

# ANNUAL REPORT

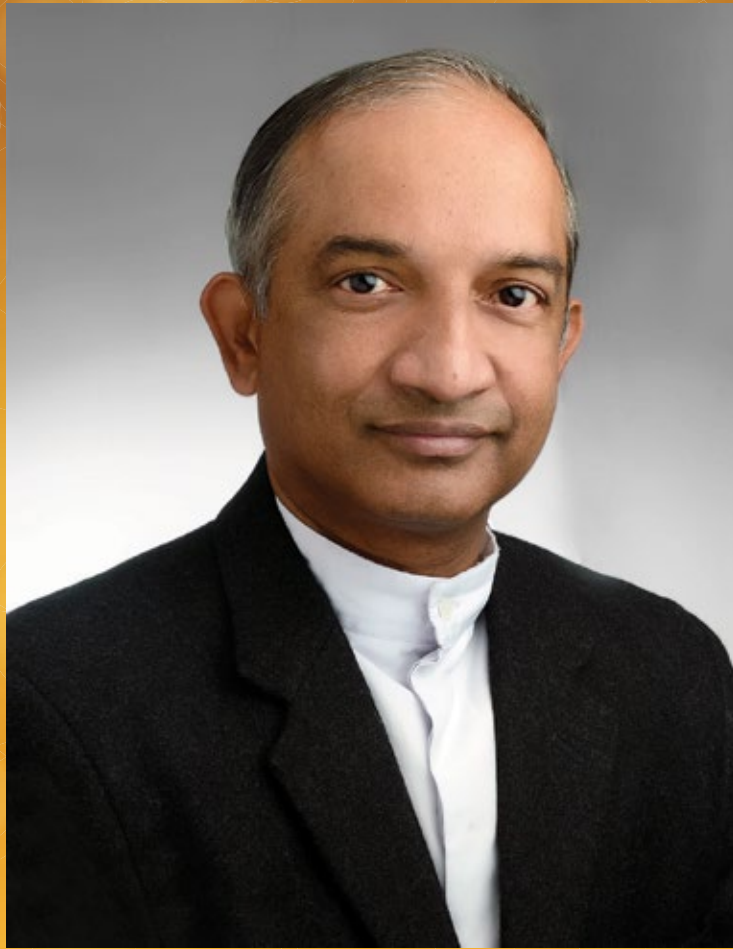


# CSSS

CATHOLIC SOCIAL SERVICE SOCIETY



2016



**RT. REV. IVAN PEREIRA**  
President





# **CATHOLIC SOCIAL SERVICE SOCIETY**

**Annual Report  
2015-16**

# VISION - MISSION

## VISION

Attainment of a just and peaceful society wherein every human person enjoys fullness of life.

## MISSION

Promotion, restoration and sustenance of dignity of human beings; preferentially, the poor and the less privileged by partnering with state and non-state actors, through the process of empowerment and right-based approach.





# INTRODUCTION

In the diocese of Jammu-Srinagar, Catholic Social Service Society (CSSS) is the official wing of social action and social concern. Registered under Societies Registration Act in 1981, it aims to address the social, economic, political and cultural issues of the marginalized people irrespective of caste, creed and class and sex. For the past thirty four years the Society has been at the service of the poor and the marginalized, CSSS has its presence in 145 villages of Jammu and 10 villages of Kashmir Province.

The main strength of CSSS work has been the development and empowerment of rural women through the formation of Mahila Mandals and SHGs at the grass root level. Our main target groups include women, youth and children. Our areas of intervention range from community development, women empowerment, livelihood, peace education and disaster risk reduction. Besides, community development and livelihood, CSSS has also played active role in disaster relief.

Institutional and community based support in the field of health care and disability are other major areas of our focus. CSSS has under its management St. Joseph's community Hospital at Smailpur that not only provides primary health care at the hospital but also reaches out to communities through awareness programmes. St. Johns Special School at Mandal is a day boarding school that takes care of the special needs of differentially-abled children. Apart from the special school, we also support many of children in their educational and medical needs.

2015-16 has witnessed successful implementation of projects on community development as well as a shift towards thematic and issue-based projects. Our efforts

## PRESENT OPERATIONAL AREAS

S.No.	Area	No. of villages
1	Bishnah	25
2	RSPura	15
3	Nagrota	15
4	Nagri	10
5	Smailpur	15
6	Dansal	10
7	Billawar	15
8	Nowshera	15
9.	Akalpur	20
10.	Pulwama	10
11.	Mandal	05

in this direction have been to bring in voices of people who live on the margins of the society. Several women, youth and local community leadership development programmes were organized to develop their capacities and equip them to better negotiate with critical actors on their issues. We will continue to further strengthen such processes in the near future, in order to promote a value and substance of social equality that nurtures people and brings peace and harmony rather than strife.

# SHIRKAT

**Participatory Disaster Risk Reduction & Livelihood Enhancement through strengthened community Institutions**



In helping people come to terms with the after-effects of the deluge of September, 2014 many Non-governmental organizations had come forward to help the state government. Leading the relief and rescue effort in Pulwama was the Catholic Social Service Society (CSSS) in collaboration with CARITAS India. After the conclusion of the initial relief interventions which included provision of food, non-food, items, winter mitigation kit and 50 transit shelters, Caritas India came up with Project SHIRKAT with an objective for Participatory Disaster Risk Reduction & Livelihood Enhancement through strengthened community Institutions. With a view to spread the reach to different regions in the valley, the project also envisaged forging new partnership, which resulted

S NO.	District	Block	Village
1	Pulwama	Awantipora	KHANDAYPORA
2			SHALTUKNA
3			GHOT-TOKUNA
4			GADHANZIORA
5			ANGHANIZIPORA
6			RESHIPORA-I
7		Kakapora	GULBUGH
8			RESHIPORA-II
9			MOHANVIJI
10			DOUGAM







in bringing on board two more NGOs into the project. CSSS, thus selected 10 villages in Pulwama district.

