



SAHAY

ANNUAL REPORT 2022 - 2023

Subramanian Venkat Raman
President-SAHAY

Seema Paul
SEEMA PAUL
Secretary - SAHAY



Sponsorship Journey at a Glance

Health Services (2-18 years)

- Nutrition & Hygiene
- Tele Health
- Referral Support (clinical and pathological)
- Dental



Lifeskills (Emotional Wellbeing & Aflatoun) (6-18 years)



Economic Assistance (2-18 years)



Sponsorship Programme (2-18 years)

- Correspondences with sponsors
- Special Donation
- New Registration



Employability Programme (19-24 years)

- Career Readiness Training
- Post Secondary Scholarship

New Registration Child Enrollment (2-12 years)



Family Connection (2-18 years)



Education & Continuous Learning (2-18 years)

- Scholarship & Educational Support
- Social & Financial Education
- Group Tutoring
- School Enrollment



Subramanian Venkat Raman
President-SAHAY

Seema Paul
SEEMA PAUL
Secretary - SAHAY



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Subramanian Venkat Raman
President-SAHAY


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Secretary - SAHAY



About Us

SAHAY works to improve the lives of children and youth from communities in need.

Founded in 1989 as a social support system for urban communities, in 34 years, SAHAY has partnered with numerous projects across remote districts of West Bengal supporting tens of thousands of children and youth with the Child Sponsorship Programme.

Embracing a holistic development approach, the Child Sponsorship Programme provides support in healthcare, education, developing life skills and increasing chances of livelihood.

By implementing a comprehensive framework of benefits and services, we empower our youth to achieve economic stability and create a sustainable impact within their communities. Adequate awareness on healthcare and timely reimbursements for treatments; tutoring and scholarships support to encourage academic pursuits, vocational training and mentorship to

pursue careers are all covered in our programmes.

Currently serving nearly 14,000 children and youth, we implement the Child Sponsorship programmes through our Community centres at Hazra , Narkeldanga and Jorasanko , and Cluster Offices at Diamond Harbour and Hooghly. Our wide network of volunteers from communities are the promoters of our programmes and our centres serve as our primary touchpoint with the communities.

Additionally, our Youth Resource Centre at Narkeldanga is a space dedicated to our youth that are pursuing higher academic courses or a career path. Scholarships on academic courses and mentorship to build job skills are offered in our programme.

Our goal is to foster lasting change and contribute to a better future for the young individuals we support. Through our unwavering commitment, we aspire to build a brighter tomorrow for these deserving youngsters.



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Director's Note

KIRTIMAYI MISHRA

Greetings,

I am pleased to present our annual report, which highlights our organisation's significant achievements over the past year.

I would like to start by acknowledging our team mates who have made a remarkable contribution to our organisation's growth.

Each of our team mates' commitment to excellence upholding organisational values is evident from the impact of their work on the communities we serve.

Our teams are proactive in the process strengthening and standardising programme initiatives, which has helped us to achieve greater efficiency and effectiveness in our work.

SAHAY's partnerships with government run health institutions and initiatives expanded the scope of health services for our beneficiaries. A considerable number of caregivers actively participated in such initiatives and availed related services. Our health services ranked favourably among

our beneficiaries in a satisfaction survey.

Last year, we piloted new programmes to understand the types of interventions required based on the need in different communities. This has allowed us to tailor our programmes to meet those specific needs and maximise its impact.

This year, in January, we opened the doors of our Youth Resource Centre which will provide our youth with a trove of opportunities to develop their skills and enhance their careers. The Youth Resource Centre will enable these young people to achieve their full potential and become changemakers in their communities.

As we move forward, we commit ourselves to continue our efforts to empower communities and positively impact the lives of the people we serve. We will work towards our goals with renewed vigour and enthusiasm.

Thank you for your continued support.



Subramanian Venkat Raman
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SEEMA PAUL
Secretary - SAHAY

Our Team



BOARD OF DIRECTORS

Mr Gautam Ghosh - President

Ms Seema Paul - Secretary

Mr Sandipto Bose - Treasurer

Ms Swati Chaudhuri - Member

Dr. Madhumita Banik Roychoudhury - Member

Ms Ipsita Sapra - Member

Dr. Bula Bhadra - Member

KEY STAFF OF SAHAY

Kirtimayi Mishra, Agency Director

Sambhu Kujur, Programme Manager

Shikta Banerjee, Sponsorship Programme Manager

Rinku Gupta, Accounting Manager

Archit Bose, Operations Manager

Bijoy Pati, Information Technology Manager

Rikhia Basu, Talent Growth Manager



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Health Services

The Health Services programme is a community-oriented initiative aimed at providing access to health services to all sponsored children and youth.

Demand Generation: The Demand Generation programme covers all age groups to ensure all sponsored children and youth can access health services as needed.

The primary goal of this programme includes:

1. Increased awareness among caregivers on the availability of primary and specialised healthcare and dental care for their children when required.
2. Increased awareness among caregivers to identify symptoms of diseases and avail treatment at health facilities.
3. Increased level of satisfaction among caregivers and youth on the health services received.

Our Health Services team partnered initiatives with Kolkata Municipal Corporation to increase awareness on health-related issues.

