Healing were organized in United Nations Development Programme, (UNDP) New Delhi; The National Institute for the Empowerment of Persons with Visual Disabilities (earlier called National Institute of Visually Challenged-NIVH).; Integrated Livelihood Support Project of International Fund for Agriculture Development (IFAD) District office , Uttarkashi,Uttarakhand ; Aurobindo Ashram, New Delhi; Dehradun Club, Dehradun; Various schools and Academic Institutions across the country; Life Insurance Corporation and IFFCO. Orientation programmes were also organized in Schools like North Point School Dehradun, Senior Citizen Complex, Cooperative Management Institute, Dehraudn.

Year (2018-19: 2019-20)

Pranic Healing Basic Course (2019) (15th - 16th June 2019) – A basic course on Pranic Healing was organized by SELFHELP on 15-16 June 2019 training six enthusiasts from Dehradun and Gurgaon. These people are doing pranic healing at their own level.

Anti Dengue Movement through Homeopathy (2018- 19) - In order to stop spreading of dengue in Dehradun, a new age NGO - Society for Eradication of Living Fragmentation, Holistic-Healing and Enhancement of Livelihoods for Poor (SELF HELP) formed by few Healers, educationalists and a former UN employee efforts were made to guide people and distribute Homeopathic dengue preventive medicine – Eupatorium Perfoliatum 200 in the poor hamlets of Dehradun. About 1500 families were covered adopting different ways of distributing medicines reaching directly to the people visiting various poor Basties, using the auto and Vikram runners to spread the message and distribute medicines and distributing the medicines through other NGOs.

A team of SELF HELP started the journey of Anti dengue week with Sharp Memorial School in Rajpur and coverage of Ghasmandi and other near river basties to distribute the medicine. There was a fear in the minds of the people seeing the number of cases of dengue in the area so people enthusiastically taken the medicines. Shri Ram Chandra, Sarpanchji and Mr. Rati ram in GhasMandi appreciated the efforts and supported the movement. The President of SELF HELP and a well known Pranic Healer and trainer led the Anti dengue initiative. He has trained more than 1500 people from India and various other countries also treated thousands of people through Pranic Healing. He guided the poor people of different basties about the importance of taking dengue preventive as it not only saves people from the risk of dengue but also the huge expenditures involved in treatment and hospitalisation.



Initiatives on food security and to Prevent Corona (Covid-19) (Year – 2020) -

SELFHELP opted three ways to work on Covid -19 - Propogating about homeopthic medicine Arsenic Album 30 using social media mainly Facebook and whatsapp + distributing medicines free of cost+Also providing ration to very poor families in Dehradun. The mission started in March 2020 by communicating people through social media about the preventive of CORONA. This is mainly done by SELFHELP core team - Sidharth, Chaitanya, Sumitraji, DevendraBahugunaji ,Mukeshji and Anita Mishra ji. RakeshJadlyji covered police personnel and others.

Learning from earlier successful efforts of distributing homeopathy medicine for dengue Society for Eradication of Living Fragmentation, Holistic-Healing and Enhancement of Livelihoods for Poor (SELF HELP) formed by few Healers, educationalists and a former UN employee, the NGO has distributed Arsenic Album 30 – a homeopathy preventive recommended by AYUSH Ministry. The General Secretary of the organization informed that the organization has offered people to get the medicine free from SELFHELP. The medicine in small doses was prepared

in-house using the liquid of Arsenic Album 30 and then distributed by youth volunteers Chaitanya Krishna, Siddharth, SumitraChauhan, Mukeshji and other team members. SELFHELP had started the mission of distributing Homeopathy medicine from the very beginning of the Corona -19 – March first week.

A field worker of SELFHELP Ms. Anita Mishra volunteered to support the mission and distributed the medicines in Kanthbanglabasti and made people aware about the precautions to fight against Corona Virus from the very beginning in March first week when Mask was not compulsory .

Another well wisher of SELF HELP Rakesh Jady distributed the medicines to several police personnel so that they are prevented from this virus. Through social media the Covid preventive medicine was propogated extensively from March first week by organisation's founder and General Secretary Dr. NavinAnand. Organization's Team of Sidharth, Sumitraji, DevendraBahugunaji and Mukeshji and Anita Mishra helped to reach People directly.



SELFHELP covered few more cities like Karnal, Ahmedabad, Tamil Nadu, Delhi for distribution of medicines through our representatives who are living there. Even medicines were sent to Australia and USA as there was high demand from Indian families. Around 3500 persons benefited directly through our initiatives. No one reported Corona positive to whom Arsenic Album 30 was distributed. Important to mention that SELFHELP also communicated about the method of taking Homeopathy medicine.

It was good to give medicines to all police personnel also. The medicine was also distributed to various institutions like Dev Rishi Educational Society, Kare India Insurance Brokers (P) Ltd. Ghaziabad, Haryana Distillery Limited Delhi office, Watershed department Dehradun, Pacific Hill colony, AVANI (an NGO in Berinag, Pithoragarh), Marurti Regional Office, Dehradun etc. It was distributed through other NGOs also. Besides directly reaching 3500 persons, many on the Facebook and whatsapp were guided for homeopathy. Overall, it was very satisfying experience for the whole SELFHELP team. Our President Shri Vijendra Singh who is in Australia also contributed in this mission in all the ways. Many other friends contributed for this mission which is still on.