The baseline mapping undertaken in the selected villages was a learning experience for Shirkat team. The team learned that the agriculture sector was tremendously affected due to the floods. In many villages the accumulation of water was leading to poor quality of soil. In Khandaypora area which was also affected by the floods, the threat of a looming drought rises during the irrigation season as there are minimal irrigation sources for the village. The team reliably learnt from the populace that there are numerous traditional methods, which require minimal investment, to mitigate the problems of the agrarian class of the villages. The main findings of the Baseline program are as follows:

- Agriculture and unskilled labor are the highest occupations and unemployment rates are very high in these villages. There are various infrastructure problems like roads, school buildings and proper healthcare infrastructure. Agricultural production could be sustained for long term and yield increased if awareness about the modern techniques of farming is

disseminated among the peasant community.

- Disaster Risk Reduction (DRR) knowledge is very low among the general populace. People have little or no knowledge about how to be prepared for any impending disaster. Safety is the highest concern of the people. People are worried about conflict and flood related vulnerability. Drainage system in these areas is almost non-existent.
- Financial inclusion is another area where people are found lacking resources. Aggregate income in some areas is decent but the living expenses are high and consequently savings are less.
- People showed little interest in accessing higher education. It is because the lack of transport in these areas makes the institutes of higher education almost inaccessible for the residents of these villages.

Transit sheds built by the CSSS in villages like Shaltakona are all-weather friendly and people are ever thankful to the Shirkat team for helping them in the worst times. The Mother and Child Health Programs (MCH) launched by Shirkat would go a long way in decreasing child diseases of the village. Catholic Service Society (CSSS) and Caritas India are house-hold names in the flood-affected Pulwama region and the community mobilizers of Shirkat are known faces throughout the length and breadth of Pulwama district.

The program envisions cooperating with the government on all fronts to improve upon the Disaster Risk Reduction in these areas and has so far received every possible help from the establishment.





# LIVELIHOOD

**L**ivelihoods in rural areas hinges on sustainable management of agriculture as majority of target population live on farming and cattle rearing. Through our interventions we delve into the causes of economic crisis and look at the concrete solutions to overcome them. Our livelihood programmes focus on generating sustainable agriculture model such as organic farming, crop diversification, cash crops, vermin compost pits, seed bank etc. those that are viable for small farmers especially for women.





### Women's farmers club – a new initiative:

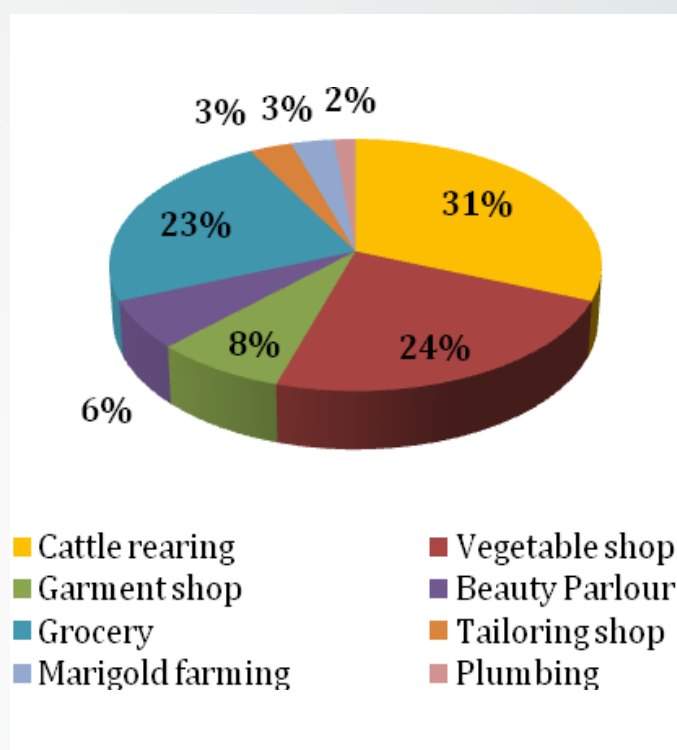
We believe that women play a vital role in food production and preparation with a wealth of knowledge about seeds, crops, water and land management. However, women in agriculture are still awaiting an equal status on land and access to agricultural resources or the produce from the fields. Keeping this in mind CSSS has taken initiative of making exclusive club for women farmers. The clubs allow the women to participate in decision making. They attend trainings on farming as well as management of the federation. Such exposures help the women to balance their agricultural activity together that the responsibilities of managing their homes.

“Our society thinks that men are farmers,” says, Poli Devi one of the women's farmers group. Like many others in the group, she doesn't own land, yet she labors in the field's day in and day out. “We don't receive recognition for our farm work. We are looked upon as laborers, but now we feel that we are farmers, too.”

“Gender discrimination runs deep at many levels: Women manage every aspect of farm work, but are

not considered farmers. They toil in the fields—planting, sowing, weeding, and harvesting—but are not landowners. They harvest and process the produce, but men largely control the market and income says Shakuntala Devi, president of women farmers club Chumbian Jatta)

In between paddy and wheat crop we used to sit idle at home now we are also growing green vegetables, mustard, mushrooms, maize, turmeric etc. says Garodevi of Chumbian Pandita. This also ensures an income throughout the year. We also give



them training on cultivation of mushroom and other oil seeds.

