

# ***ACTION FOR INTEGRATED DEVELOPMENT (AID)***



## **ANNUAL ACTIVITIES REPORT**

***from 01-04-2019 to 31-03-2020***



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## 1. INTRODUCTION:

The organization activities cover the period from 1-04-2019 to 31-03-2020. During the period the organization was implemented the programs of community organization, natural resource management, Community Based Tank Management programs, child health programs, training programs and other welfare of the programs in our target villages.

During the period we received the grants from various government (State and Central Government), district administration and non-government departments for the implementation of programs in the areas.

The organization was implemented the following programs during the year.

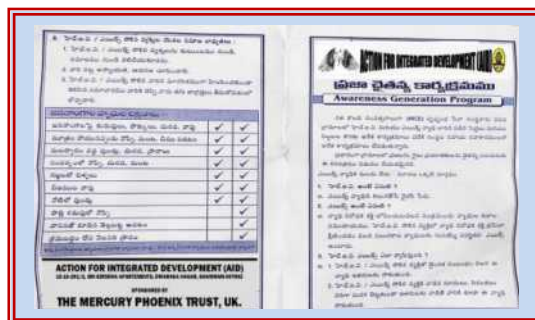
- a) HIV/AIDS awareness programs
- b) Promotion of Yoga Park program
- c) International Yoga Day Program
- d) Consumer Awareness Programs
- e) Health Awareness programs
- f) Women programs
- g) Conclusion

## 2. HIV AIDS AWARENESS PROGRAMS:

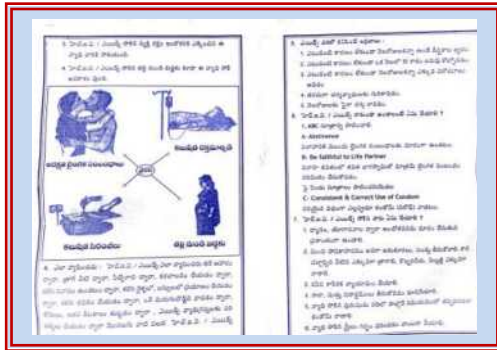
In continuation of previous year programs, the organisation was carried out the balance of works during the period with the support of Mercury Phoenix Trust, UK. During the year we carried out the following activities and successfully completed the program as per guidelines & targets. The details are as follows:

### a) PRINTING OF PAMPHLETS/HANDOUTS:-

To bring the awareness among the rural population, the organization was taken the pamphlets printing activity with local language in Telugu with a quantum of 2.5 lakh and the same was distributed in our target villages through our community volunteers, local representatives, and public places. It is one of the key tools for small and medium scale to promote and propaganda of information & objectives without incurring much expenditure. The leaflets and brochures are easy to produce and don't even cost much to distribute them to the target people. The printed



pamphlets are easy to read the text and also plays a crucial role in attracting potential customers and therefore it has to be clear and in an easy to read and understand a common man of low



educators also which is printed both sides in local language with pictorials, Do and don'ts, causes and remedial measures. The leaflets or brochures are designed to be visual and straight to the point so as to make them easy to understand. The printed marketing materials are visually pleasing as they are a combination of texts and images.

## b) PRINTING OF MULTI COLOUR POSTERS:-

The organization was identified the importance of posters to spread the message with cheaper cost to the literates as well as illiterates in target villages. The organisation was printed the 1200 posters with offset litho printers and same were pasted in the walls of public places, floating areas and shandy areas in our target villages. The total 700 posters were handed over to the grama panchaith ward members and sarpanches to take responsibility for spreading the message in their respective village and remaining were pasted through our volunteers and village level committee members. The benefits of posters are as follows:

A poster can go from the concept stages all the way through to finalization in a matter of days,



meaning you can begin our promotional work much quicker. The large amount of benefits that come with poster promotion mark it out as an effective and efficient way to get people involved with chosen message. A great poster design spread across target location can pay dividends in the end, and with a good call to action should receive a great response for our efforts. Unlike

other forms of promotion, posters can be used to get the attention of exactly the kind of people you need to be appealing to. We can put them up in the ideal locations where target audience is located, increasing the chance of a positive response. The versatility of posters makes them an ideal form of promotion.

