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HAND IN HAND

Organisation for Humanitarian Aid

Activity and Progress Report

From 1st April 2022 until 31st March 2023

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GENERAL INFORMATION

HAND IN HAND is an [international non-profit organisation for humanitarian aid](#), founded in Vienna in March 2000. This was followed by HAND IN HAND USA (2001), HAND IN HAND Foundation Germany (2005), HAND IN HAND Switzerland (2006), HAND IN HAND Foundation Netherlands (2007) and HAND IN HAND France (2008).

The present activity and progress report describes the current developments of the HAND IN HAND projects in India and summarises the specific activities of the HAND IN HAND organisations in Austria, Germany, the Netherlands, and France.

The activity reports of HAND IN HAND Switzerland and HAND IN HAND USA are available at www.handinhand-schweiz.org and www.handinhandusa.org.

All the organisations listed above work for the conception, planning, financing, and implementation of the HAND IN HAND aid projects in the areas of education, health, and disaster relief in Odisha. Odisha is one of the poorest states in India with an exceptionally high degree of exposure to natural disasters.

The aid projects are implemented in cooperation with the partner organisation of HAND IN HAND, the PRAJNANA MISSION in Cuttack, Odisha, India. The structure of HAND IN HAND together with an overwhelming voluntary commitment enables up to 80 to 90% of the donations to flow into the projects efficiently and allows for almost all donations to reach those in need.

HAND IN HAND pursues exclusively charitable goals. As a result of international cooperation, it is possible to break hopeless cycles of poverty by:

- Giving children living in extreme poverty a home, the chance to grow up healthy, and quality education - and thus a future.
- Providing medical care to people without access to health services and medicines.
- Providing rapid and sustainable aid in the event of natural disasters, to protect people, animals, and the environment.

The HAND IN HAND health projects - the [Hariharananda Charitable Health Centres](#) - are in Balighai, Jagatpur, Arua, Athagarh and Bhashindpur. More than 30 doctors offer general and special medical treatments in the Health Centres.

The HAND IN HAND [education projects](#) are currently:

- The Hariharananda Residential School
- The Chrysalis project, which emerged from the Balashram project
- The Hariharananda Shikshashrams (small village schools)

The HAND IN HAND **disaster relief and civil protection** includes:

- Provision of immediate life-support assistance such as medical aid, provision of food, hygiene items and emergency kits;
- Helping to restore destroyed infrastructure, such as building storm- and flood-proof, one-room houses;
- Provision of agricultural land, seeds, massive planting and reforestation.

All HAND IN HAND projects stand for an **ecologically-attentive and care for life**, and aim at increasing autonomy. With green ideas for a healthy future the following was achieved:

- The expansion of the gardens and the construction of a well in the Balashram Residential School
- The construction of a farm building for the supply of dairy products and the preservation of The Indian humped cattle (Zebu)
- The construction of a biogas plant
- The instillation of solar panels

In the year 2022 / 2023, with the donations for HAND IN HAND and in cooperation with PRAJNANA MISSION, its partner organisation in Odisha (India), the education and health projects as well as the projects in the field of disaster relief and civil protection were successfully continued.

HEALTH PROJECTS

The Hariharananda Charitable Health Centres (HCHC) provide professional medical treatment to people without access to adequate medical and dental care. Since the year 2000, the founding year of HAND IN HAND, five Health Centres have been established in the districts of Puri, West Medinipur and in Cuttack. One of the HCHC has been developed into the HCHC Jagatpur Day Clinic.

