

Annual Report

2025-26



18 Gayatri Society, Station Road, Limbdi, Dist. Surendranagar, Gujarat

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Message from the Secretary

It gives me immense pleasure to present the **Annual Report of Sahyog Foundation for the year 2025–2026**.

The year has been one of commitment, learning, and meaningful engagement with underserved communities. At Sahyog Foundation, we believe sustainable development begins when people are informed, empowered, organised, and involved in improving their own lives and communities.



During the year, our efforts remained focused on improving community health and promoting preventive healthcare through awareness, screening, counselling, referral services, and community participation. We continued programmes addressing **HIV/AIDS and sexually transmitted infections, tuberculosis, diabetes, hypertension, tobacco use, and occupational health and safety**. Special attention was given to women agricultural labourers, adolescents, young people, and

economically vulnerable families.

A significant new area of our work has been our engagement with **Nomadic Tribes and Denotified Tribes (NTDNT)**. These communities often face social exclusion, insecure livelihoods, declining occupations, and difficulties in accessing identity documents and entitlements. Sahyog Foundation has begun supporting NTDNT families to strengthen traditional livelihoods where viable, develop new livelihood opportunities where older occupations are disappearing, organise women into **Self-Help Groups**, and assist families in obtaining documents. Our approach seeks to promote economic self-reliance, social inclusion, and dignity.

One of the achievements of the year was the organisation of **eight community health camps benefiting more than 6,000 people**. These camps provided free medical consultations, tuberculosis screening, diabetes and blood pressure testing, medicines, counselling, health education, and referral services. Our work would not have been possible without the support of communities, healthcare professionals, government departments, educational institutions, village leaders, health workers, volunteers, partners, and other stakeholders.

I sincerely thank our **Board members, team members, volunteers, partners, supporters, community leaders, healthcare professionals, and beneficiaries** for their trust and continued support. Their contribution inspires us to serve with greater dedication and responsibility. As we move forward, Sahyog Foundation remains committed to strengthening community-based healthcare, livelihoods, women's empowerment, social inclusion, access to services, and the dignity and self-reliance of vulnerable communities. We look forward to continuing this journey together and creating meaningful, lasting change.

Thank you for your continued support.

Pruthvirajsinh Parmar
Secretary, Sahyog Foundation

About Sahyog Foundation

Sahyog Foundation (Organization for People's Support) is a grassroots, non-profit development organization based in Surendranagar District of Gujarat, India, dedicated to improving the quality of life of marginalized, underserved, and vulnerable communities through sustainable development initiatives. Since its establishment, the Foundation has worked with a deep commitment to addressing the social, health, educational, and economic challenges faced by rural populations by promoting community participation, awareness, and access to essential services.

Over the past decade, Sahyog Foundation has earned the trust of communities by implementing need-based interventions that focus on preventive healthcare, public awareness, women's empowerment, youth development, and community mobilization. The organization believes that sustainable development can only be achieved when communities are informed, empowered, and actively involved in identifying their own needs and participating in solutions that improve their lives.

During the reporting year 2025–2026, the Foundation continued to strengthen its outreach across rural areas of Surendranagar district by implementing a series of community-based health awareness programmes, preventive healthcare campaigns, and free medical services. The organization focused on addressing critical public health concerns, including HIV/AIDS, sexually transmitted infections (STIs), tuberculosis (TB), tobacco use, occupational health risks among agricultural workers, diabetes, hypertension, and general health awareness. These initiatives were implemented through close collaboration with local communities, healthcare professionals, government health departments, educational institutions, and community volunteers to ensure wider outreach and long-term impact.

Women remain at the centre of Sahyog Foundation's development strategy. Recognising that women play a pivotal role in improving family health and community well-being, the Foundation regularly organises awareness programmes, capacity-building workshops, health education sessions, and community meetings that enhance women's knowledge of healthcare, nutrition, hygiene, legal rights, financial literacy, and social entitlements. Special emphasis is placed on reaching female agricultural labourers and economically disadvantaged women, who often experience multiple barriers to accessing healthcare and information.