### Vermi-Compost pits

In order to promote organic farming in our target villages CSSS is promoting farmers club to construct vermin-compost pit in their fields. Initially, we constructed six vermi-compost pits and gradually farmers on their own initiative have constructed fifteen more pits in their respective fields and the number is increasing as the day passes. It is an alternative agricultural system which avoids or largely excludes the use of synthetic inputs such as fertilizers, pesticides etc. Vermicompost contains





water soluble nutrients and is an excellent nutrient rich organic fertilizer and soil conditioner. Many of the farmers use pesticides and other chemicals in order to increase their agricultural products but in turn it has a very bad impact on the health of the people who consume those products.

“We are making 50 kg organic manure per month” says Saudagar Singh of Chak Wajiroo village. We are distributing it in our club and also selling outside. The rate of 1 kg manure is Rs. 20.00 which means the farmer gets Rs. 1000.00 per month. It is an income for the family and at the same time it improves the health standard of the people. In one of the villages, the farmers of our







farmer's club use this manure in their own fields and produce good harvest.

### Skill development Programme

The main objective of this type of programme is to provide skill training to unemployed youth and women. These programmes have proved that those who were trained received a skill in their hand to earn their living and at the same time it boosted their morale. The participants were selected for these training programmes based on their field of interest so that they become efficient in one trade. After receiving these trainings some of them have started their own shops and some work in other's

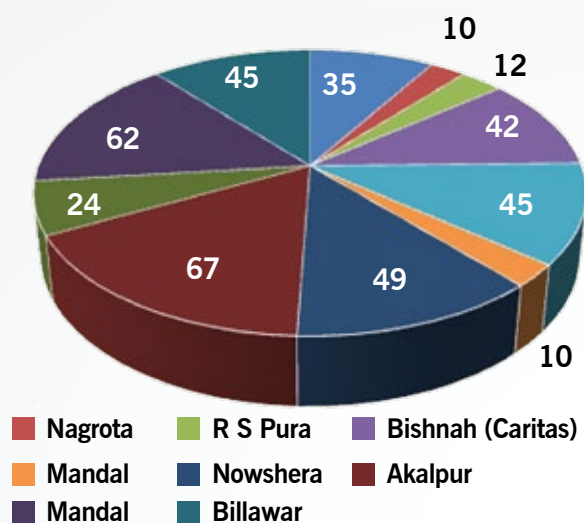




# COMMUNITY DEVELOPMENT



Number of SHGs Promoted by CSSS



Under community development programme we are enhancing the social, economic, educational and health standards of people living in the 155 villages of Jammu and Kashmir. This has been done through number of activities like formation and capacity building of CBGs, training & awareness programmes, medical camps and skill development. During the year 267 such programme were conducted in target villages of different units. Under the programmes altogether 9516 people participated. Following table explains number of beneficiary in each programme.

S.No.	Theme	Number	Participants
1	Staff training Programme	24	97
2	SHG training Programme	44	1540
3	Farmers training Programme	28	980
4	Microenterprise training Programme	54	1350
5	Skill development Programme	18	270
6	Health Awareness Programme	19	1470
7	Community Awareness Programme	35	864
8	Medical Camp	25	2375
9	Specialised medical camps	8	320
10	Training programme for health clubs	12	250
		267	9516



## **“Self-help programmes combined with microcredit can transform women’s lives”**

A significant development in recent years has been the mushrooming of community-based organizations and initiatives at the local level for women. Reports indicate that self-help programmes, often in the form of savings and credit or microcredit schemes, have succeeded in changing the lives of poor women, enhancing incomes and generating positive externalities such as increased self-esteem.

Self-help groups intermediated by microcredit has been shown to have positive effects on women, with some of these impacts being ripple effects. They have played valuable roles in reducing the vulnerability of the poor, through asset creation, income and consumption smoothing, provision of emergency assistance, and empowering and emboldening women by giving them control over assets and increased self-esteem and knowledge.

Saving money and turning it into capital for income generation programmes has been effective in the operational areas. It is not only a source of income generation, but also a source of self-confidence. Women who generated increased income through self-help schemes had gained greater respect within the household, often with perceptible attitudinal change. They are more able to articulate their views and are able to command attention and respect within the household, and often within the community. Increased self-confidence is especially pronounced when women had been exposed to training on women’s rights and social and political issues.

### **Orientation Programmes of Self Help Groups:**

It is absolutely necessary to conduct orientation programmes with the women of the target villages to make them aware of the formation and importance of the self help groups. These groups are not merely a source of money at the time of immense requirement but also are source of the strenght to the womenof the villages who want to bring about chnages in the ural areas .

### **Formation of Self Help Groups:**

After the orientation programmes, the process of formation of the self help groups were taken up in the operational areas. Presently we are working nearly 400 well functioning SHGs in the target areas. All the groups have women members in them and are regularly doing their own meetings and saving money for bank linkage and also to start their own income generation programme.

### **Sustainability of the SHGs through ‘FEDERATIONS’:**

The prime objective of these federations are to cater to the needs of the member SHGs specially in the field of thrift management and social leadership. Federations lend money to the groups from its membership fund to meet the constantly increasing demand for starting small enterprises by the members of the SHGs. Presently 4 federations (Bishnah-2, Nagri-1 and Smailpur-1) have been formed where 75 SHGs have been federated.