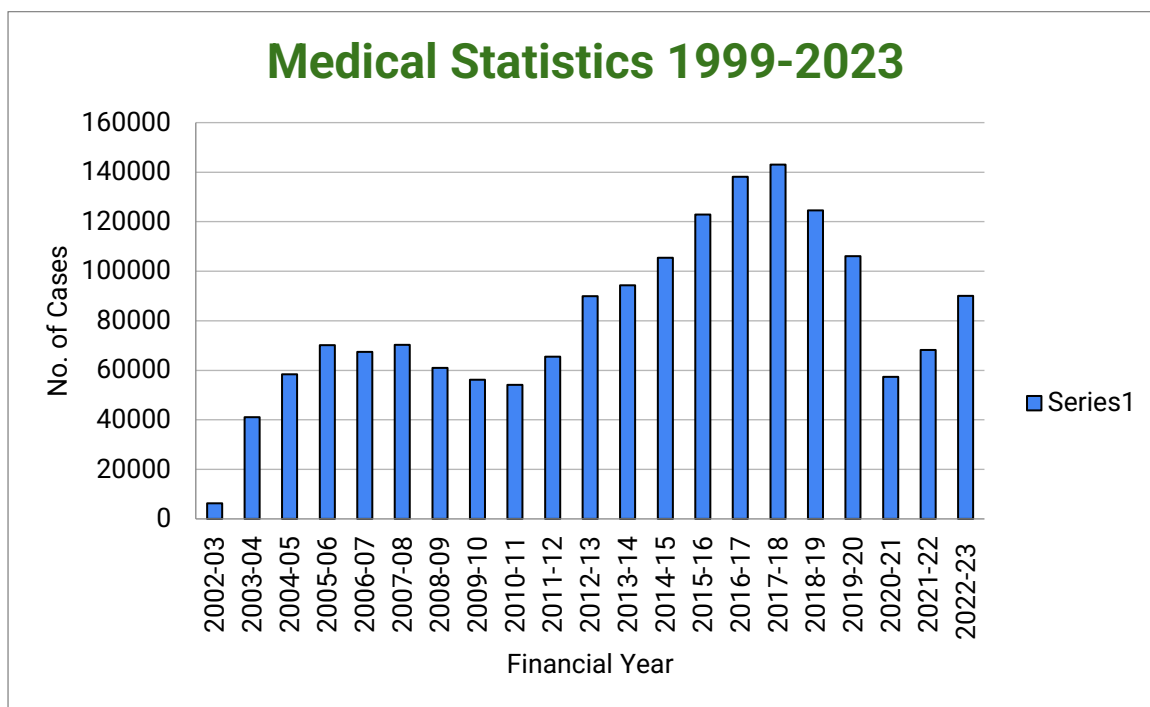
In addition, Mobile Health Camps are offered in urban slums and in remote rural areas. Via the Village Health Camps, medical care is consistently and continuously offered in regions with insufficient or no access to health facilities.

STATISTICS

From July 1999 until March 2023, the HCHC provided medical assistance and medicines for close to 1.69 million patients. Despite COVID pandemic, about 57,288 people could avail the medical services during 2020-21 and 68,209 people during 2021-22. During the period from April 2022 to March 2023, about 90,077 patients got treated. The drop in the number of patients since the year 2018-19 is due to the opening of a government urban public health care centre in Jagatpur 2018 and due to the pandemic as only patients not having COVID symptoms were treated at our health centres. The treatment of Covid patients was tied to the state hospitals.

The year-wise breakup of patients treated:

Year	Total Patients Treated		Year	Total Patients Treated
1999-00	15,147		2012-13	89,973
2000-01	22,218		2013-14	94,272
2001-02	17,370		2014-15	1,05,418
2002-03	20,167		2015-16	1,22,828
2003-04	41,087		2016-17	1,38,085
2004-05	58,371		2017-18	1,43,001
2005-06	70,151		2018-19	1,24,581
2006-07	67,473		2019-20	1,06,045
2007-08	70,304		2020-21	57,288
2008-09	60,993		2021-22	68,209
2009-10	56,199		2022-23	90,077
2010-11	54,096		SUM TOTAL =	1,683,965
2011-12	65,514			



FUTURE PLANS

- Construction of a staircase for emergency evacuation in HCHC Jagatpur
- Purchase of ultrasound machine
- Purchase of immune-analyzer
- Cow-based medicine therapy
- Tribal Health Projects

HCHC JAGATPUR (Day Clinic)

HCHC Jagatpur day clinic celebrated its opening in February 2014 in the new industrial area of Jagatpur. The clinic provides for the poor and offers general medical and therapeutic treatments, as well as health services in centralized medical fields such as pediatrics, gynecology, and surgery. 200 - 300 patients receive medical help every day in the day clinic.

OFFERED SERVICES

The day clinic offers outpatient services six days a week. They include EKG examinations, laboratory tests (daily), outpatient eye care (once a month), and other specialist medical care such as cardiology (twice a month), urology (twice a week), neurology (twice a month), obstetrics and gynecology (three times a week), pediatrics (three times a month), orthopedics (twice a week), dermatology etc.