### **c) AWARENESS AND PROMOTE THE USAGE OF CONDOMS AMONG YOUNG GROUP.**

To achieve to create awareness and promote the usage of condoms among young group and objectives, organisation was conducted the orientation and awareness programs in target villages for the youth. During the program the resource persons were explained the importance and role of condoms in control the various STI diseases with one partner to another partners. The resource persons also explained the following key points to the target people in their meetings.



1. Care for pregnant women and new mothers with HIV so to prevent the transmission of HIV from mother to child.



2. Deliver comprehensive care to people living with HIV and their families in the privacy and comfort of their homes.

4. Support key populations including men who have sex with men, female sex workers, and transgender women-to make sure they can exercise their rights and receive high quality services free from stigma.

5. Promote testing in communities, facilities, and at hotspots-so people know their status and can initiate treatment as early as possible.

6. Strengthen health centers, clinics, and health workers, so more people in more places- especially adolescents and those lost to follow-up have access to the HIV services they need.

7. Combine HIV services with contraception and maternal and newborn care, recognizing the opportunity to meet people's needs in a single visit.

8. Challenge restrictive policies and inspire governments to uphold the rights of people living with HIV, especially key populations, adolescents, and women

### **d) Referral services to the Health Providers**

AID organisation was conducted the orientation program to the Health service providers in



mandal head quarters like Private Medical Practioners (PMPs), Registered Medical Practioners (RMPs) and private hospital compounders and local medical shop owners on their role in control of Sexually Transmitted infections (STIs) andsexually



Transmitted Diseases (STDs). AID organisation was carried out the promotion of condom usages among the youth and young couple in target villages. This is the main activity to reduce the transmission of Sexually transmitted diseases. Our volunteers and co-ordinators are taken the key role to promote the condom usages in target areas. The resource persons were explained the importance of condom usages and benefits and disadvantages. The details are as follows:

Condoms are one of the most commonly used methods of contraception today. Contraceptive methods help to prevent pregnancies. This means using condoms is essentially a means of birth control. However, while birth control may be the primary purpose, a condom is also able to provide other

benefits to the user. One such advantage is protection from sexually transmitted infections or STIs. While the condom is touted to have a 98% success rate, in real life the efficacy is much lower. This is because people do not use the condom properly, often damaging it during use and rendering it useless. Of course, it is also necessary to ensure that the condom being used is not past its expiry date. There are a number of advantages to using a condom as a contraception method, which is why it is probably one of the most popular methods currently in use.



**e) STRENGTHENING OF REFERRAL SERVICES:** To create the awareness on young married



couples on STDs, the AID organization was carried out the awareness camps to the newly married couple in target villages. During the meetings the resource persons were explained the importance of prenatal and post natal care services, health service Providers should expect persons with HIV infection to be distressed when first informed of a positive test result. Such persons face multiple major adaptive challenges, including coping with the reactions of others to a illness, developing and adopting strategies for maintaining physical and emotional health, initiating changes in behavior to prevent HIV transmission to others, and reducing the risk for acquiring additional STDs. Many persons will require assistance with making reproductive choices, gaining access to health services, coping with changes in personal relationships. Therefore, behavioral and psychosocial services are an integral part of health care for persons with HIV infection. Persons testing positive for HIV infection have unique needs. Some require referral for specific

behavioral interventions, mental health disorders and emotional distress, while others require assistance with securing and maintaining employment and housing. Women should be counseled or appropriately referred regarding reproductive choices and contraceptive options, persons with multiple psychosocial problems might be candidates for comprehensive risk-reduction counseling and other support services