The Foundation also works extensively with adolescents and young people by conducting awareness programmes in schools and communities on reproductive health, HIV/AIDS prevention, life skills, substance abuse prevention, and healthy lifestyle practices. By equipping young people with accurate information and encouraging responsible decision-making, the organization contributes to building healthier and more informed future generations.

Healthcare remains one of the core areas of intervention. Through regular health camps, community screening programmes, referral services, counselling, and health education activities, Sahyog Foundation promotes early diagnosis and timely treatment of communicable and non-communicable diseases. Free medical consultations, screening for tuberculosis, diabetes and hypertension, distribution of essential medicines, and personalised counselling have significantly improved access to healthcare services for rural populations, particularly those belonging to underserved and economically vulnerable communities.

The Foundation firmly believes that awareness is the first step towards lasting social change. Therefore, every programme integrates education, community participation, behaviour change communication, and institutional collaboration to ensure that beneficiaries not only receive information but are also empowered to adopt healthier practices and become agents of change within their own communities.

Guided by the values of integrity, inclusiveness, equity, accountability, compassion, and respect for human dignity, Sahyog Foundation continues to expand its reach while maintaining strong partnerships with government agencies, healthcare institutions, educational establishments, civil society organizations, and local community leaders. These collaborative efforts have enabled the organization to deliver impactful programmes that contribute to healthier families, informed communities, and sustainable rural development.

As the Foundation looks towards the future, it remains committed to strengthening community resilience, promoting equitable access to healthcare and development opportunities, empowering women and youth, and supporting government efforts to achieve improved public health outcomes. Through continuous learning, innovation, and community partnership, Sahyog Foundation will continue working towards creating healthier, more inclusive, and self-reliant rural communities where every individual has the opportunity to live with dignity, good health, and hope for a better future.

Our Vision

To build healthy, informed, equitable, and self-reliant rural communities where every individual, irrespective of gender, socio-economic status, or background, has equal access to quality healthcare, education, livelihood opportunities, and the resources necessary to lead a life of dignity, security, and well-being.

Our Mission

Sahyog Foundation is committed to empowering marginalized and underserved communities through participatory and sustainable development initiatives that improve health, education, awareness, and social well-being. The Foundation strives to strengthen community capacities by promoting preventive healthcare, health education, women's empowerment, youth engagement, and access to government welfare services through collaborative partnerships with public institutions, civil society organizations, healthcare professionals, and local communities.

Our Core Values

Community-Centred Development

Every intervention undertaken by Sahyog Foundation is guided by the needs, aspirations, and priorities of the communities it serves. The Foundation believes that sustainable development can only be achieved when communities actively participate in planning, implementing, and monitoring development initiatives.

Equity and Inclusion

The Foundation is committed to ensuring that vulnerable and marginalized populations, particularly women, children, youth, agricultural labourers, and economically disadvantaged families, have equal opportunities to access healthcare, information, and development programmes without discrimination.

Integrity and Accountability

Transparency, ethical conduct, and responsible use of resources remain fundamental principles of the organization. Sahyog Foundation maintains accountability towards beneficiaries, partners, donors, government agencies, and the wider community through responsible programme implementation and continuous monitoring.

Partnership and Collaboration

Sustainable development requires collective action. The Foundation actively collaborates with government departments, public health institutions, educational institutions, medical professionals, community leaders, volunteers, and civil society organizations to maximise outreach, improve service delivery, and create long-term community impact.

Innovation and Learning

The Foundation continuously seeks innovative and evidence-based approaches to address emerging community challenges. Learning from field experiences, community feedback, and programme evaluations enables the organization to improve the quality, effectiveness, and sustainability of its interventions.