### **Capacity building of the SHGs:**

The leaders of the SHGs have been given training of the process of group formation and maintaining registers for meetings, saving registers and also on money transactions. The group members are involved in various kinds of trades like cattle rearing, vegetable shops, grocery units, mushroom cultivation, fast food units etc to improve their family income.

# WOMEN EMPOWERMENT

## UNITY IS STRENGTH

- The women in Dollian village noticed that were being cheated by the dealer of ration shop there. The staff from CSSS conscientized them that they were supposed to get 35 kgs of wheat under Public Distribution System but they were getting only 25 kgs. The women of that village got together and went to the office of Deputy Commissioner (DC) and raised slogans and demanded their rights. The dealer was summoned and asked to give full ration to the people and from then on they started getting their full quota of 35 kgs of wheat.
- In village called Chirangal Challad near Jindrah under Dansal unit, the animators noticed that the functioning of the Anganwadi was not proper. Pregnant women, adolescents and children of the particular locality were deprived of their deserved service and nutritious food from the Anganwadi. Our team at Dansal led by Sr. Archana, through their constant engagement motivated the women to approach the Child Development Officer of the concerned village. Their tireless work under the leadership of the coordinator were rewarded and they succeeded in getting their deserved service from the Anganwadi. Later this news spread to the nearby villages and there also the women groups, motivated by the earlier incident, were able to approach the CDPO for justice and succeeded in their effort.

**W**omen empowerment is a process in which the woman experiences her real worth as a human being and lives a dignified life. Since the time of inception, CSSS has held women empowerment as one of its major thrust areas. We have seen in the past that despite of constitutional guarantees women still remain marginalized, sufferers, unseen, unappreciated and deprived. With this background, CSSS aims to ensure women empowerment in the development programmes and thereby strives to create a conducive atmosphere for their effective participation. This strategy for women empowerment programme is addressed through gender sensitization among other sections of the community, capacity building to enhance their efficiency and contribute to economic development and ensure equality and status in the society. With our continuous efforts women are learning the meaning of decision-making and power sharing. The day is not far when they will have collective leadership and have access to and control over resources with men as supportive and responsible partners that strengthen women's capacities and efforts to build a society based on gender equity. Women are able to address various issues relating to their lives. It is quite evident that when a woman is empowered, she is aware of her rights and she can assert herself to demand her rights. She is no more a victim but becomes a voice for the voiceless.





# CASE STUDY

## GARO DEVI

**G**aro Devi lives in a joint family, with her in-laws while her husband lives away from house as contractual labourer with the Army. Even though she is an extrovert with keen interest to engage with people she was forced to remain within the confines of my home and undertook the daily chores of domestic work. But, all this changed when a group of women who are part of CSSS visited her house and invited her for a meeting. That was the first time that she had attended any such meeting and as result remained very reserved and tentative.

However, encouraged by the learning from the meeting, Garo Devi held a meeting of women in her own house. She proposed that the women must heed to the idea of SHG in the village. Some of the women had their share of

worries, as they feared that someone would run away with their money. She gave them confidence that when they manage their group together, there is not going to be another person to steal their money. Thus, under the leadership of Garo Devi they formed a group and named it Ganesh Self Help Group. The

members of the SHG agreed to contribute Rs.50.00, which was later increased to Rs.100 every month.

By now, every member has realized the usefulness of the group and what it does to help women gain economic independence. Women have increased inter-loaning in the group and many members have taken up different livelihood options with the money availed. Some portion of the amount is also used up for repair of the houses, paying for the medical expenses and education of children. Besides the right utilization of money, being part of the SHG has given the women the much-needed exposure to help their learning as well as development of hidden skills.



## RAJ KARNI

**I**n the village Krishna Colony, Ward no: 17, there existed a small grocery shop owned by Ms. Raj Karni, member of 'Vaishno' SHG. Although the shop was physically present, but due to lack of financial resources, she was not able to buy enough item for sale. Hence the shop was more of a liability than an asset to Ms. Raj Karni. She proposed an idea to seek loan from group to finance the items for her shop. The loan amount was sanctioned with due process. After receiving the amount Ms. Raj Karni managed to buy items for her shop and start the sale. With good products, the villagers were attracted to her shop and her profit started to increase. Today she has repaid the loan amount and from the profit she earns from the shop, she has managed to start a fast food stall along with the shop. Ms. Raj Karni thanks her group members for their support which not only started the shop to function but also help regain her confidence.





# COMMUNITY BASED REHABILITATION FOR CHILDREN WITH SPECIAL NEEDS



**C**ommunity based rehabilitation is one of the intervention area in which we are supporting 40 children through St. John's Rehabilitation center and 47 children directly in the field areas. Apart from medical, educational, physical development of the child we also sensitize families of the differently challenged persons, empower them to integrate them in the family and in the larger community. We are also involved in formation of parents groups; self help groups, capacity building of parents & local staff, awareness on rights & entitlement related to rights of the people with disability.





# TOUCHING THE SKIES!



It is always a joy for us to provide the maximum opportunity for our special children to gain exposure and to harness their skills. A number of them got such golden opportunities when they participated in Special Olympics Bharat and pushed themselves higher with successful participation and reaching at the doorstep of international acclaim.

The first opportunity came knocking when four children namely Sunil Singh, Gara Ram, Vishal and Ranjit Joseph got to represent the state floor-ball competition at Tonk, Rajasthan from 20th to 28th September 2015. In February 2016 seven children went to Haryana for the practice of Floor ball.