**f) one to one group discussions**

To strengthen the referral services in rural village folk, government health related facilities particularly Sexually Transmitted Infection (STIs) diseases available in the community area hospital, primary health centre, private health service providers, medical practioners in the area was explained the youth in the areas. During the meetings, the resource persons were clarified their doubts on STIs, STD-HIV/AIDS, its effects and role of youth in reduce the spreading these transmissions by using the various remedial measures and self moralities to be followed by youth will be taken in the



activity. In the context of partner services, confidentiality refers to keeping information obtained from or about index patients, partners, social contacts, and associates in confidence, information is not divulged to others or obtained or maintained in a way that makes it accessible to others. The concept of

confidentiality is related to privacy, which might be a legal right in certain instances. That is, laws might prohibit forcing persons to reveal certain types of information, and persons who decline to provide certain types of information are not prevented from receiving services

**g) village level awareness camps**

The main objective of the program is to create the awareness among rural folk on HIV/AIDS, STI diseases in target areas. As we observe, over the past decade, it has made significant progress in tackling its HIV epidemic, especially in comparison with other states,



neighbor districts, passing through the National Highways and lack of knowledge and preventive measures on STIs in the area which has been particularly effective at targeting high-risk groups. To control over the STIs, the organization was conducted village level awareness



comprehensive knowledge of HIV and AIDS.

programs with subject specialists to Increase awareness among the general population and key affected populations about HIV prevention is a central focus. However only 20% of young 15 to 24 aged women and 30% of young men knew how to prevent HIV. This is reflected in the wider population had

The epidemic is concentrated among key affected populations like youth, sex workers, migrated workers, MSMs, however the vulnerabilities that drive the epidemic vary in different parts of the country. A key driver is unprotected sex among key populations and their clients, partners and spouses. However, injecting drug use in the north and northeast of the country is also pushing up HIV prevalence. However, a number of issues including HIV-related stigma, relatively low levels of status awareness among people living with HIV and weak links between diagnosis and treatment mean progress is not moving as quickly as hoped.



#### **h) Capacity building program**

To bring the awareness among the rural population, the organisation was conducted the



**CAPACITY BUILDING THORUGH KALAJATHA**

orientation meetings with medical health service providers of Mothey and chivvemla mandal target villages. During the meetings the key resource persons from the Health department, social workers and others were participated. The main objective of the program is to create the orientation among service providers and the goal of capacity building, which may include training, technical assistance, and infrastructure development activities, is to foster self-sufficiency and the self

sustaining ability to improve HIV prevention processes, programs, and interventions. Capacity-building services and technical assistance are sometimes confused and many people use the two terms interchangeably. Capacity building is defined as a planned, structured process by which individuals, organizations, and communities develop skills and abilities to enhance and sustain HIV prevention efforts. Technical assistance is the provision of direct or indirect support to build the capacity of individuals or groups to carry out programmatic and management



responsibilities with respect to HIV prevention. Capacity-building services differs from technical assistance in that it is a process achieved in stages, while technical- assistance is often a single episode and used to support the development or accomplishment of a specific task or activity. Capacity

building involves diverse activities, such as developing organizations, conducting evidence-based interventions, managing programs, and providing direct services. It can have a far-reaching impact by changing program policies and increasing access to services. In the public health system, it enhances the ability of individuals, organizations, and communities to adequately address a community's health needs and issues.

#### **i) School children orientation programs:**

As proposed In project proposal the organisation was conducted the school children orientation



program awareness on Sexually transmitted diseases, HIV-AIDS its issues were taken in the programs: The main objective of the program is School-based sex education is a cornerstone of HIV prevention for adolescents who continue to bear a disproportionately

high HIV burden. This definition allowed for the inclusion of abstinence-only, abstinence-plus, and comprehensive sex education programs. There were no restrictions on language; eligible non-English articles were translated by consultants local language ie Telugu and the language in which the article was written. Participant age was also not restricted. Therefore, studies across a variety of





educational settings, from primary schools through college and vocational schools, were



SCHOOL CHILDREN ORIENTATION PROGRAM

included. Additionally, in order to include as many studies as possible, a wide range of study designs were eligible for inclusion: randomized controlled trials (both individual and cluster-randomized, i.e., school or classroom), non-randomized controlled trials, prospective or retrospective cohorts, time-

series, before-after, case-control, cross-sectional, and serial cross-sectional studies.

