



ANNUAL ACTIVITY REPORT

2025-2026



BAL SAKHA ASSAM

(A Community-Based Organization Working for Women, Children & Marginalized Communities)

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Message from the Mayor, Dibrugarh



Dr. Saikat Patra

Mayor,
Dibrugarh Municipal Corporation
Dibrugarh



Residence :
Santipara, Dibrugarh
Mobile : 9435030377

Ref. No.

Date.....19/5/26.....

Message

Congratulations to Bal Sakha NGO, Dibrugarh, on another remarkable year of dedicated service. Your unwavering commitment to uplifting children in our community is truly inspiring. Through your tireless efforts, countless young lives have found hope and opportunity. You have consistently turned challenges into stepping stones for children's development. Your focus on education, health, and protection creates a lasting social impact. Dibrugarh is fortunate to have an organization so deeply invested in its future. Every success story in this annual report reflects your team's profound empathy. May this annual report serve as a testament to your incredible collective strength. We applaud your transparency, dedication, and visionary leadership in child welfare. Your work bridges the gap between vulnerability and a secure, bright future. As you review this year's triumphs, may you find renewed energy for tomorrow. My special thanks to Dr. F.U.Ahmed, Dr. Aditya Chatterjee & all the members for their tireless effort. We wish Bal Sakha continued growth, abundant resources, and endless success ahead. Keep shining your light and transforming the lives of our nation's children.

Yours faithfully

A handwritten signature in blue ink, appearing to be 'Saikat Patra'.

(Dr. Saikat Patra)
Mayor

Message from the President

This year, Bal Sakha Assam, a registered NGO, continues its stated objective of providing sustainable solutions to the long-term challenges faced by children and women in the tea gardens and rural areas of Assam. It carried out activities in the field of health & wellness promotion, promoting the social and economic empowerment of women through literacy and community-based, innovative programs aligned with the ongoing development program. The endeavour to dovetail the government's nation-building programme was initiated through the involvement of Panchayati Raj institutions, government departments and community participation. We continued the earlier programs and initiated new ones. The program's outcomes were concurrently evaluated and shared with the funding agencies. The secretary's annual report vividly describes the performance and future course of action. I, on behalf of the Organisation, extend my heartiest thanks to all the executive members, donors, and sponsors of the Organisation's programmes.



Prof. (Dr). F. U. Ahmed
President
BAL SAKHA ASSAM

Message from the Secretary

Dear Friends, Supporters, and Well-Wishers,

It gives me great pleasure to present the Annual Report of Bal Sakha Assam for the year 2025–26. This year has been a period of meaningful engagement, learning, and collective action toward the empowerment of women, children, and marginalized communities living in the tea garden belts and rural areas of Assam. Guided by our vision of inclusive, equitable, and sustainable development, we continued our dedicated efforts to address critical social issues related to health, education, child protection, livelihood promotion, gender equality, social awareness, and community participation.



One of the major milestones of the year was the adoption of Merelipathar Gaon in Chabua, Dibrugarh, for integrated village development. Through community meetings, household surveys, awareness programmes, and skill development initiatives, we worked closely with local residents to strengthen their capacities and improve their socio-economic conditions.

Our “Women Empowerment through Skill Development” initiative produced encouraging outcomes through mushroom cultivation training programmes, enabling many rural women to start livelihood activities, increase their confidence, and participate more actively in household and financial decision-making.

Health awareness and gender sensitization programmes conducted during the year also contributed towards improving awareness on nutrition, anaemia, hygiene, mental health, women’s rights, and social protection issues. These initiatives helped create informed and confident communities, particularly among adolescent girls and women.

These achievements were possible because of the dedicated support of our executive members, advisors, volunteers, donors, health professionals, community leaders, and well-wishers. A very special thanks to **Mr. Ravi Singh** from Bahadurgarh, Haryana, for his continuing support to the organization for its work and activities.

I would also like to extend sincere appreciation to the women and community members whose trust, participation, and resilience inspire us to continue our work with greater commitment and responsibility.

As we move forward, Bal Sakha Assam remains committed to promoting dignity, equality, sustainable livelihoods, child protection and community-led development. We believe that meaningful change is possible when communities actively participate in shaping their own future.

