



THE NABHA FOUNDATION

NABHA SPEAKS

"My Say"

Shubhra Singh, Chief Operating Officer, The Nabha Foundation

The Nabha Foundation experienced 2019 as an exciting year pursuing the new vision of impact, scale and leverage through deeper engagement with the issues and concerns of rural and urban Nabha along with strong partnerships with the Government and other stakeholders. We reached out to the people of Nabha, consciously prioritizing those domains, which were affecting large number of people, especially, the most vulnerable population.

The three biggest overarching challenges today faced by Nabha are **Environmental Sustainability, Substance Abuse and Sanitation**. We have deep dived into these domains through our programs on Sustainable Farming, Drug Awareness in schools and communities, Town and Rural Sanitation. These programs have helped us further in understanding the magnitude, the complexities and the urgency of the problem. The sustainable agriculture program and engagement with the farmer community gives us hope that constant dialogue can enhance awareness on the importance of conserving water, using less chemicals and contributing towards cleaner air. There have been very positive examples and stories of initiatives taken by farmer collectives and individual farmers to

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Things which kept us going in 2019 ...

Drug Awareness Program

- Over a period of one year (2019), the program reached out to over 75,000 people raising awareness on the issue of drug consumption and its ill effects
- Rallies and street plays were organized on the de merits of drug usage in over 24 Govt. & private educational institutions in Nabha & Patiala involving 5500 students
- Large scale awareness camps and street plays were conducted in 50 villages engaging 4100 individuals
- In depth discussions and close follow ups were done with people struggling with drug addiction
- Awareness building activities were organized in the Civil Hospital, Nabha, on the occasion of International Drug Abuse Day involving doctors and media coverage.

Phulkari Program

- In August 2019, Program's master artisan, Gurmeet Kaur, was selected as one of the ten artisans from across the country for the fellowship by The Hans Foundation and Fair Trade Forum.
- Program established an important tie-up with the Punjab InfoTech Ltd for developing the welcome gifts for the VVIP guests at Punjab Invest – Investor

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Summit held at Chandigarh in December 2019.

- In September 2019, Phulkari team participated in a three day exhibition 'Vastrabharana' held in Mumbai organized by the Craft Council of India. Apart from this, two more exhibitions were organised by the team in Chandigarh. One was a two day exhibition 'Laado Pehla SHG mela' organized at Kisan Bhavan by the Department of Social Security and Development of Women and Children. Another one was an exclusive exhibition of Phulkari Mahila SHG products which received

heartwarming responses from the patrons and was covered by media as well.

- The team also participated in a fifteen day exhibition 'Dastkari Haat Samiti' at Delhi Haat , New Delhi. The exhibition was received by the patrons and that resulted into bulk of orders for the phulkari team.

Sustainable Agriculture Program

- Technical training programs were organised for the farmers on the practices of organic farming which influenced 126 farmers into practising sustainable

experiment and bring about change in the farming practices. Similarly, engaging with communities, institutions and specially youth on the problem of substance abuse and communicating its gravity and devastating impact through folk media and peer dialogue further strengthened our belief that awareness is the first step towards change.

In the coming year, we surely are better positioned to sharpen our approach and strategies to deal with the challenges and together with the people of Nabha, we will continue to be an active part of Nabha's change story.

HIGHLIGHT OF THE MONTH

Nabha has glorious history and a rich cultural heritage. In this column, we highlight all that matters to Nabha & its people.



'Award of Honour' to The Nabha Foundation on WORLD AIDS DAY

विश्व एड्स दिवस दौरान बढ़िया कारगुजारी करने वाली समाजसेवी संस्थाओं का सम्मान

पटियाला, 2 दिसंबर (बलविन्द्र) : जिला सेहत विभाग की तरफ से जिला स्तर का विश्व एड्स दिवस माता साहिब कौर खालसा कालेज ऑफ एजुकेशन में आयोजित किया, जिसमें मुख्य मेहमान के तौर पर सिविल सर्जन डा. हरीश मल्होत्रा ने शिरकत की। डा. मल्होत्रा ने कहा कि एड्स की जानकारी ही इसका बचाव है। उन्होंने कहा कि युवा पीढ़ी और ज्यादा नशे का शिकार होने कारण एक ही सीरिज-सूई के साथ टीके लगा लेते हैं जिससे एच.आई.वी. पॉजिटिव मामलों की संख्या बढ़ने का अंदेश बना रहता है। उन्होंने कहा कि सेहत विभाग की तरफ से हर गर्भवती औरत का एच.आई.वी. टेस्ट किया जाना यकीनी बनाया गया है, जिससे नवजात बच्चे को एड्स के होने वाले खतरे से पहले ही बचाया जा सके। सैमीनार दौरान कालेज की छात्राओं में



सिविल सर्जन डा. मल्होत्रा विश्व एड्स दिवस के सम्बन्ध में करवाए पेंटिंग मुकाबले में भाग लेने वाली छात्राओं को सम्मानित करते हुए।