Respect for Human Dignity

Every individual deserves respect, compassion, and the opportunity to live a healthy and productive life. The Foundation promotes programmes that uphold human dignity, reduce stigma and discrimination, encourage gender equality, and strengthen social inclusion across all sections of society.

Year at a Glance – 2025–2026

The year 2025–2026 marked another significant milestone in Sahyog Foundation's journey towards improving public health and strengthening rural communities in Surendranagar district. Through a combination of awareness campaigns, preventive healthcare services, community mobilisation, and health screening programmes, the Foundation continued to address some of the most pressing public health challenges affecting vulnerable populations.

During the year, the organization successfully implemented awareness programmes on HIV/AIDS, sexually transmitted infections (STIs), tuberculosis (TB), tobacco control, occupational health and safety, and non-communicable diseases including diabetes and hypertension. These initiatives reached community members, school students, adolescents, women agricultural labourers, and other vulnerable groups through interactive awareness sessions, health camps, counselling services, and community engagement activities.

One of the major achievements during the reporting period was the successful organisation of eight community health camps benefiting more than 6,000 people. These camps provided free medical consultations, tuberculosis screening, diabetes and blood pressure testing, distribution of medicines, counselling, referral services, and health education. The programmes promoted early diagnosis, timely treatment, improved health-seeking behaviour, and increased awareness regarding disease prevention.

Throughout the year, Sahyog Foundation remained committed to strengthening community participation by encouraging local ownership of health initiatives, promoting behavioural change through awareness campaigns, and fostering partnerships with healthcare providers, educational institutions, and government departments. These collaborative efforts significantly enhanced the effectiveness, reach, and sustainability of programme interventions.

The Foundation's work during the year reaffirmed its commitment to improving community health, empowering vulnerable populations through knowledge, and contributing to healthier, safer, and more resilient rural communities.

Key Activities Conducted During the Year

During the financial year 2025–2026, Sahyog Foundation implemented a series of integrated health awareness, preventive healthcare, and community outreach programmes across rural areas of Surendranagar district. These interventions were designed to improve community awareness, promote preventive healthcare practices, facilitate early diagnosis of diseases, and strengthen access to essential health services among vulnerable and underserved populations.

The Foundation adopted a participatory approach by working closely with local communities, educational institutions, healthcare professionals, government departments, village leaders, and community volunteers. Each programme was designed not only to provide information but also to encourage behavioural change, reduce health-related stigma, and motivate individuals to seek timely medical care.

The major programmes implemented during the reporting year included:

HIV & AIDS Awareness Programme

Community and school-based awareness programmes were organised to improve understanding of HIV and AIDS among adolescents, youth, students, and community members. The sessions focused on scientific information regarding HIV transmission, prevention, early diagnosis, treatment availability, and elimination of myths and misconceptions. Interactive discussions encouraged participants to adopt responsible health practices while promoting compassion and dignity towards people living with HIV.

Sexually Transmitted Infections (STI) Awareness Programme

Special awareness sessions were conducted to increase knowledge regarding sexually transmitted infections, reproductive health, early identification of symptoms, available treatment options, and preventive practices. Participants were encouraged to seek timely medical advice, thereby reducing the risk of complications and improving overall sexual and reproductive health awareness within the community.

Tuberculosis (TB) Awareness Programme

Tuberculosis awareness campaigns were organised across villages to educate community members about the causes, symptoms, diagnosis, treatment, and prevention of TB. The programmes highlighted the importance of early detection, treatment adherence, proper nutrition, respiratory hygiene, and reducing stigma associated with the disease. The Foundation also promoted government TB control initiatives and encouraged suspected patients to undergo diagnostic testing without delay.

Community Health Camps

A series of comprehensive community health camps were organised to improve access to healthcare services for rural populations. These camps provided free medical consultations, tuberculosis screening, diabetes testing, blood pressure monitoring, health counselling, referral services, and distribution of essential medicines. The camps particularly benefited economically weaker families who have limited access to regular healthcare facilities.