- Laboratory Services: HCHC Jagatpur has been providing laboratory services since August 2014. The laboratory is equipped with a semi-automatic analyzer, centrifuge machine, incubator, water bath, microscope, ESR stand, hemocytometer, refrigerator, DC counter and all necessary reagents. In February 2016, because of added pressure due to the arrival of more patients another semi-automatic analyzer and a CBC machine were added. With increased demand on pathology a fully automatic bio-chemistry analyzer, a Na/K analyzer and a coagulant machine was procured on Aug 10, 2019. A 300 mA Xray of make GE with a Fujitsu CR machine was also installed on February 14, 2020. This has greatly benefited the patients because almost all services required at HCHC Jagatpur are now available here. The patients will now not have to spend money and time to travel to Cuttack to get an X-ray.

The following are the tests conducted in the laboratory: ECG, DC, TLC, TPC, Hb%, CBC, ESR, RBS, FBS, PPBS, PGBS, Urea, Creatinine, LFT, Total Protein, Albumin, Serum Calcium, Na+/K+, PTT, APTT, BT/CT, Lipid Profile, Uric Acid, HbA1c, ASO, RA, CRP, VDRL, MX-Test (Mantoux), Blood Grouping, WIDAL, HIV, HCV, HBSAG, TOXO, MP-ICT, MP-Slide, Urine RM, Urine Analyze, U-BHCG/UVT, Urine BS/BP, Urine Micral, Urine C/S (culture), Stool RM, Stool for occult blood.

- *Radiography Services:* Radiography services were added in December 2019. On an average day, a total of 10 X-rays are carried out. A 300mA Xray was also installed on February 14, 2020.
- *Eye OPD:* Eye OPD has been running since October 2014 and on an average 50-60 patients being treated on every Wednesday. The OPD is equipped with eye examination chair, Keratometer and I-Chart (LCD), Auto Refractometer and Vision Drum. Because of the non-availability of voluntary doctors on a continued basis, the services were suspended till February 2021. The services were again resumed in March 2021.
- *The Dressing Unit for All Types of Minor Injuries:* The dressing unit is equipped to handle many kinds of dressing cases such as burn cases, ulcers with maggots, gangrene, etc. Quite a few minor OPD cases are being handled at HCHC Jagatpur. Burn cases, diabetic foot ulcers, lipoma and other similar cases are regularly handled at HCHC Jagatpur.
- *ECG Services:* HCHC, Jagatpur has been providing ECG Service since the inception of the new HCHC building. This service assists the doctors in the diagnosis of cardiac conditions. Because of the introduction of ECG tests, patients do not have to go to diagnostic clinics for carrying out the tests.
- *Dental Services:* The dental services initially were restricted to extraction, filling and scaling. With the availability of hydraulically operated dental chairs with all other necessary equipment, HCHC Jagatpur is also carrying out Root Canal Treatment.
- *X-Ray:* HCHC Jagatpur has installed X-Ray machine was February 14, 2020.
- *Physiotherapy:* Physiotherapy has become an alternative to medicinal, pain therapy. Since 2016/2017 the physiotherapy department is equipped with all common devices for the therapy required for an average of 30 patients a day.
- *First Aid:* In spring 2020, a first aid room was set up on the ground floor.
- *COVID Measures:* HCHC has been working with district authorities on measures to counter the spread of Covid-19. A COVID vaccination drive for people above 18 years of age was launched in May 2021 at the Jagatpur Day Hospital. So far, about 35,000 people have been vaccinated with doses 1 and 2.
- *Oxygen – The Life Saver:* Oxygen is essential for the people affected by COVID and to strengthen the hands of the government in its efforts and to reduce the bottleneck of crucial life saving devices, HCHC has worked with the health officials to provide Oxygen cylinders and necessary medical supplies for the affected. In June 2021, PRAJNANA MISSION with the help of Hand-in-Hand donated 100 D-type jumbo cylinders, oxygen concentrators, oxyflowmeters, pulse oximeters, etc. to hospitals and Covid care centers.

STATISTICS

The monthly average of the number of people taking OPD treatment during 2020-21 was 4,774; but it increased to 5,684 during 2021-22, and 7,506 in 2022-23. The number of people who utilized other services is as below:

HCHC Jagatpur (Day Clinic)	2020-21	2021-22	2022-23
Laboratory Services	14,508	13,360	20,123
Surgical Services	1030	607	1,041
ECG	325	467	564
Physiotherapie	2,964	8,354	9,210
X-Ray	800	1,120	1,906

HCHC BALIGHAI

Hariharananda Charitable Health Centre HCHC in Balighai, Puri, in the state of Odisha is offering conventional general medical treatments and specialist health services.