- **2,829** caregivers participated in awareness campaigns on COVID-19 prevention.
- **2,826** caregivers participated in campaigns on prevention of communicable diseases to understand early symptoms and available treatment at government run health institutions.
- **250** children and youth and **50** family members received free consultation and spectacles at a free eye testing camp organised in collaboration with **HOPE Kolkata Foundation**.

- Adolescent Reproductive and Sexual Health Completion: 100%
- Caregivers, participation in awareness campaigns: 5,655

NUTRITION PROGRAMME

- 6,120 food baskets distributed
- 90% completed the training programme 86% practice safe handwashing
- 87% developed the habit of responsive feeding

- **8,731 - Telehealth and referral services**
- **4,153 received Health referral services**
60% had accessed government and semi - government services, whereas 40 % accessed private health institutes.
- **95% satisfaction level among beneficiaries for overall Health Services**

100% participation and completion of Adolescent Reproductive and Sexual Health (ARSH): The ARSH training is a one-month programme with comprehensive awareness and education on adolescent health, change in needs and guidance on healthy practices.



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Health Services

Nutrition: The Nutrition programme caters to children aged 2-12 years. The training components comprise caregivers, orientation on Nutrition, a five-month programme to enable caregivers to undertake healthy nutrition practices and behaviours for both preventative and rehabilitative remedies.

- 412 mothers (90%) completed the Nutrition programme training.
- Volunteers were involved in conducting global anthropometric measurements through MUAC tapes.
- 86% participants practice safe handwashing. 87% developed habit of responsive feeding.
- 6,120 food baskets distributed to support supplementary feeding.
- 775 enrolled in the programme (425 actively participated and 96 came out of malnutrition).



Five health camps conducted across three Community Centres for 300 undernourished children through a formal partnership with The Institute of Child Health.



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Aflatoun

Aflatoun (Social and Financial Education) programme aims to empower youth to become change agents in their communities and personal lives.

This programme covers personal exploration, child rights, savings, spending, planning, budgeting, and social and financial enterprise.

461 youth participated in the Social and Financial enterprise programme. Post completion of training, 51 selected youth implemented projects in local Government Schools. These youth, along with their life skill teachers, led awareness workshops for school children in four local Government schools. This initiative provided an opportunity for the youth to enhance their self-confidence and communication skills while gaining practical knowledge from their life skill training.

100 youth participants interacted with local entrepreneurs at our orientation session. The participants visited various businesses, including a nursery, a bag-manufacturing factory, and handicraft shops. The local entrepreneurs shared their experiences on starting a business, overcoming challenges, and achieving success. The participants gained insights into the risks, obstacles, and strategies involved in entrepreneurship.

Special events include, World Environment Day and the Global Money week celebrations was a grand success. Guests included personnel from banks, post office and other NGOs, exchanging interactions with our youth participants.

Youth participants from Community Centres took part in an online exchange programme with Aflatoun participants from Kenya.

- 75% participants practice saving
- 99% improved problem-solving acumen
- 98% developed self-awareness/social responsibility skills.

Social & Financial Education

- 461 participants
- 100 interacted with local entrepreneurs
- 75% practice saving
- 99% who improved their problem-solving skills
- 98% developed self-awareness and social responsibility skills



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Emotional Wellbeing

The primary objective of this programme is to teach the growing child age group to cope with psychological setbacks, increase adaptability to adverse situations and equip them with skills to develop a vision for their future.

Coping with stress and emotions, perseverance, trust, and relationship building are the critical constituents that help in building resilience. 2,847 children and 100 mothers participated in the training. Activities developed for our workshops cover the following facets:

- Ability to Self-Calm
- Emotional Expressiveness
- Self-care
- Social Support

- 2847 children and 100 mothers participated
- 100% acquired knowledge and practicing skills on self-calm
- 81% practice self-care
- 93% developed emotional expressiveness

"World Yoga Day" was celebrated in June at all five locations with 559 children, 46 staffs and 126 volunteers.

Various stakeholders such as local school teachers, leaders and ward councillors attended the event and participated with our children. The session was conducted by a yoga expert.

The Emotional Well-being programme has proven to be a transformative experience for individuals and families alike.

Kaberi Mondol is the mother of a sponsored child and her personal journey showcases the impact that can transgress beyond beneficiaries.

Inspired by her son's positive change in behavior, she recognised the significance of the EWB programme and actively sought out training for mothers.

This decision brought about a remarkable transformation in her own emotional wellbeing. Earlier prone to losing control and becoming angry, Kaberi now practices self-calm. Whenever she feels agitated, she turns to a therapeutic combination of cooking and listening to Rabindra sangeet on the radio.

Kaberi's dedication to self-improvement has also influenced other women in her neighbourhood to adopt similar positive behaviours.

Her story exemplifies the power of emotional wellbeing and the potential for personal growth that lies within each of us.

Through the Emotional Wellbeing programme, I witnessed the remarkable change in my son's behavior. It made me realise the true value of this programme and its impact on our lives. My journey has not only transformed me but has inspired others in my community to embrace positive change.



- Kaberi

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 Secretary - SAHAY

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 President-SAHAY



In her own words



Greetings!

My name is Anushka, and I am delighted to share my experience of completing the Emotional Wellbeing training programme. Through this programme, I gained valuable insights and skills that have positively impacted my life.