Year (2020-21)

Support to A Visually Challenged Vulnerable Couple (July – August 2020)

There was news in Times of India on a vulnerable, Visually Challenged Couple who

दिव्यांग लोक कलाकार दंपती की मदद को आगे आई संस्था

संस्था ने दंपती को दिए 60 हजार रुपये, डीएम ने दिव्यांग दंपती के घर जाकर सौंपा चेक

संवाद न्यूज एजेंसी

धौलखीना (अल्मोड़ा)। दिव्यांग लोक कलाकार संतराम और आनंदी देवी की मदद के लिए कई लोग आगे आए हैं। इस दंपती की माली हालत को लेकर अमर उजाला में खबर प्रकाशित होने के बाद सेल्फ हेल्थ संस्था देहरादून ने इन्हें 60 हजार की धनराशि दी है। बृहस्पतिवार को डीएम नितिन सिंह भदौरिया ने दिव्यांग दंपती को घर जाकर चेक प्रदान किया। उन्होंने आपदा मद से इनके लिए भवन निर्माण का आश्वासन भी दिया है।

दिव्यांग लोक कलाकार संतराम और आनंदी देवी के घर की माली हालत स्थिति के बारे में आठ अगस्त को अमर उजाला ने खबर प्रकाशित हुई थी। खबर प्रकाशित



कलाकार संतराम और आनंदी देवी को मिठाई खिलाते डीएम नितिन सिंह भदौरिया।

होने के बाद सेल्फ हेल्थ संस्था देहरादून ने दिव्यांग लोक कलाकार दंपती की मदद के लिए हाथ बढ़ाया है। बृहस्पतिवार को डीएम ने धौलखीना स्थित दिव्यांग लोक कलाकार संतराम और आनंदी देवी के घर पहुंच कर संस्था द्वारा दी गई

60 हजार की राशि का चेक उन्हें सौंपा। डीएम ने समाज कल्याण के भवन पर स्थित उनके आवास पर काफी देर तक बैठकर उनके गीत सुने। उन्होंने समाज कल्याण विभाग के जीर्ण-शीर्ण भवन का निरीक्षण किया। जिला आपदा प्रबंधन

अधिकारी को आपदा मद से भवन की मरम्मत करवाने के निर्देश दिए। डीएम ने कहा कि मरम्मत के बाद भवन के दो कमरों में संतराम और आनंदी देवी के रहने की व्यवस्था की जाएगी। अन्य तीन कमरों में सिंगर ट्रेनिंग स्कूल संचालित किया जाएगा। डीएम ने संस्था की ओर से कलाकारों की मदद किए जाने की सराहना की। इस मौके पर जिला आपदा अधिकारी राकेश जोशी, नशा मुक्ति केंद्र के डॉ. अरविंद तिवारी, सेल्फ हेल्प संस्था के डॉ. नवीन आनंद, मनोज रावत, दीपचंद्र बिष्ट, देवेन्द्र बहुगुणा, मनीष रावत, सत्य सिंह रावत, यशपाल उनियाल, जिला सूचना अधिकारी अजयेश राणा, राजस्व उपनिरीक्षक कुबेर सिंह, ग्राम प्रधान चंद्र सिंह मेहरा आदि रहे।

was in need of support. SELFHELP initiated a movement to support this couple with at least Rs. 50,000. The message was sent to the members and friends using social media – Facebook and Whatsapp. The response of the request was great and

number of friends of SELF HELP came forward to contribute in this mission, not only from India but also from US also. The organization was able to cross the threshold of Rs. 50,000 collected a donation of Rs. 60,000. The donations came from various people – members of SELFHELP, Development Practitioners, well wishers of SELFHELP, NRIs, people who received Medicines for CORONA prevention from SELFHELP and people working in UN system. About 25 People donated for the cause. On 17th Sept. the donation amount of Rs. 60000 was handed over through the District Magistrate of Almora.

Support to A Visually Challenged Vulnerable Couple

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Help pours in for blind folk singer couple of Almora

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RAILWAY

NOTICE

3 killed as house

Dehradun: Days after TOI highlighted the plight of a blind folk singer couple which was struggling to make ends meet during lockdown in Almora district, donations have poured in for the duo.

The Almora district administration has also announced land for the couple currently living in a decrepit one-room shop.

Blind folk singers Sant Ram and his wife Anandi Devi from Almora's Dhauchhina village who are regular performers at several fairs held annually in Uttarakhand lost their source of income as the coronavirus outbreak brought all festivities to a halt and no fairs were held post lockdown.

Almora district magistrate Nitin Bhadauria told TOI that the district coordinator has been asked to initiate the process of allotting land to the singers. "We are providing them dry rations and will extend all help," he said.

Satish Kumar Tomar from a Rishikesh-based NGO has already approached the district administration with an offer to help the couple build the house once the land is provided to them.

Meanwhile, Chandan Singh Mehra, president of Dhauchhina, told TOI that last week a man from Pithoragarh deposited Rs 15,000 in the couple's bank account. Two people from Noida have also contacted him for the couple's bank account details. A Facebook donation page for the folk artists has managed to raise Rs 50,000 so far.

Navin Anand, general secretary of Self Help Society for Eradication of Living Fragmentation, Holistic Healing and Enhancement of Livelihood for the Poor, said he started the campaign after coming across the TOI report. "About 25 people have donated Rs 50,000 collectively. We will continue the campaign for some time."