Unlike HCHC Jagatpur, health services at HCHC Balighai were interrupted due to COVID pandemic. It has been in full operation again since the summer of 2021.

OFFERED SERVICES

HCHC in Balighai is open 6 days a week. In addition to the regular health services, HCHC Balighai is offering Ayurvedic and Homeopathy health services. Ayurvedic treatments have been carried out since February 2018 and homeopathic treatments since February 2021. Physiotherapy services are usually offered twice a month. Special camps with the help of local ayurvedic specialists are organized for specific diseases. The centre also offers specialist skin consultations, as well as dental treatments twice a month.

Eye OPD services were being offered on alternate months at HCHC Balighai using Eye examination equipment viz., mobile Keratometer and Vision Drum. Because of the non-availability of voluntary doctors on a continued basis, the services are currently not being provided. Efforts are on to search for doctors or cooperation-partners who will come and serve on a voluntary basis.

In addition, Special allopathy medical camps in the HCHC health centre at Balighai for ENT, gastroenterology, and cardiovascular diseases are also being organized. These camps can reach areas where people normally have limited or no access at all to medical facilities.

STATISTICS

The following is the number of patients who took treatment during April 2022-March 2023.

HCHC Balighai	2022-23
OPD Allopathy	8,290
OPD Ayurveda	1,440
OPD Homeopahty	2,880
Dental	1,328
Total	13,938

HCHC BHISHINDIPUR

OFFERED SERVICES

Hariharananda Charitable Health Centre in Bishindipur in the state of West Bengal offers conventional general medical treatments and specialist health services, such as homeopathic treatments on two days every week.

Eye OPD services were being offered on alternate months at HCHC Balighai using Eye examination equipment viz., mobile Keratometer and Vision Drum. Because of the non-availability of voluntary doctors on a continued basis, the services are currently not being provided. Efforts are on to search for doctors or cooperation-partners who will come and serve on a voluntary basis.

STATISTICS

The OPD services at Bishindipur were utilized by 3,966 patients in 2022-23.

VILLAGE HEALTH PROJECTS

OFFERED SERVICES

The Village Health Project Athagarh (Upavanam), offers homeopathic treatments 6 days a week and dental care twice a month.

The Village Health Project Arua, situated on the premises of the Hariharananda Balashram Residential School, offers four days a week allopathic treatment and twice a month dental care. Regular homeopathic treatment has also been carried out since 2019/20.

STATISTICS

The OPD services at the Village Health Project at Athagarh and Arua was utilized by 6,497 patients and 8,571 patients, respectively.

EDUCATION PROJECTS

HARIHARANANDA BALASHRAM RESIDENTIAL SCHOOL

Since July 2004, the Hariharananda Balashram Residential School project has been offering children of extreme poverty—without primary care and educational opportunities—a safe home, health care and high-quality education. The children living in urban slums or in severely underserved, hard-to-reach rural areas are selected by a specially qualified commission. Each year, 40 children aged between 4 and 5 years can be enrolled in the school for 14 years.

The school has a nursery (Nursery 1 and Nursery 2) and offers children, starting at the age of 6, quality-certified schooling up to grade 10 (secondary level 1) and, since July 2017, up to grade 12 (secondary level 2) by the Central Board of Education (CBSE). The final exams for secondary level 1 and secondary level 2 are public and are conducted by CBSE.

During the year 2022-23, Balashram has 562 students (281 boys and 281 girls); 33 teachers and 52 non-teaching staff.

30 students joined for class 11 summer course in 2023. 40 students (20 boys and 20 girls) have been admitted in Nursery for the academic year 2023-24. Periodic assessment-1 for class Kindergarten to class 12 was successfully conducted in the month of May 2023.

SCHOOL CURRICULUM

The lessons are mainly held in English. The school follows the CBSE curriculum, which integrates a Continuous Comprehensive Evaluation (CCE) according to the guidelines of the CBSE. In the school curriculum, English is the first language, Odia is the second language and Hindi is the third language. It covers the areas of mathematics, natural sciences, social sciences, and environmental sciences. The lessons follow concepts of activity-based learning.