I learnt three significant things that have made a difference in my life.

Firstly, I discovered my love for painting.

Despite my passion for art, I struggled to find time to pursue this hobby. However, the Emotional Wellbeing programme taught me how to effectively manage my time, enabling me to dedicate time to painting alongside my studies.

Moreover, I learnt to express my emotions through my paintbrush. Instead of getting angry or engaging in conflicts, I know how to channel my emotions into creative perspectives, and have imbibed more patience and understanding in my relationships.

Secondly, I used to have frequent arguments with my younger sister, who is just a year younger than me. However, after attending the EWB programme, these skirmishes have become a thing of the past. Both my sister and I have become engrossed in our respective studies, prioritising personal growth over petty disagreements.

Finally, the programme emphasised the importance of time management, which has proved invaluable as I approach my board examinations for the tenth grade. I have learned how to

optimise my study time effectively, stay calm under pressure, and maintain focus on my academic goals.

The Emotional Wellbeing programme has had a profound impact on my life, equipping me with the necessary skills to navigate various aspects of my personal and academic journey. I am grateful for the opportunity to participate in this programme and extend my heartfelt thanks to all those involved with Emotional Wellbeing programme.



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Aflatoun participants at a handbag manufacturing unit



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Touching Lives to create stronger bonds

Kajal, along with her siblings and mother, faces various challenges in their daily lives. These challenges encompass their living conditions, education, and financial instability. However, the support they received through sponsorship has had a significant impact on their lives.

One of the most pressing needs for the family is the repair of their house's roof. The roof is damaged, causing water to trickle through during rainy days, making living conditions difficult. Additionally, they require educational support as Kajal studies in college, while her younger sister and brother are in school. Their mother, Nirmala, as the sole earner, finds it challenging to afford their education with her income.

Moreover, the family faces additional hardships. The children manage household chores by themselves since their Nirmala leaves early in the morning and returns late, impacting their study time. There are also waterlogging issues in their vicinity, leading to the outbreak of diseases such as dengue. Maintaining hygiene becomes crucial both for themselves and for their surroundings.

Previously, the family lacked essential items like a cupboard, bed, and fan. These shortcomings affected their daily lives, making it difficult to keep clothes in proper condition and causing health issues. However, sponsorship support provided them with a bed, educational assistance for the children, and even a fan for a more comfortable and peaceful sleep.

Sponsorship assistance played a pivotal role when Kajal suffered a head injury in 2017, for which, she was admitted to the hospital. The Community Centre's timely intervention and assurance to stand by them were instrumental in Kajal's survival kinds of assistance were provided to ensure her recovery, bringing immense relief to her family.

Kajal and her siblings were provided with a laptop and a phone, which they now share among themselves for their studies. This has significantly benefitted their educational progress and allows them to connect over phone with their mother and the Community Centre when needed.

The family emphasises the importance of the support they received. The sponsorship assistance has not only fulfilled their immediate needs but also given them hope for a better future. Gaining access to education, improving their living conditions, and receiving assistance during health crises, the family acknowledges that without sponsorship support, their lives would have taken a different, more challenging path. The children are determined to work hard and establish themselves for an independent and fulfilling life.

Amidst the family's struggles, Nirmala remains a pillar of strength, tirelessly working to provide for her children. She dreams of seeing her children succeed and is grateful for the support they have received. Kajal, in turn, promises to fulfill her mother's dreams by establishing herself and ensuring her mother's well-being.



Scholarships

The key priority of Scholarship programme was to reduce the dropout rate of students from academics and encourage them to return to school in the post-pandemic situation.

The Scholarship recipients were selected based on their recent examination results. Scholarship funding helped them continue their higher secondary education despite the challenges of pandemic.

- 5191 children (standards 1-10) received financial grants through Lower Secondary Scholarship to ensure retention in primary and secondary education.
- 539 meritorious children (standards 11 and 12) received Upper Secondary Scholarship support to cover admission fees, session charges, educational stationery, and private tuition fees.

Monitoring Academic Progress: Due to the pandemic, many schools were unable to conduct their annual assessment, or publish report cards. In such cases, we visited homes and private tuition classes of the children to communicate with their parents and teachers regarding their academic progress.



Group Tutoring

- 1,473 reached through the newly designed strategy
- 80% plus learning improvement in Mathematics
- 71% learning improvement in English
- 500 children participated in the summer learning camp