With gratitude and best wishes,

Dr. Aditya Kumar Chatterjee
Secretary
Bal Sakha Assam

Dr. Khanindra Misra Bhagawati

Rtd. Principal, Dibrugarh Hanumanbux Surajmal Kanoi Commerce College
Dibrugarh



"BALSAKHA" is an NGO committed to social welfare and community development as a whole. Since its inception in 2010, this NGO has been engaged in promoting the health, education, Child protection, human development, and well-being of deprived communities by overcoming various challenges and limitations. I am very happy to be associated with this NGO and expect that it will make a significant impact on our society.

The annual report reflects not only the activities undertaken by the organization during the year but also the achievement of implementing different schemes and programmes directed towards the target community in the operational area. Through initiatives and programmes like village development, health awareness, awareness on gender issues, skill development, and financial literacy, the NGO has intentionally impacted the target community in different aspects of their lives.

I extend my sincere appreciation to Dr. Aditya Kumar Chatterjee (Secretary of the NGO), Dr. Faruqueddin Ahmed (President of the NGO), members of the NGO, staff, and all well-wishers for making the NGO a vibrant role player in the development of the community and society.

I strongly believe that "BALSAKHA ASSAM" will continue to grow in strength and purpose and cement its position as a role model in creating an inclusive and empowered society.

I convey my best wishes for the continued success and progress of "BALSAKHA ASSAM".

Dr. Khanindra Misra Bhagawati

Annual Report of Bal Sakha Assam 2025-26

Bal Sakha Assam is a registered NGO established in January 2010. The organisation seeks sustainable solutions to the long-term challenges faced by children and women in the tea garden and rural areas of Assam.

The organisation aims to promote health, education, human development, and the overall well-being of deprived communities, particularly those excluded from the current development model and rapid economic growth. Community-based initiatives in education and health, development of children in tea garden and rural areas, along with the empowerment and skill training of adolescents and women, remain key priorities.

Approach

Our approach is to bring all stakeholders together to develop collective strategies and participatory problem-solving processes.

Guiding Principles

- Social transformation in the sphere of child rights and women's rights through community participation, advocacy, scientific research, and evidence-based methodologies.
- Transparency in administration and financial management.

Theory of Change

Change does not occur in isolation; therefore, all stakeholders must be involved in the process of transformation. Sustainable change can only be achieved when communities and stakeholders take ownership of the process and participate holistically.

With these objectives, Bal Sakha Assam continued to focus its work among tea garden and rural communities. The following activities involving community members, women, and adolescent girls were undertaken during 2025–26.

Village Development Initiative

In 2025–26, Bal Sakha Assam adopted a village named “Merelipathar Gaon” in Chabua, Dibrugarh, for the holistic development of the community. The majority of the population belongs to the tea garden community, where issues such as illiteracy, early marriage, poor health, domestic violence, and alcoholism are prevalent. Another section of the population comprises displaced families from Rohmoría village under Lahowal, whose land was submerged by the Brahmaputra River in 2011.

Situation Analysis

Following the preparation of a structured questionnaire, a household survey was conducted across 619 households. The survey enabled the team to assess the socio-economic profile of

the community, including ethnicity, education, livelihood patterns, occupation, annual income, and other relevant indicators.

Meetings with the Communities

Three community meetings were conducted at Merelipathar Gaon, Chabua, Dibrugarh on 28 May 2025, 17 August 2025, and 19 November 2025. The meetings aimed to raise awareness among rural communities about the importance and benefits of skill development training as a pathway towards sustainable livelihoods and women’s empowerment.