EXTRA CURRICULAR ACTIVITIES

Vocational Training and Basic Skill Development

To provide the best possible space and support for the development of each child's individual talents and potential, extracurricular offerings in the areas of art & culture, nature & environment, and sports & games are available to the children. The children and adolescents are encouraged to dream of a life that they freely choose for themselves, and to realize their dreams actively and through their own efforts. This is reflected in the school's logo which bears the inscription "Make Your Dream a Reality" and in the Balashram's pedagogical approach, and ultimately in the organisation of care in the residential school, as well as in the actual teaching.

In addition to the regular education, extracurricular courses in IT, general knowledge, as well as ethics and values education are offered. Since the academic year 2013/2014 the children also receive vocational training as part of a competence-oriented programme.

The students from Std-VIII to Std-X undergo vocational training and life skills to empower them and inculcate in them the value of work.

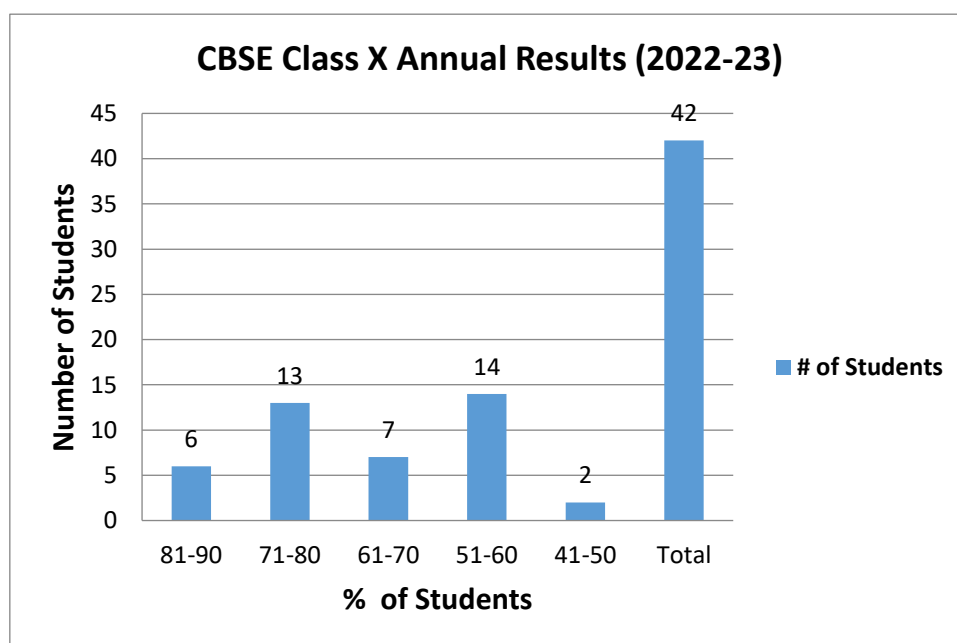
Courses are available to the girls and boys in tailoring, gardening, desktop publishing, computer hardware assembly, plumbing, electrical house wiring, bicycle repair, hair cutting and cooking, among others. Each student enrolls in at least one vocational training course. Students may enroll in more than one course depending upon their interest. The basic life skill courses are compulsory. These classes are once a week on Sundays. The class duration is two hours.

Samkalpa - Ethical-Moral Education Camps

SAMKALPA means firm determination. One should be clear about the goal of life and be determined to achieve this. The goal of life in turn is determined by his/her inculcate ethical-moral values. The Education Camp was a step towards inculcating high ethical-moral values among the senior students of Hariharananda Balashram.

Moral education camps were held in April 2021 and October 2021. The courses are held on the topics of "learning", "helpfulness", "practising patience" and "freedom from suffering", among others.

ACADEMIC RESULTS OF CLASSES STD. X



The above graph represents the results of Class X for the academic year 2022-23. In this academic year 42 students graduated. Six students scored in the range 81-90% and 13 students in the range 71-80%.

HEALTH AND MEDICAL CARE

The school has its own Hariharananda Health Centre to check the children's health and dental health and ensure their well-being. Additionally, an assistant nurse and a female health worker take care of children's health regularly.

Most of the students normally enjoy good health barring common fever, cold and flu due to seasonal changes, and skin injuries and sometimes bone fractures while playing.

As part of a Village Health Project, health camps are organized four times a week. Thus, the Health Centre is also open to the inhabitants of Arua, the village in the district of Kendrapara where the school is located. Dental camps and homeopathic camps are organized two to three times a month for the treatment of students and the local populace.