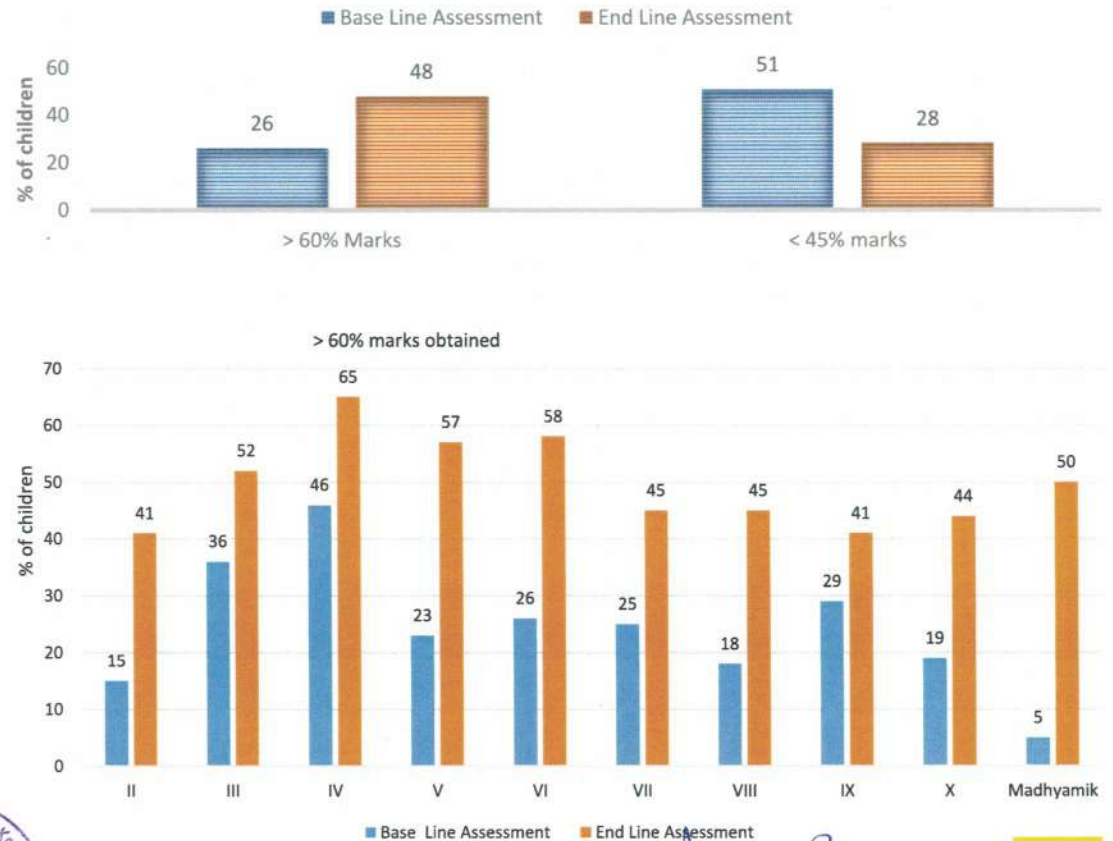
The Group Tutoring programme provides tutoring support to sponsored children aiming to improve school retention and grade-specific learning.

In 2022, the Group Tutoring programme was designed to compensate the learning gap due to continuous school closure during the pandemic.

- Increase in children scoring above 60%, from baseline to end line assessment

Summer Learning Camp: A summer learning camp was held for 500 participants to bridge the learning gap. The camp included class-based worksheets, subject-specific activities, word games, riddles, and art.

SCORING STATUS FROM BASE LINE TO END LINE ASSESSMENT (GT - 2022)



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Early Childhood Care and Development

The Early Childhood Care and Development (**ECCD**) programme was initiated in 2022 with an integrated approach towards holistic learning experience and overall development of children aged between 2 - 6 years.

One of the primary goals of the programme is to encourage caregivers to enroll their children in nearby Integrated Child development Scheme (**ICDS**) centres or pre-schools.

300 children were enrolled in the programme

The session plans were based on the existing government curriculum.

As the programme focusses on educating both, the child, and their caregivers; training sessions with parents were organised on nutrition, hygiene practices, and growth monitoring.

Training components included pre-school sessions for the children and awareness sessions for the mothers. Children received activity-based learning sessions to acquire skill sets on motor, cognitive, and social-emotional aspects.

To increase outreach participants were provided with worksheets as doorstep intervention.

- 78.5% of children had shown improvement in overall learning,
- 76.3% had shown improvement in emotional development and physical development.
- 78.5% had shown development in literacy skills.
- 241 children enrolled in local pre schools/ICDS centres.



Designed for our youth aged 19-24 years who have already graduated from the sponsorship programme, the Employability programme is divided into three major components- Post-Secondary Scholarships, Career Readiness, and Into Employment.

The Post-Secondary Scholarships supports programme graduates enroll in higher studies and technical education to increase their professional competencies.

702 youth received Post Scholarship support

The Career Readiness component equips youth to be job-ready through training and increase job efficiency through workshops. The curriculum includes career counselling, life skills training on problem-solving, negotiations, goal-settings, interview readiness and job searching techniques, mock interviews and role-plays.

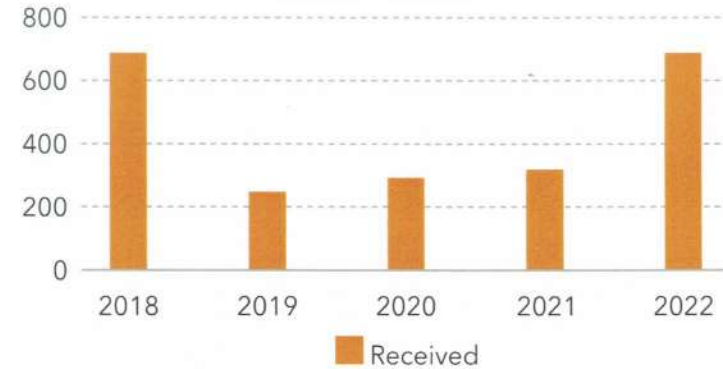
322 youth received training on career readiness.