SHIYA MISHRA
@timesgroup.com

TIMES IMPACT



Evaluation of Hans Jaldhara Project (August – Oct. 2020)

Evaluation Project of Hans Jal Dhara project wherein SELF HELP submitted the proposal along with a national deemed Government Company - AFC India Ltd. The total amount of the project was Rs. 14.85 Lakh. Under the evaluation all the four districts of the project - Chamoli, PauriGarhwal, Almora and Bageshwar were covered. SELF HELP Team has already completed the Field survey for the evaluation and working on analysis and report writing. Under this project, a variety of 19 Schemes were covered from Chamoli, PauriGarhwal, Almora and Bageshwar. For impact assessment 200 Households benefited from the scheme and 50 non-beneficiary Households were covered.

Objective of the Hans JalDhara Project

The objective of Hans JalDhara Project was – “To improve health status of the community and reduction in women’s drudgery within the Project area through provision of safe drinking water and clean sanitation facilities”

Scope of work of the evaluation

According to ToR, the scope of work of the evaluation was:

1. Understand the project framework through interaction with the project implementation and management team.
2. Develop an evaluation design comprising of methodology, sample size and data collection tools.
3. Pilot testing of tools for determining the efficacy of tools.
4. Collect data from the beneficiaries.
5. Develop draft evaluation report for submission to The Hans Foundation. It is expected that the evaluation study will provide insights into success and gaps both due to presence/lack of specific interventions and positive/poor outcomes of existing schemes.

Submission of final report :



Gravity based Scheme

Number of structures covered under the study were 44 that include - 13 gravity Based Schemes, 4 Pumping based Schemes and 27 Rain Water Harvesting tanks in different clusters. The list was made cluster-wise and from the list of cluster wise structures, sample was drawn using Stratified Random Sampling.



Rainwater Harvesting Tank

In total, 19 schemes were selected from 7 clusters covering 19 sample villages. The scheme-wise breakup of 19 schemes selected for the study is as under-

- 12 gravitybasedSchemes
- 2 Gravity cum RWHTs schemes
- 4 Water Pumping Schemes (Both Electric and Solar Based) ; and
- 1 exclusively RWHTs scheme

Acceptance of final Report without any comments from The Hans Foundation



Solar based pumping Scheme

The final report was accepted by The Hans Foundation as it is and the project was completed in Jan 2021.

Blanket Distribution Drive (Donor - Uday Foundation Delhi)

Location : Uttarakhand – Uttarkashi, Chamoli , Tehri, Pauri Garhwal and Dehradun

Timelines : December 2020- Feb. 2021



बीआरओ के मजदूरों को कंबल व राहत सामग्री वितरित की

उत्तरकाशी/एसएनबी। सेल्फ हेल्प सोसाइटी ने कंबल वितरण के दूसरे चरण के कार्यक्रम के तहत सीमा सड़क संगठन भटवाड़ी, गंगनानी, डबरानी व भैरव घाटी आदि स्थानों पर रह रहे मजदूरों को उदय फाउंडेशन के सहयोग से 400 कंबल समेत अन्य राहत सामग्री का वितरण किया। सामग्री का वितरण सेल्फ हेल्प संस्था देहरादून की ओर से सिद्धार्थ बहुगुणा, मनीष रावत और अमित की देखरेख में किया गया। मेजर आरएस जमनाल ने बताया कि बीआरओ के मजदूरों को 400 कंबल, 300 किलो चावल, 50 किलो दाल, 20 किलो गुड़ व 35 किलो चन वितरित किये गये। इस मौके कमांडर वीके श्रीवास्तव, मेजर अवनीश कुमार आदि ने उपस्थित रहे।

1000 blankets and some food material were distributed to the labourers working with Border road organisation on **Gangotri track, Uttarkashi. Additionally, blankets were distributed in Bhatwari Block of Uttarkashi.** This was done in collaboration with BRO ,Uttarkashi

1000 blankets, clothes and shoes were distributed to the labourers working with Border road organisation in **Joshimath-badrinath track.** This was also done in collaboration with BRO. This has helped the people to reduce their expenditure on blankets, clothes and food material.

This has helped people in coming out from the COVID -19 affect.

Background

Keeping in view the onset of winters and cold weather in hilly areas, a Blanket donation drive was executed by SELF HELP wherein Uday Foundation - a Delhi based Not-For-Profit National level organisation has kindly donated 3000 blankets in three different lots.

1000 blankets distributed to the neediest persons in Dehradun and Rishikesh area of Uttarakhand. Blankets were distributed in District Jail, Suddhowala and also to the poor eye patients from rural areas who come of Ramkrishna Ashram Eye Hospital ,Dehradun.