FACILITIES

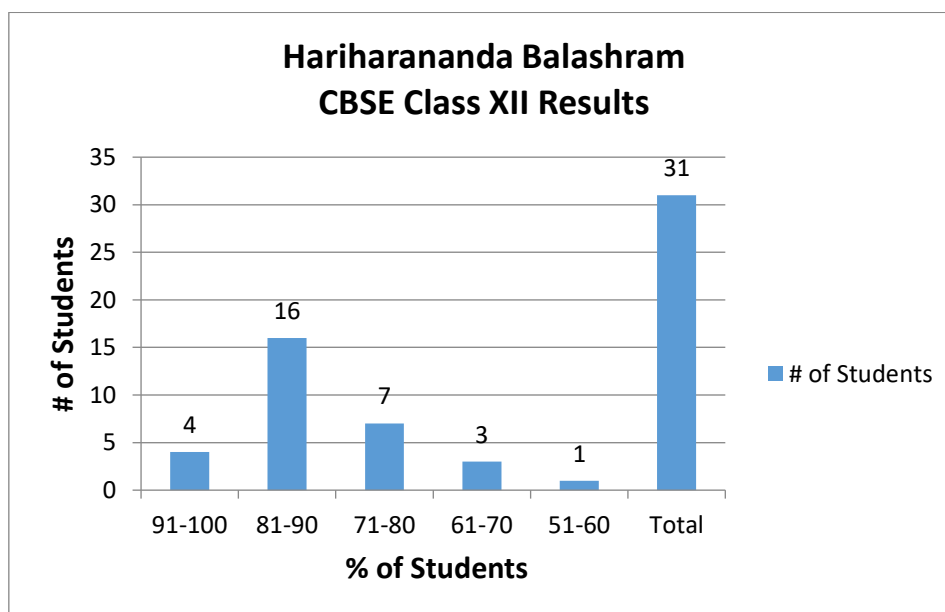
- The residential school has 26 dormitories for girls and 23 dormitories for boys. There are currently the principal, 33 teachers and 52 non-teaching staff employed at Balashram.
- The school is well equipped with a computer laboratory that has 45 computers and a projector for teaching information technology. Since 2013-14, Balashram has introduced an audio-visual learning system that encourages teachers and students to integrate information and communication technology in their teaching-learning process. Balashram teachers also extensively utilize the three digital Teach Next facilities for the benefit of the children.
- In December 2019, construction work began on the mini auditorium, and was completed in August 2020. The ceremonial opening of the auditorium was on 16 February 16, 2021.
- In April 2020, the improvements to the staff quarters and painting work on the buildings were completed.
- The renovation of the old main school gate was completed in January 2021.
- The new central library was completed in February 2021.
- The biogas plant, commissioned in 2018, currently covers 80% of fuel requirements. LPG is used for the remaining requirements. Wood is no longer used to run the kitchen.
- Solar Power Project: The solar power project was commissioned in December 2019, and it supplies electrical power of 50 kVA to school campus. Requirement for Balashram is 100+ kVA. Based on the success of this project, we are working on installation of 10kVA off-grid solar power project on the school terrace. Completion date was March 2022.
- The renovation of the kindergarten building to improve natural lighting and ventilation and to add more toilet facilities was completed in 2021.
- Tuition Centre in Arua: A building for tuition center was finished in March 2022.
- Another future project is construction of a Tuition Centre Building for providing tuitions to the children of neighbouring villages. This project costs Rs. 2,800,000 and targeted for completion by March 2023.

- LAN connectivity: Plans are underway to have LAN connectivity for boys and girls hostel campuses so that in the event of present circumstances like COVID, classes can be held through LAN without gathering the students and teachers in a classroom. Teachers can teach from their staff quarters and students can learn in their respective hostels.

CHRYSALIS

Chrysalis supports graduates of the Balashram Residential School on their flight into life after school. This special project of HAND IN HAND, guided by PRAJNANA MISSION, has the scope to give graduates, with their different prerequisites, the best possible support. The school received the Composite Provisional Affiliation for Secondary School from the Central Board of Secondary Education, New Delhi, in 2017. The approval for education up to secondary level 2 is a result of the Chrysalis project, which emerged from the Balashram project in 2016.

Balashram's Class XII students took the CBSE examination for the year 2022-23 and received their results.