Free Screening for Diabetes and Hypertension

Recognising the increasing burden of non-communicable diseases in rural communities, the Foundation conducted regular screening programmes for diabetes and hypertension. Beneficiaries received free blood sugar and blood pressure examinations along with counselling on healthy lifestyles, nutrition, physical activity, medication adherence, and regular health monitoring to reduce the risk of long-term complications.

Tobacco Control Awareness Campaign

The Foundation implemented community-based tobacco awareness campaigns with a special focus on female agricultural labourers and vulnerable populations. The sessions highlighted the harmful effects of smoking and smokeless tobacco, including their association with cancer, tuberculosis, cardiovascular diseases, respiratory illnesses, and adverse reproductive health outcomes. Participants were also informed about tobacco cessation support and practical strategies to quit tobacco use.

Occupational Health and Safety Programme for Female Farm Labourers

Female agricultural workers often face multiple occupational hazards, including prolonged exposure to pesticides, chemicals, dust, heat, physical strain, and musculoskeletal injuries. To address these challenges, Sahyog Foundation conducted specialised awareness sessions promoting safe agricultural practices, personal protective measures, workplace hygiene, ergonomic techniques, adequate hydration, balanced nutrition, and prevention of occupational illnesses. These interventions contributed to improving workplace safety and overall health among women engaged in agricultural labour.

Community Participation and Awareness

Community engagement remained a central component of every programme implemented during the year. Local volunteers, community leaders, school teachers, health workers, and village representatives actively supported programme implementation by mobilising

beneficiaries, facilitating awareness sessions, and encouraging community participation. This collaborative approach strengthened community ownership, improved programme acceptance, and enhanced the long-term sustainability of health interventions.

Through these integrated initiatives, Sahyog Foundation successfully reached thousands of beneficiaries across rural communities, strengthened public awareness regarding disease prevention, promoted healthy behaviours, improved access to healthcare services, and reinforced its commitment to building healthier, informed, and resilient communities.

Livelihood and Social Inclusion Support for Nomadic and Denotified Tribes (NTDNT)

Nomadic Tribes and Denotified Tribes (NTDNT) are among the communities that continue to face multiple social and economic challenges, including insecure livelihoods, limited access to



education and public services, lack of identity and entitlement documents, social exclusion, and barriers to participating fully in mainstream development opportunities. Many families have traditionally depended on occupations, skills, crafts, services, and forms of work practised within their communities for generations. However, several of these traditional livelihood opportunities are gradually declining or disappearing due to changing markets, lifestyles, technology, and economic conditions. This has created an urgent need to support families in protecting their dignity, strengthening viable traditional occupations wherever possible, and developing alternative livelihood opportunities

that respond to the changing economic environment.

Recognising these challenges, **Sahyog Foundation has initiated work with NTDNT communities with a strong focus on livelihoods, dignity, and economic self-reliance.** The Foundation is working with community members to understand the traditional occupations and skills that have sustained families over generations, identify those that can be strengthened or adapted to present-day markets, and introduce appropriate new livelihood options where traditional occupations are no longer economically viable. The approach is not merely to provide income-generating activities, but to build on the knowledge, capabilities, cultural identity, and aspirations of the communities so that families can pursue sustainable livelihoods with greater confidence, choice, and dignity.



A further priority of the initiative is **community organisation and access to citizenship entitlements.** Sahyog Foundation is facilitating the organisation of women into **Self-Help Groups (SHGs)** so that they can build savings, strengthen mutual support, improve financial participation, develop livelihood activities, and gradually assume stronger roles in household and community decision-making. The

Foundation is also assisting NTDNT families in accessing essential identity and entitlement documents, which are often necessary for obtaining government welfare benefits, education, healthcare, financial services, social-security schemes, and livelihood opportunities. Through livelihood support, women's collectives, documentation assistance, and sustained community engagement, Sahyog Foundation seeks to help NTDNT families move towards greater social inclusion, economic security, recognition, and a life of dignity.