### 3. PROMOTION OF YOGA PARK ACTIVITIES & PRACTICE:

The Ministry of Ayush, Government of India identified the importance of Yoga program for better health of human beings by regular practice in their respective areas and sanctioned 50 Yoga parks from all over India, in this context, the AID organization is also one among those and sanctioned an amount of Rs. 1,00,000/- for promotion of yoga park activities and identified the Pedathanada of Khammam to carry out and promote the yoga programs and practice from January 2019 onwards for six months. For this year we have conducted three months ie. April, May and June 2019 and program was completed In the program the organization was identified and motivated the youth, women men for regular practices with the support of Yoga Teacher Mr. Laxman Rao alongwith one yoga assistant and daily morning and evening. During the program the yoga teacher explained the importance of yoga in day to day life and the details are as follows:



#### Benefits of Yoga

The art of practicing yoga helps in controlling an individual's mind, body and soul. It brings together physical



and mental disciplines to achieve a peaceful body and mind; it helps manage stress and



anxiety and keeps you relaxing. It also helps in increasing flexibility, muscle strength and body tone. It

improves respiration, energy and vitality. Practicing yoga might seem like just stretching, but it can do much more for your body from the way you feel, look and move. Develops our Physical health, Develops our mental health, Develops our social health, Develops our spiritual health, helps in our self-realization and Yoga asanas build strength, flexibility and confidence. Regular practice of yoga can help lose weight, relieve stress, improve immunity and maintain a healthier lifestyle. Hence all the citizens should practice and follow the traditional system by practicing the yoga regularly and become good healthy citizens. After the orientation on yoga by teachers, the in and around the people were regularly practicing the yoga in a common centre which is promoted by AID organization. The participants details are as follows in three months from April to June 2019.

Sl No	Month	Attended in the practices		
		Male	Female	TOTAL
1	April 2019	41	61	102
2	May 209	59	44	103
3	June 2019	74	47	121
	<b>TOTAL</b>	<b>174</b>	<b>152</b>	<b>326</b>

#### 4. Yoga Walk:

In continuation of our yoga promotional activities the organisation was organised the yoga walk with students and local prominent persons in association with District Medical health, Ayush Department, District Sports Authority, Nehru Yuvak Kendra, Khammam along with other departments and local yoga training institutes representatives. The program was started with chief guest Sri. P. Ajaykumar, MLA, Khammam, Dr. Papalal, Mayor, Khammam and other dignitaries were participated in the program. To promote the yoga practices among the public and students have carried out the yoga walk on 18-06-2018 from 4-30 pm to 6-00pm. From Sardar Patel Stadium to Zilla parishad centre. During the rally, participants have given the slogans on importance of yoga practices and its benefits to the human beings and displayed the placards by the participants. The rally and slogans of yoga walk given immensive effect to the common public about the importance of yoga in their day to day life.



## 5. International Yoga Day Program:

Every year AID organisation was associating with government departments in khammam district for implementation of International Yoga Day event. This year the organisation was associated with the district administrative offices like, Khammam municipal corporation,



Nehru Yuvak  
Kendra,  
Department of  
Ayush, District



sports Authority, Health Department and other agencies were taken active part in successful completion of the program.

This year the  
program was

organized at Sardar Patel Stadium Indoor Stadium from 7-00 Am onwards and completed the program by 12-30. For the program Local Minister, District Collector, Khammam Corporation Mayor, Deputy Mayor, Municipal Commissioner, District Medical and Health officer, Department Of Ayush, Ministry of Ayush Co-ordinator, Private school teachers and students were participated in the program.,



## 6. WOMEN EMPOWERMENT PROGRAMS:

To strengthen the women group members and inculcate the savings habit and mutual co-operation self-help groups were formed in the target villages and started the thrift program. To streamline the groups, we organised the training programs to members on bookkeeping, savings methodology, bank linkage procedures etc. Apart from this we formed the village development committees with women for their village and family development. With this groups a sustainable development programs were chalked out with income generating programs. And also we provided the some supporting activities like kitchen gardening, vermi composting, integrated pest management programs for alternative income to the members





## 7. CONSUMER AWARENESS PROGRAMS:

The organisation was conducted the consumer awareness programs in Thallada mandal target villages with



the support of local government departments. Before going to conduct the awareness camps the organisation was prepared printed the 3 types of pamphlets in local language i.e. in Telugu and distributed those in the villages and kept these in marketing places of target areas. And also we distributed these pamphlets during the meetings to

the participants. For your information we are herewith enclosing some of the pamphlets for your records. By these pamphlets people were discussed and known the rights provided by the consumer protection acts which were government issued for the public welfare.