The above graph represents the results of Class XII for the academic year 2022-23. There were 31 students that graduated this academic year. Four students scored more than 90% and 16 students in the range 81-90%.

Of the students who passed Std. XII, seven students joined Arts degree colleges with four opting for History, two for Political Science, and one for English. Nine students joined Science degree colleges with two opting for Zoology, two for Computer Science, and one for Chemistry. Two students have joined Engineering.

DISASTER RELIEF AND ONGOING DISASTER CONTROL

In August 2022 some areas in Jagatasinghpur were affected by floods. PRAJNANA MISSION provided relief by distributing cow feed, parched rice packets, and other essentials.

GENERAL ACTIVITIES OF HAND IN HAND

- In the financial year 2022/23, HAND IN HAND produced two donor-letters, Christmas mail, and an issue of the donor magazine Spotlight and sent them out by post and email.
- As an addition to the donor-letter, postcards, and notecards with drawings by the children were created and sent out. Atelier Silke Weiß again designed and sponsored a Christmas card for HAND IN HAND this year.
- The donor-letters were published in German and English in 2021 and additionally in French, Hungarian, Polish, and Spanish from spring 2022. Translations into Italian and Dutch followed in 2023.
- The Spotlight was published as a print version in German, English and French.
- A PDF version of the French Spotlight is available on the website www.handinhand.fr; the German and English PDF versions are published at www.handinhand.de. Moreover, in the Spring 2023 emailing, the PDF version of the Spotlight's translations in Dutch, Italian, Polish, and Spanish could be sent along with the English, French, and German versions.
- The cost of a child in Balashram has skyrocketed in recent years, doubling over a 10-year period. In 2023, therefore, a special focus was placed on promoting co-class sponsorships. A flyer as well as a poster were created specifically for this purpose.
- In addition, fundraising programs were held in various European cities. In Austria, Germany, Poland and the Netherlands, small charity auctions and in Austria also raffles were held this year for the benefit of the children of Balashram. In Austria, Germany and the Netherlands live concerts took place and, and in the Netherlands, even gong-baths in favor of HAND IN HAND. In Germany and Switzerland HAND IN HAND information and Christmas booths were organized. In the UK charity walks were undertaken in aid of Balashram.
- Work on a new database for HAND IN HAND in Austria was successfully completed.
- Work is underway on a new website for HAND IN HAND in Europe. It is expected to go online in the fall of 2023.
- Paramahansa Prajnanananda, the founder of our partner organisation in India, PRAJNANA MISSION, visited the HAND IN HAND organisation in Austria. He participated in a fruitful exchange on the future vision for HAND IN HAND.

- Also, Swami Achalanandaji Giri, the managing director of the PRAJNANA MISSION, and Histas Damania, who supports the PRAJNANA MISSION significantly as a successful and gifted architect and project manager, visited the HAND IN HAND organization in Austria in this financial year. Thereby a fruitful exchange about the continuation of the common projects in India took place.
- Members of HAND IN HAND, PRAJNANA MISSION as well as supporters and donors from Europe exchange information about the implementation of the projects and the further development of the international organisation HAND IN HAND at least monthly, often weekly in Zoom meetings.
- Regularly meetings are held with HAND IN HAND USA, and the PRAJNANA MISSION in India with the aim of strengthening and expanding HAND IN HAND's international and worldwide cooperation.
- The President, Vice-President and Executive Director of HAND IN HAND were also able to raise funds for the projects in India during Europe-wide events in the financial year 2022/23.
- In addition to the annual general assembly, board meetings, as well as working meetings via Zoom, were held during this financial year. Apart from that, the board members are in telephone and/or email contact.
- The exchange of information between the PRAJNANA MISSION in India and HAND IN HAND in Europe is very constructive thanks to web conferences, internet telephony, email, and mutual visits.

Thanks to the international collaboration of HAND IN HAND Organisations in Europe, "Stiftung HAND IN HAND Deutschland", "HAND IN HAND Schweiz", "Stichting HAND IN HAND Netherlands", "HAND IN HAND France" and Support Groups in Poland, Hungary and the UK and non-European HAND IN HAND supporters, we can look back to a successful business year. Also, HAND IN HAND USA makes a significant contribution to the planning, coordination and financing of the humanitarian aid projects. In India, Europe and in the USA many voluntary helpers and coordinators are participating in the different projects.

Vienna, May 2023