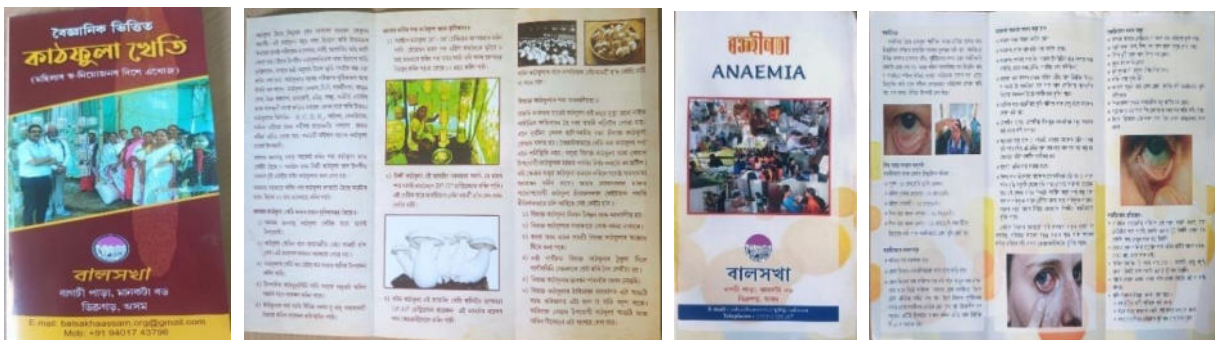


The sessions engaged community members, particularly women and adolescent girls, through participatory discussions. The meetings highlighted how skill-based training can improve income opportunities, promote financial independence, and enhance self-confidence. Special emphasis was placed on linking skill development initiatives with local market opportunities and entrepreneurship.

The meetings also addressed social barriers that limit women’s participation in economic activities and encouraged supportive community attitudes toward women’s empowerment. Overall, the initiative contributed to increased awareness, motivation, and readiness among community members to participate in livelihood and skill development programmes for improved socio-economic outcomes.

Design and Distribution of IEC Materials

IEC materials on mushroom cultivation and anaemia awareness were designed, printed, and distributed among the community members of the village to promote awareness and practical knowledge.



Health Awareness Initiatives

Bal Sakha Assam conducted a series of community-based health awareness sessions to strengthen women's health literacy and promote gender equality under its "Women Empowerment through Skill Development" initiative. These interventions engaged adolescent girls and women through participatory approaches, focusing on key issues such as nutrition, mental health, anaemia, hygiene, and prevention of substance abuse.

Health professionals and trained facilitators provided practical guidance on the early identification and management of anaemia, healthy dietary practices, hygiene, and the importance of balanced nutrition and micronutrient intake.

Awareness Meeting on Health Issues and Women's Rights

On 24 August 2025, an Awareness Meeting on Health Issues and Women's Rights was organised by Bal Sakha Assam at Merelipathar Gaon, Chabua. The programme served as an important platform for educating adolescent girls and women on critical issues related to health and social empowerment.



The session was facilitated by students of MDKG College under expert guidance and focused on adolescent health, nutrition, mental well-being, anaemia, and substance abuse. Participants were sensitised to the importance of balanced diets, proper hygiene, and healthy lifestyles for physical and mental well-being.

Special emphasis was placed on anaemia, a widespread concern among women and adolescents, including discussions on its symptoms, causes, prevention through iron-rich diets, and the importance of regular health monitoring. Mental health issues were also addressed, encouraging open communication, stress management, and community support.

Health Awareness Meeting – December 2025



Another health awareness meeting was conducted on 14 December 2025 under the Women Empowerment through Skill Development project. Medical experts and health professionals, including Dr. F.U. Ahmed, Retired Principal of Assam Medical College and Hospital and President of BSA, and Dr. Ajanta Deuri, Professor, Department of Community Medicine, Diphu Medical College, directly interacted with participants.

The session focused on common health concerns such as dizziness, fatigue, and loss of appetite, which were largely associated with anaemia. Detailed guidance was provided on nutrition, iron supplementation, hygiene, and preventive healthcare practices. The importance of iodine intake and safe dietary habits, especially among pregnant women, was also highlighted due to its role in healthy child development.

Community Health Awareness Programme – February 2026

A subsequent health awareness programme was organised on 23 February 2026 to address broader community health concerns such as elderly care and water-borne diseases including diarrhoea and dysentery.

The programme was attended by Ms. Pratima Buragohain (ANM), Ms. Anita Devi (ANM), Ms. Ira Talukdar (ANM), Ms. Binapani Das (ANM), Ms. Elimai Handique (Nursing Superintendent), Ms. Mamota Saikia (Senior Sister, Rural Health Training Centre, Chabua), Dr. F.U. Ahmed, Dr. Aditya Kumar Chatterjee, Mr. Anirudha Konwar, and 29 participants.