Into Employment component provides domain-based skill development training, including mentorship, training, industrial exposure, and job placements to improve the employability quotient.

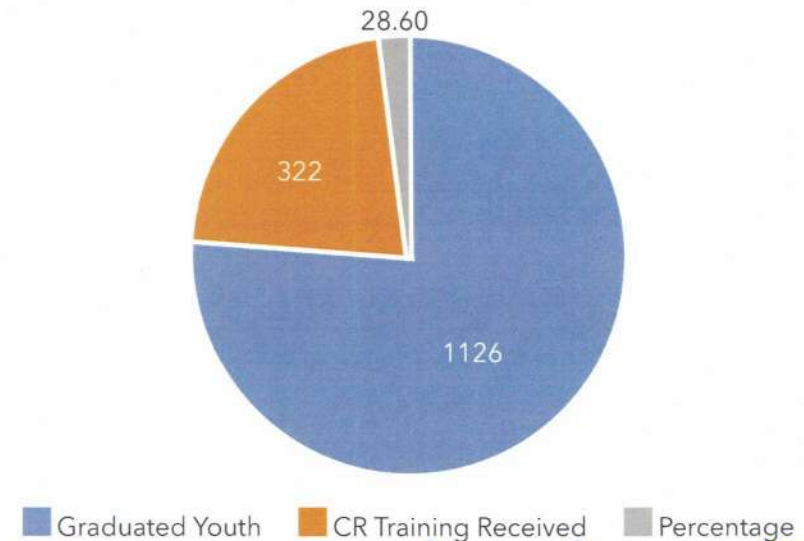
18 youth received support for Computer training.

60% of the enrolled youth to be placed with jobs in 2023.

POST - SECONDARY SCHOLARSHIP 2018 - 2022



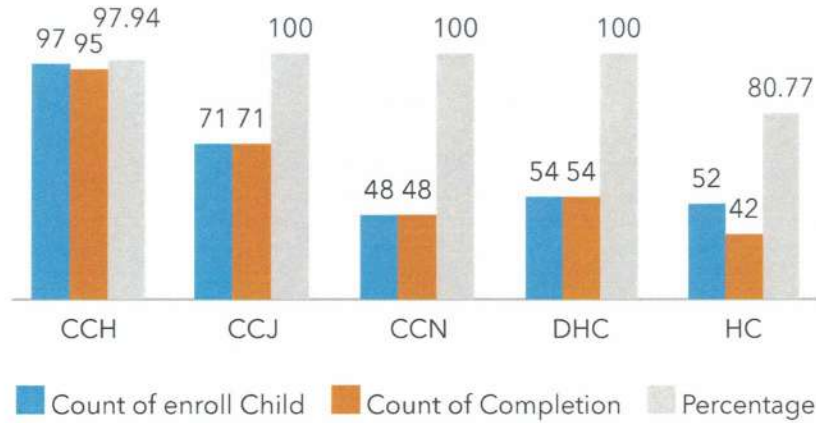
CAREER READINESS TRAINING



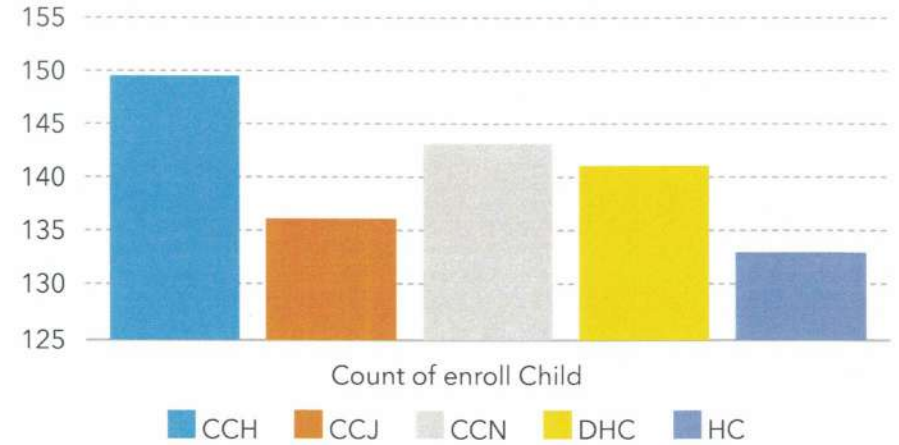
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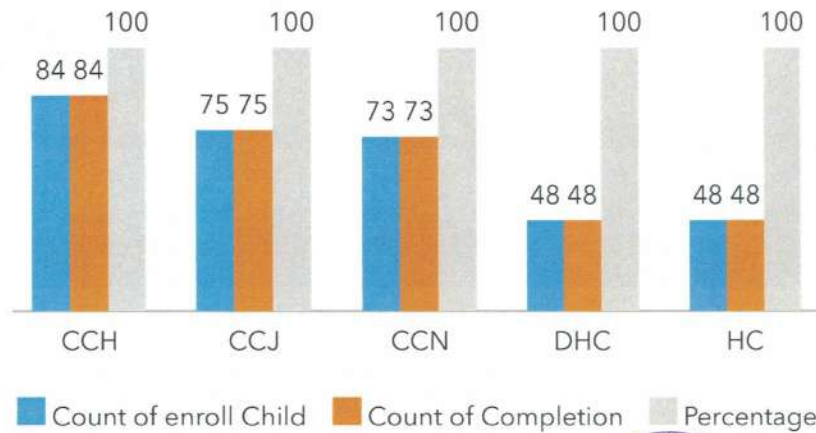
CAREER READINESS