HIV & AIDS and Sexually Transmitted Infections (STIs) Awareness Programme

Access to accurate information remains one of the most effective tools in preventing the spread of HIV, AIDS, and sexually transmitted infections (STIs). However, myths, misinformation, fear, and social stigma continue to prevent many individuals from seeking timely testing, treatment, and counselling. Recognising these challenges, Sahyog Foundation organised a comprehensive HIV & AIDS and STI Awareness Programme during the reporting year to promote scientific knowledge, encourage responsible health practices, and foster an environment of acceptance and compassion within rural communities.

The programme was implemented at both community and school levels, ensuring that adolescents, young people, women, and community members received reliable health information in an interactive and culturally appropriate manner. Awareness sessions were designed to improve understanding of HIV transmission, prevention, testing, treatment, and the importance of eliminating discrimination against people living with HIV.

The programme aimed to enhance community awareness by providing scientifically accurate and up-to-date information on HIV, AIDS, and sexually transmitted infections. It sought to improve understanding of the difference between HIV and AIDS, explain the stages of infection, and promote the importance of early diagnosis and timely medical care.

Another important objective was to educate participants about the different modes of HIV transmission and the preventive measures that can significantly reduce the risk of infection. The programme also focused on correcting misconceptions, addressing stigma, and encouraging positive attitudes towards individuals living with HIV.

In addition, the programme promoted awareness about sexually transmitted infections by educating participants about their symptoms, methods of transmission, available treatment options, and the importance of early medical consultation. Participants were encouraged to seek professional healthcare services without hesitation whenever symptoms appeared.

The awareness programme was conducted through interactive community meetings, school awareness sessions, group discussions, question-and-answer sessions, visual presentations, and health education activities. Rather than delivering one-way lectures, facilitators encouraged participants to openly discuss their concerns, clarify misconceptions, and ask questions in a safe and respectful environment.

Special attention was given to adolescents and young people, who often lack access to reliable information on reproductive and sexual health. Sessions were designed using age-appropriate communication methods to encourage informed decision-making and responsible health behaviour.

The programme provided participants with a comprehensive understanding of HIV and AIDS, including the biological differences between HIV infection and AIDS, the progression of the disease, and the importance of maintaining a healthy immune system through timely diagnosis and treatment.

Participants were educated about the scientifically established modes of HIV transmission, including unprotected sexual contact, transfusion of infected blood, sharing contaminated needles and syringes, and mother-to-child transmission during pregnancy, childbirth, or breastfeeding. Equal emphasis was placed on explaining situations in which HIV **cannot** be transmitted, thereby helping to eliminate unnecessary fear and discrimination.

Interactive discussions focused on common myths surrounding HIV/AIDS. Participants learned that HIV cannot spread through casual contact such as handshakes, hugging, sharing food, mosquito bites, or working alongside an HIV-positive individual. These discussions played a significant role in reducing misconceptions and promoting empathy within communities.

The programme also highlighted preventive measures, including responsible behaviour, voluntary testing, safe healthcare practices, and the importance of seeking immediate medical attention whenever exposure is suspected. Participants were informed about the availability of free HIV testing and counselling services through government healthcare facilities and encouraged to undergo testing whenever necessary.

A dedicated component of the programme focused on sexually transmitted infections. Participants were introduced to common STIs, their symptoms, risk factors, complications, and available treatment options. The sessions emphasised that most STIs are preventable and many are completely treatable when diagnosed at an early stage.

Facilitators explained the relationship between untreated STIs and increased vulnerability to HIV infection, reinforcing the importance of early diagnosis, completing prescribed treatment, and avoiding self-medication. Participants also received information regarding reproductive health, personal hygiene, confidentiality in healthcare services, and the availability of counselling and treatment through government health institutions.

The programme witnessed active participation from community members, school students, adolescents, teachers, village leaders, and local health workers. Open discussions encouraged participants to express their concerns, share experiences, and seek clarification on sensitive issues that are often overlooked in rural settings.