Blanket and Food Distribution



Three Ongoing Projects with UNDP

Progress Reports

PROGRESS REPORT OF THE PROMOTION OF HANDLOOM AND HANDICRAFTS IN GANGOTRI LANDSCAPE –

“Enhancement of capacity of the Key Stakeholders on Traditional Art/ Craft and Local Architecture in Gangotri Landscape of Uttarakhand

Activity	Dates/ Timelines ; No. of Resource Persons ; Coverage Artisans/ HHs	Particulars of the Activity	Key Outputs of the Activity	Action Taken
1. Detailed Action Plan for the Assignment	15th Oct – 20th Oct Resource Persons -2	Action Plan was prepared and submitted	Plan provided clarity of activities to be undertaken	Keeping in view the high winter season SELF HELP Planned field visit for Quick Assessment (Status: Action Plan was Submitted in Oct. 2020)
2.Quick Assessment on Handloom and Handicrafts in Gangotri landscape	27Oct. to 31 Oct. 2020 Resource Persons -6	Field Visit to Bagori, Dharali, Harshil, Mukhuwa, Sukhivillages in Gangotri Landscape. Conduct of FGDs and Visit to the Individual Artisan’s Households A fringe village - Dunda was also covered in the assessment.	Identification of the training needs Gaps in the products/ Product quality and range Need of creating an OFPO Exposure to other projects on wollen knitting and weaving Marketing requirements of the Budera community the	Planning and conduct of Exposure Visit/Training for knitting and weaving OFPO formation process Buyers seller meet to motivate handloom artisans Budera Craft – Card prepared and Brand decided (Status : Assesment Report was submitted to UNDP and accepted)
3. Conduct of Buyer-Seller Meet	23-24 December 2020	Declaration of Budera Craft Brand through District Magistrate –	Budera craft brand Launched	MoU draft prepared and shared with all the companies

<p>(Additional Activity – out of the contract)</p>	<p>Resource Persons -6</p> <p>Participants -73 Artisans</p> <p>150 persons participated</p>	<p>Uttarkashi</p> <p>Promotion of sales of the Handloom artisans of Gangotri Landscape</p> <p>Provided a platform for the interface of artisans with a variety of buyers including Exporters</p>	<p>The cash sale of the handloom artisans of Budera crafts in buyer – sellers meet - around 2.00 lakh. Four companies confirmed to sign MoUs of Rs. 11 lakh (TRIFED –Rs. 5 Lakh, The divine Company – Rs. 2.0 Lakh, Rural India Craft – Rs. 2.00 Lakh and Naini International – Rs. 2.0 Lakh.</p> <p>Proposal of OFPO formation in the form of a multipurpose Self reliant cooperative</p> <p>Formation of the promoters board of OFPO</p> <p>Samples were purchased by the buyers and some ordered for samples</p>	<p>Demand of samples received by artisans – samples worth 10,000 purchased after the meet.</p> <p>For new designs and products, two exposure visits conducted – First on Knitting and second on weaving</p> <p>More than 130 Artisans already joined and given share capital</p> <p>Meeting with CDO in Dunda held regarding knowing about the provisions on growth center</p> <p>(Status: This was an additional activity done by SELF HELP. Report was submitted to UNDP and Accepted)</p>
<p>4. Exposure Visit – UMANG MahilaUmang Producers Company, at Naini, Ranikhet. (Knitting Activity)</p> <p>(Promoted by grassroots NGO)</p> <p>Visit to Kumaon Regiment Centre–visit to KRCwollens (A rehabilitation Project).</p>	<p>3rd - 7th Jan 2021</p> <p>Resource persons-3</p> <p>Participants -7</p>	<p>Exposure visit was focused towards-</p> <p>Changing the attitude and mindset of the Artisans</p> <p>Designing and Enhancing the product range</p> <p>Specifics of Knitting - Technical issues</p> <p>How to do Quality control and enhance quality</p> <p>Financial System at the federation level and individual level</p>	<p>Identification of the difference between the products of UMANG and products being produced by Artisans of Gangotri Landscape.</p> <p>Identification of the areas in which they have to improve in terms of product designs, product range and quality control.</p> <p>Enhanced understanding of concept and importance of community participation in achieving objectives</p> <p>Umang has four verticals - Hand Knitting, Weaving, Honey and Food processing. Similarly OFPO can also have few verticals</p> <p>Multiple marketing startegy - online marketing, off-line marketing by setting up of outlets near tourist areas is needed as practised by UMANG</p>	<p><u>Grassroots has put a regular demand for the wool of Gangotri Landscape</u></p> <p>Multipurpose OFPO with focus on handloom - Knitting, Weaving, Handicraft - Wood Carving, Ecotourism and Agro - Processing is formed after learning from UMANG.</p> <p>Bye-laws Prepared for registration in Self-reliant Cooperative Act of Uttarakhand</p> <p><u>(Status – Report was submitted to UNDP and Accepted by UNDP)</u></p>

			<p>Need of Regular Training and refresher programmes identified</p> <p>Importance of Group Formation realised. UMANG started with savings per person - Rs. 20 which has gradually enhanced to Rs.300. It provides stability to artisans.</p> <p>Concept of design, pattern and color combination are some of the crucial aspects of diversifying the products so as to capture the market and making business profitable.</p> <p>Putting the name of Artisans in the Tag to be practised</p> <p>Need to focus on - institution building, design, blending, pattern and improving quality of the products</p> <p>Learned a system of three different stages of quality testing starting from SHG up to the UMANG outlet.</p> <p>Pricing of product is determined by estimating all components such as cost of raw materials, knitting costs, administration charges, sale tax, retailer margin, and GST. (To be adopted)</p>	
5. Meeting of the Promoters Board in Uttarkashi	11 Jan 2021 Participants-12	Discussion on the Formation of OFPO and Bye-Laws	Bye-Laws and Governance issues finalised	Byelaws were revised and made ready by SLEF HELP for AGM after getting the views of the members
6. Exposure Visit cum Training – Weavers – Madakini Mahila Bunker Samiti, Ukhimath, Rudraprayag	3 rd Feb. - 7th Feb. 2021	Learning on : Design development and product diversification Quality control and maintenance	Realised importance to all the activities of the handloom value chain in the most efficient and effective manner so as to maintain the quality and also control the costs. There are possibilities of	Support from NABARD for OFPO will be taken up. SELF HELP as a promoter applying for NABARD support. Format of OFPO received from NABARD