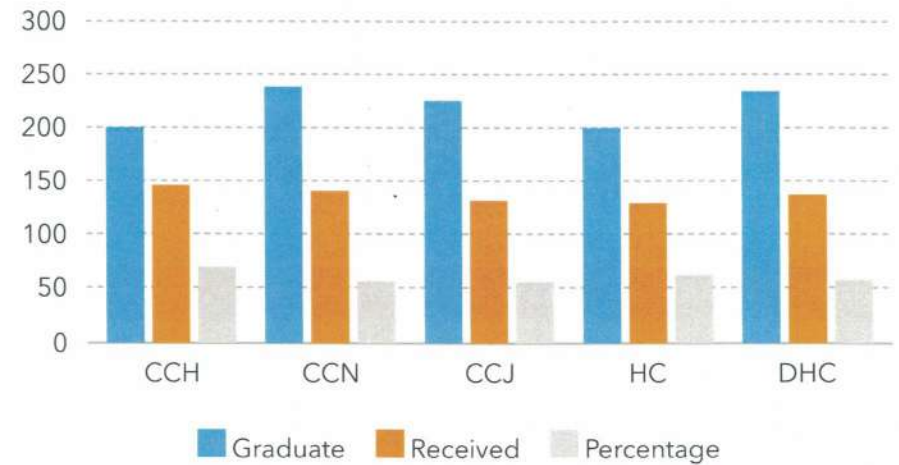
POST - SECONDARY SCHOLARSHIP 2022 (JUL - DEC)



POST - SECONDARY SCHOLARSHIP 2022 (JAN - JUN)



POST - SECONDARY SCHOLARSHIP



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Youth Resource Centre

A new chapter begins

On the 10th of January 2023, the Youth Resource Centre was inaugurated for the youth from Jorasanko and Narkeldanga Community Centres.

The Youth Resource Centre is a state-of-the-art facility that offers various resources to empower sponsorship programme graduates by helping them build successful careers.

The facility houses a conference room, a counselling room, two training rooms, a games room, and a youth lounge.

These facilities are designed to provide the necessary support for young people to develop their skills, discover their passions, and achieve what they aspire to become.

Youth enrolled with the Employability programme will benefit from the Youth Resource Centre.

Whether starting their careers as a fresher or taking the next step in higher education, the Youth Resource Centre will provide scholarships to students who wish to pursue higher studies, paving way for them to choose courses of their choice.

Mentorship and career related training programmes will be provided to help the youth build the skills and knowledge they need to thrive in the workplace.

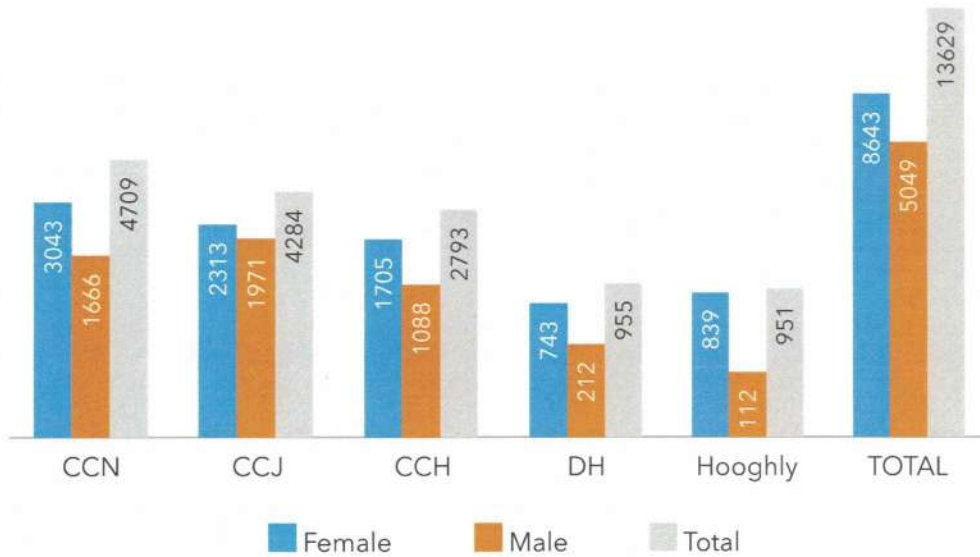
We look forward to the youth building strong foundations before they step into their professional careers.



Subramanian Venkat Raman
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Sponsorship Programme



- 14,000 family records updated
- 100% of special donation and Inquiry memos executed and reporting completed.
- 2296 new registrations of beneficiaries completed.
- 701 memos processed

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Talent Growth

Sahay celebrated the VIA awards (Value in Action) felicitating 20 honourees at the agency level and 5 global honourees.

The event had all staff in attendance and was live-streamed with high resolution audio visuals to engage teammates virtually across the globe.

Successfully conducted training sessions with all staff on Preventing of

Sexual Harassment(POSH) and Child Safeguarding.