The involvement of educational institutions and community leaders significantly enhanced programme acceptance and helped create an environment where discussions on HIV, AIDS, and reproductive health could take place with greater openness and confidence.

The programme resulted in a significant improvement in awareness and understanding of HIV, AIDS, and sexually transmitted infections among participants. Community members

demonstrated better knowledge of disease transmission, prevention methods, available healthcare services, and the importance of early testing and treatment.

The awareness sessions successfully challenged myths and misconceptions that contribute to stigma and discrimination, fostering more compassionate attitudes towards people living with HIV. Participants also gained increased confidence in accessing healthcare services, seeking counselling, and discussing reproductive health issues without fear or hesitation.

By promoting scientific knowledge, encouraging responsible health practices, and strengthening community awareness, the programme contributed towards creating healthier, more informed, and socially inclusive communities capable of preventing HIV and other sexually transmitted infections through knowledge, early action, and collective responsibility.

Tuberculosis Screening, Community Health Camps and Preventive Healthcare Programme

Tuberculosis (TB) continues to remain one of India's most significant public health challenges, particularly among economically disadvantaged and vulnerable populations where delayed



diagnosis, inadequate awareness, poor nutrition, and limited access to healthcare often contribute to the spread of the disease. In addition to tuberculosis, the increasing prevalence of non-communicable diseases such as diabetes and hypertension has created a growing need for accessible preventive healthcare services in rural communities.

Recognising these challenges, Sahyog Foundation organised a series of comprehensive community health camps throughout the reporting year with the objective of improving access to healthcare, promoting early diagnosis, strengthening disease prevention, and encouraging timely treatment. The camps adopted an integrated approach by combining health screening, medical consultation, counselling, referral services, health education, and medicine distribution within a single community-based platform.

During the year, the Foundation successfully organised **eight community health camps**, benefiting **more than 6,000 community members** belonging to rural, underserved, and high-risk populations. These initiatives significantly contributed to strengthening preventive healthcare services while promoting greater awareness regarding tuberculosis, diabetes, hypertension, nutrition, hygiene, and healthy lifestyles.

The primary objective of the programme was to improve community health by facilitating early detection of tuberculosis and other common health conditions before they developed into serious illnesses. The programme also aimed to improve awareness regarding TB symptoms, treatment adherence, infection prevention, and available government healthcare services.

Another important objective was to provide free medical consultations and diagnostic screening for individuals who otherwise have limited access to healthcare facilities due to financial, geographical, or social barriers. Through community-based interventions, the Foundation sought to encourage regular health check-ups, early referral, and timely medical intervention.

The programme further aimed to promote healthy lifestyles by educating beneficiaries on nutrition, personal hygiene, disease prevention, medication adherence, physical activity, and the importance of routine health monitoring.

Health camps were organised in accessible community locations to ensure maximum participation from rural families, elderly citizens, women, agricultural labourers, and individuals belonging to vulnerable socio-economic groups. Prior to each camp, community mobilisation activities were conducted with the support of local leaders, health workers, volunteers, and village representatives to encourage participation and create awareness regarding the availability of free healthcare services.

Qualified medical professionals, healthcare workers, counsellors, and trained volunteers participated in each camp, providing comprehensive health services in a friendly and supportive environment. The integrated nature of the camps enabled beneficiaries to receive multiple healthcare services during a single visit, thereby reducing both travel costs and loss of daily wages.

One of the major components of the programme focused on identifying individuals showing symptoms suggestive of tuberculosis. Beneficiaries were educated about persistent cough, unexplained weight loss, fever, night sweats, and fatigue, enabling them to recognise early warning signs of the disease.

Individuals suspected of having tuberculosis underwent preliminary assessment, and sputum samples were collected whenever required for laboratory examination. Suspected patients were referred to government health facilities for confirmatory diagnosis and treatment under the National Tuberculosis Elimination Programme (NTEP), ensuring continuity of care and timely medical intervention.