Participants were educated on the causes, symptoms, and preventive measures related to water-borne diseases, including safe drinking water, sanitation, and hygiene practices. The programme reinforced the importance of timely medical consultation and community-level awareness to prevent disease outbreaks.

Overall, these initiatives demonstrated Bal Sakha Assam’s comprehensive approach toward improving health literacy, empowering women, and building resilient and informed communities capable of addressing health and social challenges effectively.

Awareness Programme on Gender Issues



An awareness programme on gender issues was organised at the L.P. School, Merelipathar, on 24 August 2025. A total of 66 adolescent girls and women participated in the programme along with Dr. Aditya Kumar Chatterjee and Mr. Bikul Mahato from Bal Sakha Assam.

The programme was facilitated by 29 students of the 5th Semester, Department of Geography, MDKG College, Dibrugarh, who were undertaking an internship with Bal Sakha Assam.

The sessions focused strongly on women’s rights, promoting awareness regarding equality, freedom of expression, the right to health, and protection from violence. Participants were informed about constitutional provisions and legal safeguards ensuring women’s dignity and safety.

Critical social issues such as child marriage, domestic violence, dowry, and unsafe touch were discussed in detail, enabling women and adolescent girls to recognise and respond to such challenges. The interactive nature of the programme encouraged active participation and strengthened participants’ confidence to voice concerns and seek support when necessary.

Skill Development Training on Mushroom Cultivation

Bal Sakha Assam implemented skill development training on mushroom cultivation for rural women with the objective of promoting sustainable livelihoods and women's entrepreneurship.

Three batches of training were conducted during:

- June 2025 to September 2025
- September 2025 to November 2025
- January 2026 to March 2026



A total of 93 women beneficiaries participated in the programme. The intervention combined technical training, entrepreneurship development, and post-training support to enable sustainable household-level income generation.

Training Approach



Bal Sakha Assam implemented skill development initiative on mushroom cultivation to enhance livelihood opportunities for rural women. The training included sessions on the complete process of oyster mushroom cultivation, from raw material preparation to harvesting. Participants learned about substrate

preparation, seed (spawn) layering, incubation, watering techniques, and production cycles.

Practical demonstrations and guided exercises enabled participants to develop confidence in independently managing production units.

Benefits of the Training

The training contributed to multiple dimensions of empowerment:

- **Economic Empowerment:** Women acquired skills to initiate income-generating activities at the household level.
- **Entrepreneurship Development:** Participants were encouraged to view mushroom cultivation as a viable small business opportunity.
- **Skill Enhancement:** Hands-on learning improved technical knowledge and practical abilities.
- **Financial Inclusion:** Participants received orientation on savings, budgeting, and basic financial management.
- **Confidence and Leadership:** Women demonstrated increased confidence in decision-making and community participation.

Business Planning and Marketing Linkages:

Three workshops on business planning and marketing linkages were conducted on 17 August 2025, 12 October 2025, and 8 and 29 March 2026.

The workshops focused on:

- Household budgeting
- Maintenance of cash books
- Use of mobile phones for communication
- Digital marketing and market linkages



Participants gained a practical understanding of basic business management skills essential for small-scale entrepreneurship.

Enrichment Workshops

Under the “Women Empowerment through Skill Development” project, a series of enrichment workshops was organized for women beneficiaries who completed mushroom cultivation training.

The workshops aimed to:

- Strengthen entrepreneurial capacities
- Enhance financial literacy
- Support practical application of acquired skills
- Encourage post-training engagement



A total of 89 women beneficiaries participated across three workshops conducted in 24th January, 21st February, and 29th March 2026.

The sessions were facilitated by the Project Coordinator, Technical Assistant, and Animator. Senior representatives of the organisation, including the President and local village leadership, also attended selected sessions, reinforcing community ownership and institutional support.