		<p>Opportunity for marketing process in an organized manner</p> <p>Increase livelihood opportunity and regular income generation through diversification in handloom activity</p> <p>Knowledge of various equipments upgraded and advanced technology (Tara loom)</p> <p>Behaviour change through class room session by interaction with artisans of MandakiniMahilaBunkarSamiti</p>	<p>blending of silk and natural fibre in the wollen handloom products produced in Gangotri Landscape.</p> <p>After advance skills development, weavers will modify and enhance range of their products and with marketing support increase their business volume.</p> <p>Innovative methods of washing used by MandakiniMahilaBunkarSamiti will be useful for adopting the methods and technology.</p> <p>Learned that product range of MandakiniMahilaBunkarSamiti is quite large and prices are appropriate.</p> <p>Learned that there are well defined roles and responsibilities of the office bearers and members.</p> <p>Support from Khadi and Village Industries board and DIC is important</p>	<p>DDM and filling of the proposal is being done by SELF HELP.</p> <p>(Status - Exposure Visit report was Submitted to UNDP and got Accepted)</p>
<p>7. First AGM of the Newly formed OFPO/ Cooperative</p>	<p>20th Feb. 2021</p> <p>Resource Persons – 14</p> <p>Participation – 102 Formally registered + family members 30</p>	<p>Cooperative Principles and Byelaws provisions Clarified to the members.</p> <p>Elections were conducted in the presence of Cooperative Department Officials – ADO Cooperative</p> <p>Office Bearers elected by system of undisclosed voting adopting democratic systems</p>	<p>Members become aware about Cooperative Principles and Byelaws provisions of their new organisation.</p> <p>Bye-Laws modified and finalised</p> <p>Elected board taken charge</p>	<p>Registration formalities is being fulfilled by arranging all the documents required for the Registration</p> <p>Membership expansion Drive Continuing</p> <p>In a short period of one month the membership and share capital collection seems to be unpresidential</p> <p>(Status: Proceedings recorded in the register. Byelaws for registration is finalised based on suggestions)</p>

Quick Assessment of Handloom and Handicrafts in Gangotri Landscape



Woolen Products of Villagers of Bagori Village



Hand Spinning by a Bagori village Woman having shop in Harshil



Carding Unit at Dunnda



Wood craft Artisan of Village – Mukhba, Gangotri **Traditional wood houses in village Mukhba**

Buyers Seller Meet



Round of DM Uttarkashi to the stalls

Budera Himalayan Craft – Card

बुनकरों व हस्तशिल्पियों की दो दिवसीय कार्यशाला शुरू

उत्तरकाशी/एसएनबी। गंगोत्री क्षेत्र में स्थित बुडैरा समुदाय के बुनकरों एवं हस्तशिल्पियों के उत्पादों का विक्रय एवं आजीविका को मजबूत करने के उद्देश्य से हिमाद्री एंपोरियम में वन विभाग, सिक्कीर हिमालय व सेल्फ हेल्प सोसाइटी देहरादून के सहयोग से दो दिवसीय कार्यशाला का आयोजन किया गया। कार्यशाला का शुभारंभ वतीर मुख्य अतिथि जिलाधिकारी यूर दीक्षित ने दीप प्रज्वलित कर किया।

जिलाधिकारी ने कहा कि बुडैरा समुदाय की ओर से निर्मित प्राकृतिक हस्तशिल्प उत्पादों को उचित दाम देने के लिये सभी लोगों को मिलजुलकर कार्य करने की जरूरत है। उन्होंने वर्तमान बाजार के ट्रेड को इन उत्पादों में समाहित किए जाने पर जोर दिया ताकि ऑनलाइन बाजार के साथ इन उत्पादों को खड़ा किया जा सके। इस मौके पर डीएम ने बुनकरों की ओर से लगाये गये स्टालों का भी निरीक्षण किया। मेजर आरएस जमनाल ने बताया कि कार्यशाला का मुख्य उद्देश्य गंगोत्री भू-क्षेत्र में स्थित बुडैरा समुदाय के बुनकरों एवं हस्तशिल्पियों के उत्पादों का विक्रय व आजीविका को मजबूत करना है। कार्यशाला में विभिन्न गांवों से आये बुडैरा समुदाय के बुनकरों एवं हस्तशिल्पियों ने अपने उत्पादों को प्रदर्शन का प्रदर्शन भी किया।

इस मौके पर डीएफओ दीपचंद्र आर्य, राज्य परियोजना अधिकारी सिक्कीर हिमालय अर्पना पांडे, उपनिदेशक गंगोत्री राष्ट्रीय पार्क आरएन श्रीवास्तव, सचिव सेल्फ हेल्प सोसाइटी नवीन आनंद, सलाहकार मनेज रावत, मेजर आरएस जमनाल, महाप्रबंधक उद्योग उत्तम कुमार तिवारी, रिलायंस फाउंडेशन के स्टेट हेड कमलेश गुरुरानी, आदि उपस्थित रहे।