Again in the month of March twelve children namely; Semi Joseph, Rakhi Devi, Kiran Devi, Riya Choudhery, Siya, Prethi Devi, Virender, Vishal Pupa Ram, Gara Ram, Kannu, Sunil Singh and Sushant Sotra participated in different games like Alpines Skilling, Snow Shoeing, Snow Boarding etc at Shimla. Sunil Singh, Rakhi Devi received gold medal in Snow Shoeing while Semi Joseph got gold in Snow Boarding. Kiran was awarded bronze medal in Snow boarding.

Based on training imparted at Gulmarg in April Rajat and Rakhi have been shortlisted for participation in international Special Olympics to be held in Austria in March 2017. We wish them all the best!





# COMMUNITY HEALTH



## ST. JOSEPH'S COMMUNITY HOSPITAL

St. Joseph's Community Hospital was established in 2003 with an aim to take health care to the rural areas of Jammu and adjoining districts. Supported by CORDAID and MEMISA, the hospital was to act, as a referral unit while its programmes would be geared to out-reach. Situated in 18 kms away from the city the hospital thus focused on community

health programmes through health camps, and creating awareness good health. Year after year it has undertaken series of community and school health programmes in villages with the 2-fold agenda of health activity in villages and improved footfall of patients in the hospital. Today the hospital is a 24-bed facility with a team of doctors and medical professionals.



## Departments

- Medicine
- General Surgery
- Laparoscopic Surgery
- Gynecology & Obstetrics
- Dentistry
- Ophthalmology
- Physiotherapy

## Facilities

- 24 Hours Emergency
- Out-patient & In-patient
- X-Ray
- ECG&Ultrasound
- Laboratory
- Operation Theatre
- ICU
- Immunization
- Pharmacy

## Out-reach

- School Health Programme
- Health Awareness Camps
- General & Specialized Medical Camps





# TUITION CLASSES

Tuition classes were introduced in all the villages with a view to teach children who go to government schools. In order to reduce school dropout rate, children from government schools come together to a house where the tuition teacher is identified and they learn their lessons. These classes are mainly for the economically backward students to develop their learning habit. These classes continue whole year until their annual vacation. The students are taught for two hours in the evening.

During this year, we had 14 tuition centres in 14 villages of Smailpur and 11 centres at Nagrota where deserving children from the villages come for tuition classes. In each centre, we have 15 to 20 students within the age group of 5-15. A total number of 455 students are studying in all these centres. They come regularly to attend the classes and these centres have reduced the dropout rates from government schools. These tuition centres help the students to study well and pass the examinations with good results. We keep in mind that maximum deserving students benefit from our tuition centres. It is also an opportunity for those young girls and boys who have studied in the villages, to spend some extra time to teach these deserving students for a very little monetary benefit. These tuition centres have not only improved the quality of education but also impart some important values for them to implement in their daily lives. The parents are very happy and satisfied with these centres that they send their children on time to these centres for tuitions.





# EVENTS

## EMERGENCY RELIEF TO VICTIMS OF FIRE AT NARWAL

CSSS has always played active role towards any kind of calamities that takes place in the state of Jammu & Kashmir. One such incident occurred on 18th February this year. In one of the slums in ChanniHimmat, Near Narwal area of Jammu where most of the dwellers were the Rohingya refugees (The refugees from Myanmar), a massive fire broke out and engulfed 5 shelters completely. The five shelters accommodated 7 families approximately 35 people were affected. Though there were no casualties reported, but the families lost everything they had. One of the organizations called Development and Justice Initiative (DAJI), working for the refugees requested for support. The Core team based on the requisition worked on the probabilities of providing assistance to the affected families. The team found that affected population received many food items and WASH kit from different actors but they were in dire need of Non-food Items (NFI). CSSS then responded immediately and provided cooking utensils comprising of 15 items to all the affected families. The affected families and the DAJI organization appreciated our efforts.





## DISABILITY BOARD CAMP: A UNIQUE INITIATIVE TO MAINSTREAM PERSONS WITH DISABILITIES

In a unique initiative to provide the legal assistance to the persons with disabilities Catholic Social Service Society (CSSS) in association with Sahyog India under the direction of Directorate of health services, Jammu organized Disability Board Camp at Sevaniketan, Kunjwani By-Pass, Jammu. About 210 differently-abled persons belonging to different border pockets attended the camp and about 60 deserving beneficiaries were given certificates.

Fr Shaiju Chacko, Director of Catholic Social Service Society, in his welcome address appreciated the support rendered by the government agencies to facilitate the mainstreaming of person with disabilities. "As NGOs active in the field we are committed to provide last-mile benefits to the needy through the support of the government agencies" he said.

In his inaugural address, Dr. Pathania lauded the role of CSSS for attending the unattended differently-abled hailing from far off areas of the border belt. Appreciating the efforts he said that NGOs fill the gap between government services and the people. "I on



behalf of my department extend all possible support to these organizations to organize such events in future" he said. Dr. Pathania laid stress on the need to educate the people that the disability certificate is given free of cost to the needy persons. Enumerating the efforts of the government to facilitate the process he informed that camps are held every Friday and Saturday at Gandhi Nagar and Sarwal Govt. Hospitals respectively.

Team of doctors/staff who rendered their services include, Dr. ArtiKhajuria, Ophthalmologist; Dr. Vikrant Sharma, Consultant (Ortho); Dr. Shakeel Ahmad, Consultant (ENT); Dr. Rajesh Bhagat, Physician (Specialist) and Dr. Vikram Gupta, Pediatrician. Institutions participated in the event included St. Joseph's Community Hospital, Smailpur; Prerna Institute of Rehabilitation and Research, St. John's Special School, Mandal; Sahara Special School, Trikutta Nagar; Development and Justice Initiative, Jammu.