Key Discussions and Capacity Building Areas

a. Business and Financial Management

Participants were oriented on essential financial practices, including maintaining cash books, preparing household budgets, and tracking income and expenditure. Practical tools such as monthly income-expenditure sheets were distributed. Emphasis was placed on developing savings habits and promoting formal banking practices for financial security.



b. Digital Literacy and Use of Mobile Technology



The workshops highlighted the role of mobile phones as critical tools for small businesses. Sessions focused on improving communication, enhancing productivity, and strengthening customer engagement through digital means such as calls, messaging applications, and basic online coordination.

c. Entrepreneurship Development

Participants were encouraged to adopt business-oriented approaches to mushroom cultivation. Discussions included customer relations, responsiveness, and improving market linkages. The importance of planning, record-keeping, and scaling small enterprises was emphasized.

d. Addressing Learning Gaps

Special attention was given to participants who had missed earlier sessions, particularly on financial management. Facilitators provided additional guidance to ensure inclusive learning and clarity on key concepts such as cash book maintenance.

Observations

- Increased awareness among participants on financial management and budgeting practices.
- Improved understanding of the importance of record-keeping for small enterprises.
- Enhanced confidence in using mobile technology for business communication and coordination.
- Active participation and peer learning, indicating strong engagement and interest.
- Strengthened linkage between training and livelihood application.

Certificate Distribution

Certificates were distributed to all participants upon successful completion of the mushroom cultivation training, recognising their efforts and encouraging continued livelihood engagement.



Outcomes and Impact

An end-line survey was conducted among the 93 beneficiaries after completion of the training programme. The following outcomes were observed:

- Beneficiaries who started mushroom cultivation: **82.7%**
- Average income growth: **Rs. 3,228.89**
- Beneficiaries involved in selling produce: **82.7%**
- Beneficiaries able to take independent financial decisions after training: **98%**
- Beneficiaries who reported feeling economically independent: **90%**
- Beneficiaries requiring government registration support: **25%**
- Beneficiaries requiring financial support to start cultivation: **11%**

The Mushroom Cultivation Training proved to be an effective intervention for promoting livelihood opportunities and empowering rural women. By integrating technical skills with entrepreneurial and financial knowledge, the initiative laid a strong foundation for sustainable income generation and long-term socio-economic development.

Skill development training on Agarbatti



Based on the demand expressed by women of Merelipathar, a skill development training programme on agarbatti making was organised by Bal Sakha Assam at Natun Gaon, Merelipathar, Chabua, Dibrugarh on 9 February 2026.

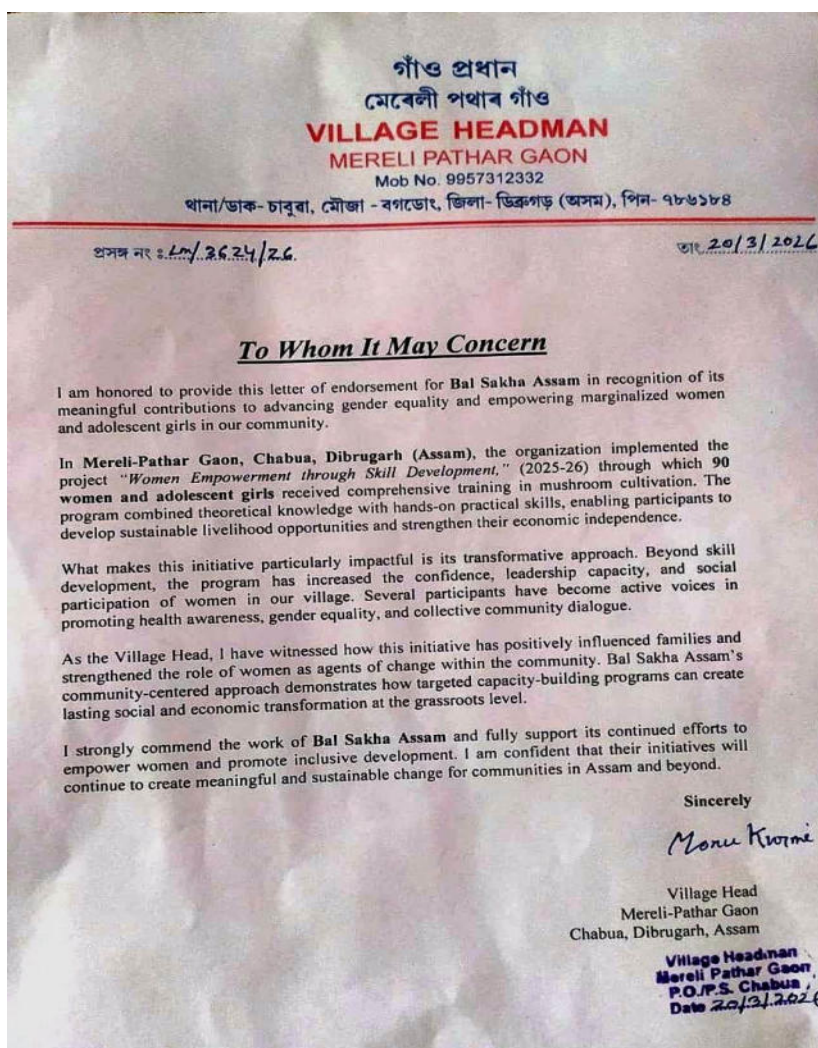
A total of 20 women participants received training in agarbatti production. Ms. Rekhamoni Boruah from Panitola, Tinsukia, served as the resource person for the programme.