Conducted the Annual Review and Planning Meeting and Team Building workshop with all staff.



SAHAY Values In Action winners



Global VIA honourees (L-R) Poulami Chatterjee, Sambhu Kujur, Lisha De, Shahnawaz Zaidi, SAHAY Board Secretary, Seema Paul and Kirtimayi Mishra



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Community Champions

In the heart of our communities, they stand as trusted entities and ambassadors of our programmes. Equipped with extensive knowledge and a deep understanding of our programme initiatives, our dedicated volunteers serve as the primary interface between us and the communities we support. With their unwavering commitment, they bridge the gap, ensuring that our programmes reach those who need them the most.

Our volunteers possess a distinct perspective, hailing from the very communities they serve, enables them to establish closer connections and resonate with the families and primary beneficiaries. Beyond simply reiterating the benefits of our programmes, they possess an intimate understanding of community behaviours and their cultural mindsets. The volunteers are more privy to needs and challenges beyond the realms of our programmes.

Providing valuable feedback on these real needs and challenges that may impact our beneficiaries, their contributions are instrumental in designing our programmes to be more effective and relevant in the local context.

To express our gratitude for their exceptional dedication and to strengthen our bond even further, SAHAY celebrated Volunteers Day. This special occasion served as a platform to recognise the invaluable contributions of our 267 volunteers who have shown unwavering support throughout their long association with us.

The day-long event, held across all five locations, was a vibrant affair, filled with exciting activities and opportunities for our volunteers to showcase their talents. The event featured various games and an engaging talent show, where volunteers took centre-stage to showcase their unique skills and abilities. It was a true celebration of their remarkable spirit and the positive impact they have made within their communities.

At SAHAY, we understand the immense value our volunteers bring to our

programmes. Volunteers Day served as a moment of reflection, acknowledging their tireless efforts and the difference they make in the lives of individuals and families. With their selfless dedication and passion they are the driving forces behind the success of our initiatives.

"Our volunteers are the strong pillars of the foundation on which we stand. Working tirelessly, they help us deliver the best of our programmes and services for children, youth and families in our communities."

- Kirtimayi Mishra
SAHAY, Director

"I cannot express how happy I am for this day. Your acknowledgement means a lot for us. Together, we shall scale new heights in the times to come."

- Muhammad Yusuf
Volunteer



SAHAY Financial Statement Synopsis

Balance Sheet as at 31st March, 2023

	Amt in INR	
	31st March 2023	31st March 2022
Donor Agency Children International, U.S.A	Assets	
	Current Assets, Loans and Advances	2,17,46,030
	Fixed Assets	4,35,26,870
	Capital Work-In-Progress	
	Total	6,52,72,900
Statutory Auditors Thakur Vaidyanath Aiyar & Co Chartered Accountants ICAI Firm Registration ICAI Firm Registration No 000038N	Liabilities	
	Capital Fund	1,93,78,451
	Earnest Money	24,418
	Earmarked Fund	8,77,457
	Current Liabilities & Provision	4,49,92,574
	Total	6,52,72,900



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SAHAY Financial Statement Synopsis

Income & Expenditure Account for the year ended 31st March, 2023

Income	31st March 2023	31st March 2022
Contribution Received	19,52,83,231	20,69,88,332
Other Income	13,66,007	16,87,979
Profit on sale of assets	27,725	
Total	19,66,76,963	20,86,76,311

Expenditure	31st March 2023	31st March 2022
Administrative Expenses	2,58,50,316	2,29,09,621
Program Expenses (Note 1)	19,25,61,675	18,11,13,806
Depreciation / Amortisation & Impairment Expenses	45,36,178	31,19,760
Unrecoverable TDS/TCS written off	87,229	21,748
Total	22,30,35,398	20,71,64,935
Excess / (Deficit) of Income over Expenditure carried to Capital Fund	-2,63,58,435	15,11,376



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SAHAY Financial Statement Synopsis