# INTERNATIONAL WOMEN'S DAY

Catholic Social Service Society (CSSS) celebrated the International Women's Day on 8th March in an impressive function held at Maitri Bhawan in Smailpur. The celebration was in line with the world-wide celebration of women and to appreciate their invaluable contribution to the society. Speaking on the importance of this celebration Fr Shaiju Chacko, the Director informed that the theme for the celebration is Gender Parity, which is more holistic in its approach than equality and called upon everyone to pledge for parity. He also appreciated the presence of large number of men in the celebration, which in itself is an affirmative sign for gender parity in society. The celebration had several unique highlights, which were introduced for the first time in CSSS.

## DEBATE COMPETITION

The celebrations began with a debate competition on the proposition – Gender-violence: How capable are the women of 21st century to challenge the abuse? The participating teams included students from Govt. Degree College Kathua, Govt. Women's College, Kathua, Department of Social Work, Central University of Jammu and St. Peter's Higher Secondary School, Karan Bagh, Jammu. Affirmation and Negation speeches and spirited rebuttals kept the audience spell-bound. Baljinder Kour of Central University and Tanvi Mahajan of Govt. Degree College, Kathua were adjudged best speaker for and against the motion respectively, while Simran Kour of St. Peter's Hr. Sec. School won the price for best overall speaker. Ms. Anita Rampal and Ms. Rajkumari Vats moderated and anchored the debate while Ms. Rakhee Kohli, Supervisor ICDS, R.S. Pura and Ms. Poonam Makhnotra, Accounts officer at Agricultural University formed the evaluation panel.



## WOMEN OF EXCELLENCE

“Women of Excellence” – an award instituted to recognize the women of Jammu & Kashmir for their exemplary contribution to society in their respective field and beyond was the main attraction of the celebration. CSSS presented the awards to three



women in recognition for their achievements in their respective domains of engagement. The awardees included - Ms. Shakti Devi Sharma, SHO, City Police Station, Jammu; Dr. Renu Nanda, HoD Department of Education, University of Jammu and Prof Ruth Gill, Associate Professor at GGM College Jammu.

which its work is geared towards holistic human development. Ms. Shahnaz Akthar KAS, the Chief Guest of the function appreciated the presence of men in the gathering. This she said, is very important for the society since any progress can come about only through collective participation.

She also stressed the need for stronger SHGs to organize and strengthen women in villages. Women and men from far away villages attended the celebrations that also involved awareness songs and dances by women.



## AWARDS TO SHGs

Since, Self-Help Groups (SHGs) of women comprise large part of the work of CSSS with close to 400 such units and over one crore rupees in savings the celebration also gave recognition to best performing SHGs in all units of CSSS. The awards were based on leadership, frequency of meetings and utilization of funds.

Speaking on the occasion, Fr Jose Vadakkal laid stress on the core values of the Society with

S.No.	Name of the SHG	Village	Unit
1	Gurumat	Chak Wajiroo	Bishnah
2	Asha	Rangpur	R.S. Pura
3	Prerna	Hari Nagar	Smailpur
4	Shakti	Domail	Dansal
5	Radhswami	Bhagatpur	Akalpur
6	Vaishno	Kothey	Nagri
7	Sabnam	Gania	Nowshera
8	Sita	Kutt	Billawar



## ST. JOSEPH'S HOSPITAL CONDUCTS FREE MEDICAL CAMP

Coinciding with World Aids' Day and with a view to create awareness on good health and timely care of diseases, St. Joseph's Community Hospital conducted a free medical camp in its campus at Smailpur on December 1. The camp witnessed in-flow of people from villages and industrial area surrounding Smailpur and Bari Brahmana. The doctors present at the camp held free check up consultation and distributed medicines to the needy persons.

## DENTAL HEALTH CAMP AT ST. PETER'S SCHOOL, B.C ROAD

With a view to focus on outreach and oral health care of students in schools CSSS through the help of Department Public Health Dentistry of Indira Gandhi Govt. Dental College and St. Joseph's Hospital conducted dental health check up camp at St. Peter's High School B.C. Road on 4th February. The doctors present took time to screen each and every student of the school and prescribed remedial treatment for those who had any dental concerns. They also spoke of common

dental ailments, especially stressing on tooth decay and gum diseases and measures to prevent from them. Appreciating the initiative, Ms. Bharti Channa, senior staff at St. Peter's School at B.C. Road said that camps such as this would help students to maintain good health, besides helping parents to treat any illness in time.



A medical team comprising of four doctors provided much needed specialized medical cover to the ladies, children and elderly people during the camp. The team comprising of Dr. Anita Dhar, Gynecologist; Dr. Rajeev Bhasin, Physician; Dr. Y.P. Gupta, Physician and Dr. Harbinder Singh Bali, General Surgen and Dr. Amit Sharma treated more than 250 patients and referred some for additional medical care.





# CARITAS HELPS JAMMU & KASHMIR FARMERS GO ORGANIC



Jammu: Each day that takes Dharam Chand closer to the harvest season, his hopes of a good reap only become higher. Had he not opted for the organic method of farming, he would have been in a different job today. "We all were disheartened by the falling yields. I had almost decided to quit farming and to take some other job, like working in grocery shops or restaurants in the area," Chand, while working in his 3-acre wheat fields told ucanews.com

Hailing from Jammu's RS Pura sector, located at the distance of 25 Kms from the main city, Chand had to go through severe crises after his crop productivity turned meager due to excessive use of the pesticides. "I lost all hopes in farming as my debts only swelled every year. I decided later that I will do some other job but will never ever return to the profession of my forefathers," Chand said. According to him, he would never forget the day when a training session in his area was conducted by JKCSSS- a social wing of the Catholic Church. "We, farmers were brought together and experts introduced us to the advantages of organic farming and how to make the process cost-effective, and to get more revenue. I again started thinking of going

back to the fields," Chand says with a smile.