## 8. Women Exposure visits:-

The organisation was conducted the livelihood support capacity building programs to the selected farmers on improving the Dairy program with the support of animal husbandry department and conducted the awareness on seasonal diseases to the cattle and its remedial measures for improving the cattle, resources available in and around the villages were explained in the meetings. For the meetings selected members from five villages of Marlapadu, vemsoor, Rayudu palem, Amma palem and Thumburu members were attended in the meetings. In continuation of the capacity building program, the organization was conducted the exposure visit to near by successful area of Vemsoor mandals.



## 9. HEALTH AWARENESS PROGRAMS:

The organisation was conducted the central level health awareness camps in some of the target villages on importance of nutrition, mother & child care, pre-natal and Post natal care, immunization methods were explained during the meetings. For the meeting we concentrated on adolescent girls in the villages. Local medical officers and other subject specialists were attended as resource persons for three-day residential camp. Rural residents often encounter barriers to healthcare that limit their ability to obtain the care they need. In order for rural residents to have sufficient access, necessary and appropriate healthcare services must be available and obtainable in a timely manner. Even when an adequate supply of healthcare services



exists in the community, there are other factors to consider in terms of healthcare access. For instance, to have good healthcare access, a rural resident must also have Financial means to pay for services, such as health or dental insurance that is accepted by the provider Means to reach and use services, such as transportation to services that may be located at a distance, and the ability to take paid time off of work to use such services Confidence in their ability to communicate with healthcare providers, particularly if the patient is not fluent in English or has poor health literacy Trust that they can use services without compromising privacy Belief that they will receive quality care This including discussion on the importance and benefits of healthcare access and the barriers that rural residents experience. The guide includes information on Barriers to care, including workforce shortages and health insurance status Transportation Health literacy Stigma associated with conditions in rural communities, such as mental health or substance abuse



## 10. Food providing the migrant workers during lockdown period:

All over world the pandemic are spreading and terroring the countries with the effect. Coronaviruses are a large family of viruses which may cause illness in animals or humans. In humans, several coronaviruses are known to cause respiratory infections ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS). The most recently discovered coronavirus causes



coronavirus disease

COVID-19. To fight this most of the countries are combating with this pandemic by implementing the lockdown method. This was effected from 22-03-2020 on wards and no body knows how many days it continued. With this effect so many migrant labour were afraid with this, they planned to move their own villages in thousands

of kilometers. Due to lockdown, all the public transport systems were stopped and collapsed. So all the migrant people are taking so much risk to move to their own areas by different methods. Due to lack of public transportation the migrant labour were going by walk with family and members. Due to lockdown all

the restaurants and fuel facilities were closed. Its effects people are moving without food and children are suffering. By the observing the panic situations, the organisation was decided to provide the food to seivourly effected migrant labour who are passing through our area. With the support of Mrs. Vani and other fellow members prepared the food and provided it to Daily 125 to 140 migrant labout and their members .



## 11. Conclusion:

This year organisation was initiated the new concept for the members sustainable programs for the alternative employment particularly based on the available resources and other sustainable activities in target areas. We are very much thankful to the concerned government departments and other agencies to take up the activities for the members in target areas. With this initiation we are moving a great zeal in future period. Once again we are thanking to all the supporters.

FOR AID  
V.K. Malleswari  
President

Khammam.

Date: 10-05-2020

(Mrs. V.K. Malleswari)  
President

FOR AID  
P.S.S. Hari Prasada Rao  
DIRECTOR

(P S S HARI PRASADA RAO)  
DIRECTOR