Balance Sheet as at 31st March, 2023

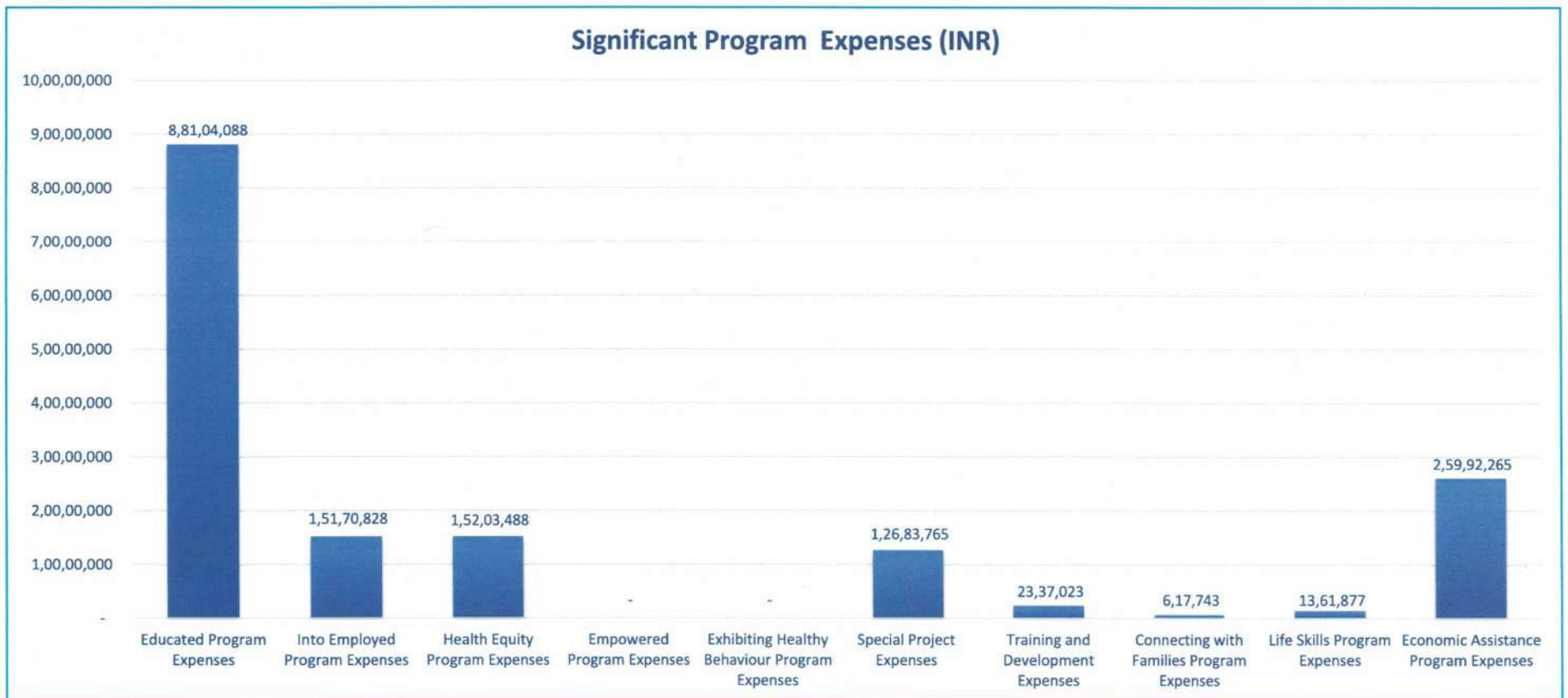
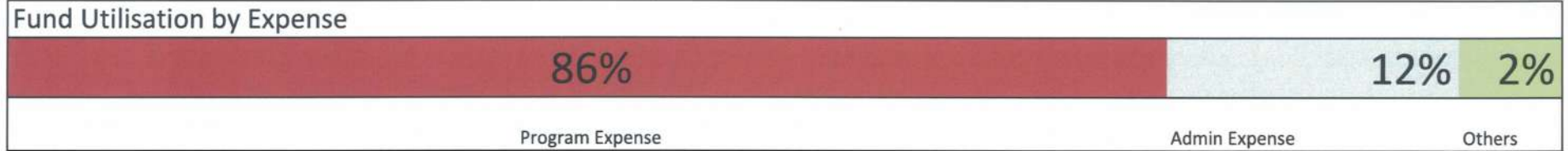
Bankers	Note 1	31st March 2023	31st March 2022
	Program Expenses		
STATE BANK OF INDIA New Delhi Main Branch 11, Sansad Marg New Delhi 110001	Educated Program Expenses	8,81,04,088	3,23,12,509
KOTAK MAHINDRA BANK LTD 95 Priya Cinema Building Rash Behari Avenue Kolkata 700 029	Into Employed Program Expenses	1,51,70,828	20,96,159
INDIAN OVERSEAS BANK. Lake Market Branch 89 Rashbehari Avenue Kolkata 700 026	Health Equity Program Expenses	1,52,03,488	1,40,50,762
To access our full audited financial report visit our website www.sahaywb.in	Empowered Program Expenses	-	6,174
	Exhibiting Healthy Behaviour Program Expenses	-	43,34,193
	Special Project Expenses	1,26,83,765	2,60,78,233
	Training and Development Expenses	23,37,023	3,64,328
	Connecting with Families Program Expenses	6,17,743	10,78,541
	Life Skills Program Expenses	13,61,877	
	Economic Assistance Program Expenses	2,59,92,265	7,73,87,590
	Program Implementation Expenses	2,98,47,068	2,29,72,544
	Universal Values & Other Activities Program Expenses	12,43,530	4,04,773
	Miscellaneous Expenses		28,000
	Total	19,25,61,675	18,11,13,806



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SAHAY Financial Statement Synopsis




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Locations	Address
Central Office - SAHAY	P27, Raja Basanta Roy Road, Kolkata 700029
Community Centre - Narkeldanga	90 A Garpar Road, Kolkata 700009
Community Centre - Jorasanko	181 Muktaram Babu Street, Kolkata 700007
Community Centre - Hazra	5/22 Sebak Baidya Street, Kolkata 700029
Diamond Harbour Cluster	Dhukrijhara, P.O. Sadhurhat, PS - Ramnagar, Dist. 24 Parganas (South), W.B. 743504
Hooghly Cluster	Gopalnagar, P.O. Par-Gopalnagar, Hooghly, W.B. 712418
Youth Resource Centre	17 Jagannath Dutta Lane, Kolkata 700009



Subramanian Venkat Raman
President-SAHAY


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