Financial Literacy Program

A mobile app-based Financial Literacy Programme was implemented by Bal Sakha Assam in coordination with Wagon Skill Foundation, Pune from 1 August 2025.

The programme benefited 75 rural women from Dibrugarh district by improving their awareness and understanding of financial literacy, digital tools, and financial management practices.

Appreciation letter from Village head



Annual General Body Meeting

The Annual General Body Meeting of Bal Sakha Assam was held on 26 July 2025 at Sadarang Kala Mandir, Asitnagar, Bagchipara, Dibrugarh.

The meeting was attended by Dr. F.U. Ahmed, Dr. Aditya Kumar Chatterjee, Mr. Raj Kumar Saini, Dr. Ranjit Singha, Dr. Moutusi Bagchi, Mr. Iqbal Ahmed, Ms. Enakshi Bagchi, Dr. Kalyan Barooah, Dr. Malarani Devi Dutta, Ms. Rashmita Mech, Dr. Ajanta Deuri, Dr. Khanindra Misra Bhagwati, Mr. Tamal Sen, and Mr. Sajidur Rahman.



At the beginning of the meeting, the house observed a one-minute silence in memory of the late Mr. Saibal Ganguli, an Executive Member of Bal Sakha Assam and a member of Bharat Vikas Parishad. The members paid tribute to his contributions as a kind-hearted individual, skilled administrator, and respected speaker. His untimely demise at the age of 58 was acknowledged as a significant loss to society.

Agenda of the Meeting

- Welcome address by the President
- Presentation of the Secretary's Report
- Discussion on ongoing activities
- Approval of the Audit Report and Statement of Accounts up to March 2025
- Annual subscription matters
- Election of office bearers and executive body members
- Submission of Aadhaar and PAN copies of new members
- Vote of Thanks

Following the President's welcome address, Dr. Aditya Kumar Chatterjee presented the activity report for 2024–25. Discussions were also held regarding activities initiated during 2025–26. This was followed by presentation of the Audit Report for 2024–25 by Mr. Raj Kumar Saini, Treasurer of BSA.

Executive Members Elected

The following members were elected as executive members of Bal Sakha Assam:

1. Dr. Faruqueuddin Ahmed
2. Dr. Aditya Kumar Chatterjee
3. Mr. Raj Kumar Saini
4. Dr. Ranjit Singha
5. Dr. Khanindra Misra Bhagwati
6. Ms. Sreeparna Banerjee
7. Mr. Sajidur Rahman

The General Body elected:

- Dr. Faruqueuddin Ahmed as President
- Dr. Aditya Kumar Chatterjee as Secretary
- Mr. Raj Kumar Saini as Treasurer

A Core group/ Advisory board of Bal Sakha Assam was formed with the following members:

1. Dr. F.U. Ahmed
2. Mr. Iqbal Ahmed
3. Dr. Aditya K. Chatterjee
4. Dr. Khanindra Misra Bhagwati
5. Mr. Sajidur Rahman
6. Dr. Moutusi Bagchi
7. Dr. Malarani Devi Dutta

Linkage and interaction with the other organisations

Krishi Vigyan Kendra, Romai, Dibrugarh

One awareness cum training program on horticulture was organized by Bal Sakha Assam with the coordination of Krishi Vigyan Kendra, Romai, Dibrugarh on 23rd July 2025 at L.P. School, Merelipather gaon, Chabua, Dibrugarh. 30 participants along with Mr. Anirudha Konwar, Mr. Bikul Mahato from BSA, Ms. Sangeeta Borah Saikia, Resource person, home-science, KVK and Ms. Sharmistha Borgohain, resource person, Scientist, Horticulture, KVK were present in the meeting.