As he, along with the other farmers in his area started adopting the organic methods in the farming, the yield started to witness a gradual increase. "We were imparted training and then all assistance was provided. Now, I would never think of doing some other job to earn livelihood," Chand, who now earns no less than 2 to 3 lac rupees of profit from his land, told ucanews.com

According to 2011 census, total geographical area of this state is 2, 22, 236 sq. km and its population is 1, 25, 48,926. Agriculture is considered as the backbone of Jammu and Kashmir and this sector provides employment directly or indirectly to around 70 per cent of the state population. It contributes about 65 per cent of the state revenue. According to the survey conducted by the state's only Agriculture University, the Environment Sustainability Index of the state is worsening and is a matter of grave concern for the scientists and policy makers. There are various factors, which are responsible for the environmental catastrophe in the state. The use of fertilizers and other agrochemicals is on rise in the state, which deteriorates the soil health.





Catholic Church's social service wing in the state two years ago came up with the programme of making Organic farming familiar in state's agriculture. India has 1.02 million hectares under organic cultivation today, catering to a consumer market that is worth 6000 crores. Organic begins with the farmer who uses zero pesticides or fertilizers on his farm and goes through rigorous certification processes in order to bring safe and wholesome food to consumers in the cities. Organic Farm Fresh is an ongoing series on the voices of farmers from across the country on cultivating organic food.

Church's social service wing at present has operational areas in Akalpur, Bishnah, RsPura, Smailpur, Nagri, Billawar and Nowshera. The wing arrives at the farmers' doorstep to give them organic pesticides and fertilizers. It also assists them in supplying tools and taking care of shelter needs. "When we were asked to stop using chemicals, we needed to substitute it with something else that would have been more effective. We were asked to stop using Urea and instead use manure from cow dung," says another farmer Manga Ram. He told ucanews.com that along with him, other farmers of his area were trained in how to make own manure from cow dung with the help of the earthworms that is being given to them free of cost.

Another farmer, Ashok Kumar, who has Basmati field in Jammu's Smailpur told ucanews.com that they are being supplied with local seeds. "We use native variety of seeds and not the ones that are imported and especially not the hybrid variety. We are self-sufficient and we know we are doing something good for the ecosystem." According to him the native variety is heavier because it is packed with nutrients and vitamins whereas the other seeds are lighter as chemicals have stripped them of nutritional value.

DrShahid Ahmad, who is doing research on the impact of the organic farming in Jammu and Kashmir told ucanews.com that though the crop farming has enhanced the food grain production but it has caused many problems to the environment and human health. "Besides, it has contributed to global warming. The

imbalanced use of agro-chemicals in soil and on plants is not only damaging the soil bacteria, fungi, actinomycetes etc. but has given rise to phenomenon like pest resistance and pest resurgence," he opined. Experts have been alarming that the dependence on the external inputs like fertilizers, pesticides, machines etc. have increased rural indebtedness and created dependencies. "Our farmers have indulged in indiscriminate use of chemical fertilizers and pesticides. Now, farmers are seeking the alternative practices that would make agriculture more sustainable and productive. Organic farming is the only alternative taking care of all ecological aspects," adds DrShahid.

Hailing from Jammu's Bishnah village, Ranbir Singh who has 2 acre of Maize fields says the first year of the organic farming was no less than a terrible experience. "My yield witnessed a sudden drop but I was told during the training that we can mitigate the losses in coming two years and it so happened- the yield started turning profitable that too without much cost and chemicals," Singh told ucanews.com. He says due to organic farming, he became independent and self sufficient. "We know now that the crops we produce are free from side effects and we sell them at a good price in the open market," Singh said.

Program Manager of Church's social service wing and in-charge of the organic farming program Mudhulika told ucanews.com that organic farming is the only way to mitigate the emerging challenge for food security and environment sustainability in Jammu and Kashmir. According to her, main objective behind the organic farming is to create integrated, human, environmentally and economically sustainable production system, which can maximize reliance on farm derived renewable resources and management of ecological and biological processes and interactions. "This process can provide acceptable level of crop, livestock and human nutrition, protection from pests and diseases and appropriate return to the human and other resources," she said. She says the Church provides all possible assistance to the farmers in a bid to encourage environment friendly farming.

Report & Photographs: Umar Shah ([www.ucanindia.in](http://www.ucanindia.in))  
Source: [www.ucanindia.in](http://www.ucanindia.in)

**CATHOLIC SOCIAL SERVICE SOCIETY, JAMMU, J&K (FOREIGN SOURCE)**  
**RECEIPTS & PAYMENTS ACCOUNT FOR THE YEAR ENDED 31-03-2016**