Each health camp offered free consultation by qualified medical practitioners who examined beneficiaries presenting with common illnesses, chronic health conditions, seasonal infections, and general health concerns. Patients received individual attention, medical advice, and guidance regarding further investigations or specialist referrals whenever necessary.

Considering the increasing burden of lifestyle-related diseases in rural India, free screening for diabetes and hypertension formed an important component of every camp. Blood sugar and blood pressure examinations enabled early identification of individuals at risk, many of whom were previously unaware of their condition.

Those diagnosed with elevated blood sugar or blood pressure levels received counselling on dietary modifications, regular exercise, medication adherence, stress management, and the importance of periodic medical follow-up. Early diagnosis significantly reduced the likelihood of long-term complications associated with these chronic diseases.

To improve treatment accessibility for economically weaker families, essential medicines were distributed free of cost to patients diagnosed with common illnesses, diabetes, hypertension, and minor health conditions. Beneficiaries also received guidance on correct medication usage and the importance of completing prescribed treatment.

Health education sessions were organised alongside clinical services to improve community awareness regarding disease prevention and healthy living. Participants received practical information on tuberculosis prevention, respiratory hygiene, balanced nutrition, sanitation, personal hygiene, safe drinking water, communicable disease prevention, and healthy lifestyle practices.

Interactive discussions encouraged beneficiaries to adopt preventive behaviours and recognise that maintaining good health requires both medical care and positive lifestyle choices.

Special counselling sessions were conducted for individuals diagnosed with tuberculosis, diabetes, hypertension, and other chronic health conditions. Counsellors explained treatment protocols, medication adherence, nutritional requirements, family support, and the importance of completing treatment without interruption.

Patients requiring additional medical care were referred to appropriate healthcare institutions, ensuring continuity of treatment beyond the health camps.

The success of the programme was made possible through the active participation of community members, Accredited Social Health Activists (ASHAs), village leaders, healthcare workers, volunteers, and local institutions. Their support in mobilising beneficiaries, identifying vulnerable individuals, and encouraging timely health-seeking behaviour greatly enhanced programme outreach and effectiveness.

The camps also created opportunities for community members to openly discuss health concerns, seek professional advice, and develop greater confidence in accessing healthcare services whenever required.

The programme made a significant contribution towards strengthening preventive healthcare in rural communities. More than **6,000 beneficiaries** accessed free health services during the reporting year, many of whom had never previously undergone routine health screening.



Early identification of suspected tuberculosis cases enabled timely referral and treatment, thereby reducing the risk of disease transmission within families and communities. Screening for diabetes and hypertension facilitated early diagnosis and encouraged beneficiaries to adopt healthier

lifestyles before complications developed.

The awareness sessions substantially improved community knowledge regarding disease prevention, nutrition, hygiene, and treatment adherence. Beneficiaries demonstrated increased

willingness to undergo regular health check-ups, seek professional medical advice, and support family members requiring treatment.

By integrating awareness, screening, counselling, referral services, and free medical care within a single programme, Sahyog Foundation strengthened community confidence in preventive healthcare while contributing to healthier, more informed, and resilient rural communities. The programme also reinforced the Foundation's commitment to supporting national public health initiatives through community-driven, accessible, and sustainable healthcare interventions.

Tobacco Awareness and Occupational Health & Safety Programme for Female Farm Labourers

Agriculture remains one of the primary sources of livelihood for rural families in Surendranagar district. Women constitute a significant proportion of the agricultural workforce and contribute extensively to farming operations, livestock management, harvesting, post-harvest processing, and household responsibilities. Despite their invaluable contribution,



female farm labourers often experience multiple occupational health risks while having limited access to health information, preventive healthcare services, and occupational safety measures.