Manohari Devi Kanoi Girls College



Bal Sakha Assam received a request from the Geography Department of MDKG College, Dibrugarh, for internship opportunities for 6th Semester students in May 2025.

The organisation accepted the proposal, and on 30 May 2025, Dr. Aditya Kumar Chatterjee, Secretary of BSA, interacted with the students on the topic “Social Analysis of a Village.”

During July–August 2025, 29 students from the Geography Department undertook internships under Bal Sakha Assam on the theme “Socio-Economic Status of Merelipathar Gaon, Chabua.”

Rural Health Training Centre, Chabua:

Bal Sakha Assam approached and established coordination with the Rural Health Training Centre (RHTC), Chabua, through meetings between BSA leadership and RHTC faculty members.

With the support of RHTC, an “Awareness Programme on Women’s Health Issues” was conducted at Merelipathar Gaon, Chabua on 23 February 2026.

U.S. Consulate Kolkata:

An interaction meeting was held at the Bal Sakha Assam office, Dibrugarh, on 30 March 2026 with Ms. Elizabeth Lee, Director of the American Centre Kolkata, and Ms. Raksha Bihani, Press and Media Coordinator of the U.S. Consulate, Kolkata.



Bal Sakha Assam was represented by Dr. F.U. Ahmed (President), Dr. Aditya Kumar Chatterjee (Secretary), and Dr. Khanindra Misra Bhagwati (Executive Member).

The meeting focused primarily on discussions regarding the work, initiatives, and future vision of Bal Sakha Assam.

Interaction with Public Representatives

The members of Bal Sakha Assam met local MP and Hon. Minister of Ports, Shipping and Waterways, Sri Sarbananda Sonowal, and Local MLA and Hon. Minister of Power, Skill, Employment and Entrepreneurship, Sri Prasanta Phukan and shared the activities of Bal Sakha Assam.



Internship

BSA provided the internship to 30 students from different institutions, to help them to understand how the non-profit ecosystem works in developing communities and develop leadership among them.

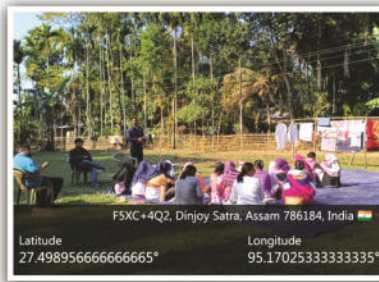
Twenty-nine 5th Semester students from the Geography Department, MDKG College, Dibrugarh, undertook a community engagement internship at Merelipathar Gaon, Chabua, Dibrugarh, from 15th June 2025 to 14th September 2025. After the completion of the internship, they submitted a joint report on “Socio-Economic Status of Merelipathar Gaon”.



Mr. Anurag Khanikar, 6th Semester student of Zoology Department, Sibsagar University, carried out an internship on “Mushroom Cultivation, Farm Operations and Community Awareness” from 23rd December 2025 to 18th January 2026.



Bal Sakha Assam is very much thankful to all persons, institutions, and organisations for their continuing support in achieving our goals and objectives.



You too can join and support us in this noble journey to uplift the marginalized section of the society. Please donate now and ensure to build an educated and well-being society in rural and tea garden areas of Assam. Your contribution will go a long way in improving the lives of the discriminated section of society.

You can donate to us through crossed cheque favouring **Bal Sakha Assam** or through our website:

www.balsakhaassam.org.in

You can contact us by phone directly on **94017 43796**

or through email at:

balsakhaassam.org@gmail.com / dradityachatterjee@gmail.com

(Please do not forget to add your zerox copy of pancard, address, email & contact number.)

All donations to **Bal Sakha Assam** are exempted under Sec. 80G of Income Tax Act, 1961