जिला उद्योग केंद्र के हिमाद्री एंपोरियम में बुडैरा समुदाय की ओर से तैयार किए गए ऊनी उत्पादों का निरीक्षण करते डीएम।

उत्पादों के क्रय-विक्रय को लेकर हुआ अनुबंध पूर्व 3 अल

जामरुण संबहदत्त, उत्तरकाशी : गंगा घाटी में स्थित बुडैरा समुदाय के बुनकरों एवं हस्तशिल्पियों के उत्पादों का विक्रय एवं आजीविका को मजबूत करने को लेकर आयोजित कार्यशाला का समापन हो गया है। यह कार्यशाला उत्तरकाशी के हिमाद्री एंपोरियम में वन विभाग एवं सिक्कीर हिमालय व सेल्फ हेल्प सोसाइटी देहरादून की ओर से आयोजित की गई थी।

सेल्फ हेल्प संस्था के नवीन आनंद ने बताया कि दो दिन के कार्यक्रम में बुडैरा समुदाय के बुनकरों एवं हस्तशिल्पियों ने दो लाख रुपये के उत्पाद बेचे। ग्रामीणों की



उत्तरकाशी में आयोजित गंगा घाटी के बुनकरों की कार्यशाला में मौजूद ग्रामीण • सूचना

आजीविका को मजबूती प्रदान करने के लिए ट्राइफेड डिजाइन कंपनी, नैनी अंतरराष्ट्रीय, कुमाऊं वूलन के बीच अनुबंध हुए। जिसमें सभी के द्वारा सैद्धांतिक सहमति प्रदान की गई।

तीनों संस्थाओं की ओर से ग्रामीणों को आशवासन दिया गया कि आने वाले समय में ग्रामीणों द्वारा निर्मित हस्तशिल्प उत्पादों को संस्था क्रय करेगी। इस मौके पर कार्यशाला में

महाप्रबंधक उद्योग उत्तम कुमार तिवारी, वलड यूनिवर्सिटी ऑफ डिजाइन प्रो. कृष्ण कुलकर्णी, डीएफओ दीपचंद्र आर्य आदि मौजूद थे।

गोपेश्वर: टीम ने च आइबी उ मशीन क उनका प छिनक पूरन सिंह अलकनं थे। उनवे चलते रू किनार ; पाया। आ के लिए त में सोनार गई। इस अधियान

Exposure Visit/ Trainings on Knitting and Weaving

Exposure Visit/ Trainings on Knitting – Ranikhet



Exposure Visit on Weaving - Ukhimath , Rudraprayag



AGM of the Proposed OFPO



Session on Cooperatives in the AGM of OFPO



21 Feb 2021

अमर उजाला

गंगोत्री सिक्कार बहुददेशीय स्वायत्त सहकारिता के अध्यक्ष बने उमेश गैर कृषि परंपरागत व्यवसायों को बढ़ावा देने की मुहिम

अमर उजाला ब्यूरो

उत्तरकाशी। सिक्कार हिमालय परियोजना के तहत गंगोत्री सिक्कार बहुददेशीय स्वायत्त सहकारिता का गठन किया गया, जिसमें उमेश पंवार अध्यक्ष व चतर सिंह रावत महासचिव चुने गए। शनिवार को संस्था की पहल पर आयोजित बैठक में समन्वयक उमेश धाकड़ ने बताया कि सहकारिता का उद्देश्य क्षेत्र में पर्यावरण संरक्षण के साथ ही गैर कृषि परंपरागत व्यवसायों को बढ़ावा देना है। बैठक में सहकारिता की नियमावली तैयार करने के साथ ही 15 सदस्यीय निदेशक मंडल का गठन किया गया। इसमें सर्वसम्मति से अध्यक्ष व महासचिव के अलावा माधवेंद्र रावत उपअध्यक्ष, नवीन रावत कोषाध्यक्ष चुने गए। बगौरी गांव की निजता देवी को इच्छाकरमा, मुख्ना की कुशला देवी को प्रोवैसिंग, भंगोली के संदीप राणा को ईको टूरिज्म व संजय पंवार को हस्तशिल्प का संयुक्त सचिव चुना गया।

उत्तरकाशी में 25 व 26 को फिल्म फेस्टिवल

सिक्कार हिमालय परियोजना के तहत आगामी 25 व 26 फरवरी को सीएमएस वातावरण की ओर से कलक्ट्रेट ऑडिटोरियम में ट्रेक्सिंग फिल्म फेस्टिवल एंड फोरम का आयोजन किया जाएगा। सीएमएस वातावरण के डीजी पीएन वासंती ने बताया कि फेस्टिवल में पर्यावरणीय मुद्दों, जलवायु परिवर्तन, जल, वन एवं अन्य जीव संरक्षण आदि विषयों पर बनी फिल्मों का प्रदर्शन किया जाएगा। साथ ही स्कूली बच्चों के बीच क्विज एवं पेंटिंग प्रतियोगिता का आयोजन भी किया जाएगा। ग्रीन फिल्म मीकिंग वर्कशॉप लगाकर फिल्म निर्माण का बेसिक प्रशिक्षण भी दिया जाएगा। इस मौके पर डीएफओ दीपचंद आर्य, डा. नवीन आनंद, डा.जाया पटेल, मेजर आरएस जमनाल, सत्या रावत, कमलेश गुरुवानी, अंबिका, पीएस चौहान, मोहन सिंह राणा मौजूद रहे।