एड्स संबंधित पेंटिंग मुकाबले भी करवाए गए जिसमें वन्दना ने पहला, पलक ने दूसरा और सिमरन ने तीसरा स्थान हासिल किया, जिनको मुख्य मेहमान की तरफ से सम्मान चिन्ह देकर सम्मानित किया गया। इस मौके पर डा. गुरप्रीत सिंह नागरा, बलजिन्दर ठाकुर, डा. जतिन्दर कांसल, डा. कृष्ण सिंह,

डा. संपूरन सिंह, नाभा फाउंडेशन, फिल्लाडोल्फवा पटियाला, मॉडल रुरल युथ डिवैल्पमेंट, ओपिवड सबसीच्युशन वरैपी, क्वोर एंड स्पोर्ट सेंटर आदि समाजसेवी संस्थाओं के नुमाइंदे, जिला मास मीडिया अफसर कृष्ण कुमार, भाग सिंह, जसजीत कौर, अमरजीत सिंह और छात्राएं उपस्थित थीं।

agriculture impacting 141 acres of land in Nabha.

- This year, the program promoted Bio-fertilizer kits to 143 farmers in Nabha and 95 kits in Mansa.
- Promoted paddy crop residue management to all of its 300 farmers covering 451 acres of land in Nabha
- Joseph Rickman, a representative from Better Grain organisation in London, visited Nabha in December and interacted with the farmers on the significance of sustainable agriculture and its

impact on business potential globally.

Community Health Program

- Impacted over 800 female sex workers and male sex workers and their families in Nabha and Patiala.
- Over a span of one year, the team facilitated social security schemes for over 300 female sex workers and male sex workers and their families
- Facilitated the formation of SHG and linkage of bank credit amongst female sex workers.

- Orientation and awareness meetings were conducted with pregnant women, lactating mothers and ASHA workers on the significance of nutrition and institutional deliveries.
- Repetitive camps were organised in Nabha jail for HIV and Syphilis testing's. Registered the reactive inmates with ARTs for treatment. Also, covered a factory in Rajpura testing about 430 workers.

**Remaining programs will be covered in the next issue...*

“What Makes Me Happy”

Gurmeet Kaur, Master Trainer, Phulkari Program

Village - Narayangarh, Nabha

It was sometime last year when Mansi Ma'am, told me about this scholarship from Fair trade India Forum and Hans Foundation and I decided to apply for it because I thought it as an opportunity for growth for me as well as our program. Even when I was applying for it I never thought that I, out of so many applicants will get shortlisted for such a prestigious fellowship.

The program invited us for a three-day orientation in Vadodara Gujrat in December. However, the dates were clashing with my MA exams and I had lost all hope of going. We spoke to the FTI team and they agreed to consider alternatives. It was extremely humbling when the FTI team readjusted the orientation dates to accommodate my exams and arranged for my flight tickets to attend the orientation. It was like a dream come true for me to visit this university in Gujrat, sit among these knowledgeable people, design students, teachers and learn for them. They shared with us about financial management, designing of products, packaging and much more. This is an excellent opportunity for growth and learning and I will make the most of this for myself as well as the program. It makes me very happy and proud to be the first girl from my village to travel by air and go all the way to Gujrat all by herself.



The impact of our work in Nabha for the year 2019 will continue in our next issue...

Talking Through Pictures.....



Farmer Group Meeting & training under Sustainable Agriculture Program



Women empowerment through Phulkari Program in Nabha



Visit to remedial centre in Nabha under the Community Health Program



Drug Awareness Program, Nabha

बच्चों को नशे का नुकसान बताया

संवाद सूत्र, अमरगढ़ (संगरूर) : दशमेश मॉडल स्कूल बागड़िया में नाभा फाउंडेशन की ड्रग अवेयरनेस टीम द्वारा बच्चों को नशे से दूर रहने व इसके बुरे प्रभाव संबंधी जानकारी देने के लिए नाटक का मंचन किया गया। इसमें बलविंदर सिंह, अवी सरोआ, होशियार सिंह द्वारा बच्चों को नशे के खिलाफ जागरूक किया गया।

प्रिंसिपल अशविंदर कुमार दानी द्वारा टीम

सदस्यों का जागरूक करने के लिए धन्यवाद किया गया। स्कूल के चेयरमैन अशोक कुमार दानी द्वारा बच्चों को भविष्य में कभी नशा न करने का प्रण करवाया गया।

इस मौके स्कूल की वाइस प्रिंसिपल ममता दानी, पंच हरजीत सिंह, जसवंत सिंह, जगदेव सिंह, चमन लाल, मोहन सिंह, बलवंत सिंह के अलावा समूह स्टाफ व छात्र उपस्थित थे।



अमरगढ़ के नजदीकी दशमेश मॉडल स्कूल बागड़िया में बच्चों को नशे के खिलाफ जागरूक करते हुए बलविंदर सिंह व अन्य सदस्य जगदर

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We apologize for any errors or omissions