<u>RECEIPTS</u>	<u>AMOUNT</u>	<u>TOTAL</u>	<u>PAYMENTS</u>	<u>AMOUNT</u>	<u>TOTAL</u>
<u>Opening Balance:-</u>			Community Health & Economic Empowerment in 40 Villages	13,88,347.00	
Cash at Different Units	1,94,646.61				
Vijaya Bank A/c-308	37,94,912.17		Development of Children & youngsters with disabilities	10,21,591.00	
F.D.R	<u>20,87,708.00</u>	60,77,266.78			
Grant Received		1,02,41,472.40	Integrated Community Development Programme in 22 villages	5,69,910.00	
SBI Baramulla (OPD)		28,48,551.00	OPD Construction	28,48,551.00	
<u>Interest Income:</u>			Promotion of Family Income in 15 villages	9,04,736.00	
Saving A/c-308	1,63,886.00				
FDR	<u>3,91,995.00</u>	5,55,881.00	Strengthening Grassroot Governance & Empowering 15 Villages	14,79,551.00	
			Promotion of Sustainable Livelihood in 20 Border Villages	5,84,881.00	
			Promotion of Health Standard & Health Networking in 14 Villages	11,78,365.00	
			Relief to J&K Flood	4,504.00	
			Self Help Groups & Economic Development of 15 Villages	11,39,337.00	
			Women Empowerment in 10 villages	<u>25,01,141.00</u>	
				1,36,20,914.00	
			Less : Administrative Charges	<u>6,99,448.00</u>	1,29,21,466.00
			Administrative Charges		6,99,448.00
			<u>Other Expenses</u>		
			Bank Charges	873.00	
			Audit Fee	50,670.00	
			Office Expenses	<u>76,282.50</u>	1,27,825.50
			Interest Accured On F.D.R		3,91,995.00
			<u>Cash &amp; Bank Balances</u>		
			Cash at Different Units	2,53,333.31	
			Vijay Bank A/c 308	32,41,395.37	
			FDR	<u>20,87,708.00</u>	55,82,436.68
<b>TOTAL</b>		<b>1,97,23,171.18</b>	<b>TOTAL</b>		<b>1,97,23,171.18</b>

Place: - Jammu  
Dated:-26-08-2016

Signed as an annexure to Balance Sheet  
For R.C.Gupta & Co.,  
Chartered Accountants

  
**(SOURAV MEHTA)**  
Partner



**CATHOLIC SOCIAL SERVICE SOCIETY, JAMMU, J&K (FOREIGN SOURCE)**  
**DONOR WISE DETAIL OF DONATION RECEIVED FOR THE YEAR ENDED 31-03-2016**

<u>S No</u>	<u>Name of Donor</u>	<u>Name Of Country</u>	<u>Purpose</u>	<u>Date of Receipt</u>	<u>Amount in Rupees</u>
1	Caritas	India	Promotion of Family Income 15 villages	30.04.15	4,31,599.00
2	Caritas	India	Promotion of Family Income 15 villages	27.01.16	4,72,930.00
	Jan Vikas Smiti	India	Development for Children & Youngsters with Disabilities	13.08.15	10,00,000.00
3					
4	Manos Unidas	Spain	Promotion of Self Help Groups & Economic Development of 15 Villages	09.03.16	10,71,116.00
5	Manos Unidas	Spain	Women Empowerment 10 villages	05.05.15	12,52,604.00
6	Manos Unidas	Spain	Strengthening Grassroot Governance as Empowering 15 villages	18.11.15	13,56,821.00
	Manos Unidas	Spain		13.10.15	14,22,449.00
7			Health standard & Health Networking 14 villages		
8	Misereor	Germany	Promoting Sustainable Livelihood 20 Border Villages	22.01.16	10,64,019.50
	Misereor	Germany	Community Health & Economic Empowerment 40 villages	22.01.16	3,31,427.50
9	Misereor	Germany	Community Health & Economic Empowerment 40 villages	29.04.15	6,77,438.20
10	Misereor	Germany	Women Empowerment 10 villages	21.04.15	5,73,638.20
11	Misereor	Germany	Women Empowerment 10 villages	27.10.15	5,87,430.00
12					
<b>TOTAL</b>					<b>1,02,41,472.40</b>





**CATHOLIC SOCIAL SERVICE SOCIETY (INDIAN SOURCE)**

**BALANCE SHEET AS ON 31-03-2016**

<u>Liabilities</u>	<u>Amount</u>	<u>Total</u>	<u>Assets</u>	<u>Amount</u>	<u>Total</u>
<b><u>Accumulated Fund</u></b>			<b><u>Fixed Assets</u></b>		
Opening Balance:-	1,52,49,894.58		As Per Schedule		46,43,957.18
Add Surplus	<u>19,20,321.55</u>	1,71,70,216.13	<b><u>Current Assets Loans &amp; Advances</u></b>		
			T.A Recoverable(Caritas)	28,163.00	
<b><u>Current Liabilities</u></b>			Staff Advance	80,000.00	
Kashmir Base Line			Intt. Accured On FDRs	<u>2,75,703.00</u>	3,83,866.00
Projects	35,000.00		<b><u>Cash &amp; Bank Balances</u></b>		
Hospital Smailpur	11,810.00		Cash in Hand	18,835.00	
Salary	<u>9,500.00</u>	56,310.00	Vijay Bank -4893	41,73,863.95	
			Vijay Bank -5175	2,234.00	
			Vijay Bank-5313	5,64,735.00	
			FDRs	<u>74,39,035.00</u>	1,21,98,702.95
<b>TOTAL</b>		<b><u>1,72,26,526.13</u></b>	<b>TOTAL</b>		<b><u>1,72,26,526.13</u></b>

We have verified the above Balance Sheet as at 31st March 2016 and its annexed Income & Expenditure and Receipts & Payments Account for the year ended 31-03-2016 with the Books of Accounts, Vouchers, FDRs & Bank Statements produced to us for Verification.

Place-Jammu  
Date-05-08-2016

For R C Gupta & Co.,  
Chartered Accountants,

(SOURAV MEHTA)

Partner



## DONORS & PARTNERS



**Manos Unidas**



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Jammu, J&K - 180010

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