क्र.सं	दिनांक	उप
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3	21.02.2021	

PROGRESS REPORT OF THE PROMOTION OF ECOTOURISM IN GANGOTRI LANDSCAPE –

**Assignment: Generating Alternative Economic Means (UEM-GAEM) in Gangotri Landscape -
Developing a Unique Ecotourism Model for Generating Alternative Livelihoods**

Activity	Dates/ Timelines No. of Resource Persons worked Coverage	Particulars of the Activity	Key Outputs of the Activity	Action Taken
1. Inception Report	January 2021 Resource Persons – 3	Inception report was prepared and submitted	Plan provided clarity of activities to be undertaken	Based on the inception report, Assessment on Ecotourism was planned. Methodology and Tools for the Assessment developed. Status: Inception report was Submitted 11 January 2021. Feedback received from UNDP HO)
2. Assessment on Ecotourism in Gangotri landscape	Assessment of Ecotourism undertaken from 15th Jan to 25th Jan 2021 Resource Persons – 6 (5 for the field visits for 10 days and one for the report) All together <u>300 people</u> (216 Male and <u>84 Female</u>) attended the meetings held in 14 villages	Field Visit to all the 14 Project villages of Secure Himalayas in Gangotri Landscape. Cluster- I: Mukhuwa, Dharali, Harsil, Bagori, Jhala, Purali, Sukki, Jaspur (8 Villages) Cluster- II: Hurri, Bhangeli, Tihar, Bhukki, Barsu, Salang (6) Conduct of Focus Group Discussions (FGDs) and individual survey formats Visit and stay in Individual Homestays to	Identification of the training needs related to ecotourism in Gangotri Landscape and Proposed Awareness, Training and Capacity Building Programs Identification of potential Home Stays Identification and recognition of snow leopard trails and Treks for tourist Assessment of Scope of Bird watching in different places Identification of hot thermal springs, waterfalls and local treks Human resource already available for Yoga and Mountaineering Need of OFPO for Households Based on Ecotourism Identification of pathways at entry to the village and walkways inside the village that need special attention in regard to cleanliness and	Snow leopard trails finalised based on the inputs provided by the Assessment team Home stay boards – Combined and individual – Conceptualised for preparation and installation Trainings/ Capacity Building plans are being developed (Status: Assessment Report was submitted on 28 Feb.2021)

		<p>understand the needs of the Homestays</p>	<p>waste management</p> <p>Survey and recording of old houses with traditional architecture</p> <p>Assessment of the situation of Mobile network connectivity and internet</p> <p>Identification and records of people / youth having training on Parataxonomy, Adventure Foundation Course, Bird watching and homestay.</p> <p>Segmentation of the Tourists based on FGDs and secondary information</p> <p>Development of Broad Strategies to Promote Ecotourism in Gangotri Landscape</p> <p>Cluster-Wise Matrix of Ecotourism and Allied Activities. Development of Cluster-wise Action plan</p> <p>Integrated Action Plan of Ecotourism for Gangotri Landscape</p> <p>Development of Sketches of Village clusters and Treks</p> <p>List of Participants of FGDs in Villages with Mobile Numbers</p> <p>Detailed Scenario Assessment Matrix Gangotri Landscape - Cluster-I & Cluster II</p>	
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**PROGRESS REPORT OF THE PROMOTION OF ECOTOURISM IN GOVIND
LANDSCAPE –**

**Assignment: Generating Alternative Economic Means (UEM-GAEM) in Govind
Landscape - Developing a Unique Ecotourism Model for Generating Alternative
Livelihoods**

Activity	Dates/ Timelines No. of Resource Persons worked Coverage	Particulars of the Activity	Key Outputs of the Activity	Action Taken
1. Inception Report	December 2020 Resource Persons – 3	Inception report was prepared and submitted	Plan provided clarity of activities to be undertaken	Based on the inception report, Assessment on Ecotourism was planned. Methodology and Tools for the Assessment developed. Status: Inception report was Submitted 21 December 2020.
2. Assessment on Ecotourism in Gangotri landscape	Assessment of Ecotourism undertaken from 19 Dec to 21 Dec 2020 Resource Persons – 6 (5 for the field visits for 10 days and one for the report) All together about 40 people attended the meetings held in villages	Field visit to cluster villages of Secure Himalayas in Govind Landscape Cluster-I - Liwari, Saud, Dhatmir, Gangar, Pawani, Osla Cluster-II - Doni, Satta, Khanyasani, Pujeli Conduct of Focus Group Discussions (FGDs) and individual survey formats	Identification of the training needs related to ecotourism in Govind Landscape Identification of potential Home Stays Identification of springs, waterfalls and local treks Assessment of potential for Creation of a OFPO (Self reliant multipurpose Cooperative) and Service/ producer Groups Policy advocacy on regulation of Tourists Identification of Training on travel / Trek Guidance, Cooking and Travel /transport Identification and records of people / youth having training on Parataxonomy, Adventure Foundation Course, Bird watching and homestay. Development of Sketches of	Trainings/ Capacity Building plans are being developed (Status: Assessment Report was submitted on 30-12-2020)

			Village clusters and Treks List of Participants of FGDs in Villages with Mobile Numbers	
2. Validation of Assessment on Ecotourism in Gangotri landscape	More detailed Assessment of Ecotourism undertaken from 12 Feb. -20 Feb. 2021	Field visit to cluster villages of Secure Himalayas in Govind Landscape Cluster-I - Liwari, Saud, Dhatmir, Gangar, Pawani, Osla Cluster-II - Doni, Satta, Khanyasani, Pujeli Conduct of Focus Group Discussions (FGDs) and individual survey formats	Identification of the training needs related to ecotourism in Gangotri Landscape and Proposed Awareness, Training and Capacity Building Programs Identification of potential Home Stays Identification and recognition of snow leopard trails and Treks for tourist Assessment of Scope of Bird watching in different places Identification of hot thermal springs, waterfalls and local treks Human resource already available for Yoga and Mountaineering Need of OFPO for Households Based on Ecotourism Creating a OFPO (Self reliant multipurpose Cooperative) and Service/ producer Groups Policy advocacy on regulation of Tourists Identification of Training on travel / Trek Guidance, Cooking and Travel /transport Identification of pathways at entry to the village and walkways inside the village that need special attention in regard to cleanliness and waste management Assessment of the situation of Mobile network connectivity and internet Identification and records of people / youth having training on Parataxonomy, Adventure Foundation Course, Bird watching and homestay.	(Status: Revised Assessment Report under preparation)

			<p>Segmentation of the Tourists</p> <p>Development of Broad Strategies to Promote Ecotourism in Govind Landscape</p> <p>Cluster-Wise Matrix of Ecotourism and Allied Activities. Development of Cluster-wise Action plan</p> <p>Integrated Action Plan of Ecotourism for Govind Landscape</p> <p>Development of Sketches of Village clusters and Treks</p> <p>List of Participants of FGDs in Villages with Mobile Numbers</p> <p>Detailed Scenario Assessment Matrix Govind Landscape - Cluster-I & Cluster II</p>	
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Pictures of Promotion of Ecotourism Project in Uttarkashi



RESEARCH PROJECTS DONE BY THE DIRECTORS OF SELF HELP

Date	Assignment
April 2016 onwards	SOS Children Villages of India – for Creation of a Manual on Collective Enterprises and training of the team at national level
March- June 2017	Institutional Strengthening and Microfinance for World Bank project WBADMI West Bengal
April - Dec 2016	UNDP project preparation work “ SECURE HIMALAYAS” – Institutions, gender and Livelihoods
Dec. 07- Jan 2008	Study of value chain and Potential of Lemon Grass in context of providing livelihood to rural poor Uttarakhand
Oct. 2007	HimgiriNabhVishwavidyalaya (Zee University) - developing course module on a Six months Certificate Programme on Entrepreneurship Development for Livelihood Promotion through Self-Help Groups (SHGs)
May 2007	“Preparation of Village Action Plan for implementation of the Scheme for Development of Infrastructure facilities in SC dominated Areas under Special Component Plan in Haridwar District” Also covered livelihood possibilities in 83 SC dominated villages of Haridwar
April. 2007	Evaluation of SWAYAMSIDDHA Project implemented in 11 blocks of five districts of Uttarakhand
Jan. 2007	State level evaluation study project of Handlooms in Uttarakhand done by AFC for Directorate of Industries, Ministry of Textiles, GOI, India
2006	Formation of a Apex MF institution under Self- Reliant Cooperatives Act: Conceptual Paper & Strategy for Apex Micro-Finance institution of Uttarakhand
2006	Evaluation Project of a livelihood Promotion Programme of Jute sector - “Support to Training and Employment Programme For Women”(Sponsored by Ministry of Human Resources), Bijnor , U.P , India
2005	For Cordaid, Netherlands - Evaluation of Livelihood Institutional Project in district Uttarkashi of Uttarakhand implemented by HARC , Uttarakhand
2002 -2005	Three Integrated Co-operative Development Projects (ICDP). Detailed project reports (DPRs) for district - Almora, Nainital& Dehradun of Uttarakhand, India
2003 - 2004	Medicinal Plants Cooperatives (BhesajSangh) : Impact Evaluation and Monitoring of the Macro-Mode Management Scheme in Uttarakhand, India
2003-2004	Conceptualized and development of complete Monitoring and Evaluation M&E Systems for “ Livelihood Promotion through Agri. and Agri. Based Enterprises a Cordaid sponsored project of HARC, Uttarakhand , India
2002-2003	Dairy Cooperatives in Himalayas: Evaluation Study Project of Support to Training and Employment Programme for Women

	(STEP) of Dairy sector implemented in all 12 districts of Uttarakhand. Under the project , various weaving related initiatives are taken up by women SHGs
2003 - 04	Evaluation Study Project of Support to Training and Employment Programme for Women (STEP) of Dairy sector for Haridwar district of Uttarakhand
Nov. 2003 to Jan 2Nov.03 to Jan.05	Women Sensitization Programme of ILO's - Programme for Enterprise Development & Productivity Improvement (PEDPI) for the women of Brassware Artisans' families, Moradabad, India

There are several initiatives and evaluations taken up in the same landscape.

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