In addition to occupational hazards, tobacco consumption in both smoking and smokeless forms continues to pose a serious

public health challenge among rural populations. Tobacco use significantly increases the risk of cancer, tuberculosis, chronic respiratory diseases, cardiovascular disorders, and reproductive health complications, while also reducing the overall quality of life and productivity of individuals.

Recognising these interconnected challenges, Sahyog Foundation implemented an integrated **Tobacco Awareness and Occupational Health & Safety Programme** with a special focus on women engaged in agricultural labour. The programme combined health education, awareness generation, behavioural change communication, and practical demonstrations to encourage healthier lifestyles and safer working environments.

The programme sought to increase awareness among female agricultural labourers regarding the harmful health effects of tobacco consumption and encourage them to adopt tobacco-free lifestyles. It also aimed to educate participants about the relationship between tobacco use and serious illnesses such as tuberculosis, cancer, chronic respiratory diseases, cardiovascular diseases, and oral health disorders.

Another key objective was to improve occupational health and safety by promoting safer agricultural practices and reducing exposure to workplace hazards. The programme focused on strengthening knowledge regarding pesticide safety, chemical exposure, dust protection, heat stress management, personal hygiene, ergonomics, and injury prevention.

The Foundation also aimed to encourage women to become health ambassadors within their families by sharing information on healthy habits, disease prevention, nutrition, and workplace safety with other members of the community.

The awareness sessions were organised within villages and farming communities to ensure convenient access for women agricultural labourers. Community mobilisation was carried out in collaboration with local leaders and community volunteers, enabling women to participate without disrupting their daily work schedules.

The programme adopted an interactive and participatory approach rather than conventional classroom teaching. Facilitators encouraged women to discuss their daily work experiences, identify occupational hazards, ask questions, and share practical solutions that could improve their health and safety while working in agricultural fields.

Simple language, visual aids, demonstrations, and practical examples were used to ensure that health messages were easily understood and could be readily applied in everyday life.

The programme provided detailed information regarding the harmful effects of both smoking and smokeless tobacco products. Participants learned how tobacco consumption damages nearly every organ of the body and substantially increases the risk of life-threatening diseases.

The awareness sessions explained the strong association between tobacco use and oral cancer, lung cancer, chronic obstructive pulmonary disease (COPD), heart disease, stroke, tuberculosis, reduced immunity, pregnancy-related complications, and poor overall health. Special emphasis was placed on the additional risks faced by women, including adverse maternal and reproductive health outcomes.

Participants were encouraged to recognise early warning signs associated with tobacco-related diseases and seek timely medical advice whenever symptoms appeared. The programme also highlighted the economic burden of tobacco addiction, demonstrating how reducing tobacco consumption could improve household health as well as financial well-being.

Information was provided regarding tobacco cessation services, counselling support, behavioural strategies to overcome addiction, and the health benefits experienced after quitting tobacco. Women were encouraged to motivate family members to adopt tobacco-free lifestyles and support each other throughout the quitting process.

Occupational Health and Safety Awareness

Agricultural labour exposes workers to numerous occupational hazards that frequently remain unnoticed until serious health problems develop. The programme therefore placed equal emphasis on promoting occupational safety and healthy work practices.

Participants received practical guidance on minimising exposure to pesticides, chemical fertilisers, agricultural dust, smoke, excessive sunlight, and heat stress. The importance of using appropriate clothing, gloves, face coverings, protective footwear, and safe handling techniques while applying agricultural chemicals was explained in detail.

The sessions also focused on reducing physical strain associated with repetitive agricultural work. Women were educated on maintaining correct body posture while lifting heavy loads,

harvesting crops, carrying water, and performing repetitive manual tasks. Demonstrations on safe lifting techniques, stretching exercises, and the importance of regular rest breaks helped participants understand how simple behavioural changes could reduce musculoskeletal injuries.

Additional discussions covered hydration, balanced nutrition, personal hygiene, menstrual hygiene management, prevention of heat-related illnesses, safe drinking water, and maintaining overall physical well-being during demanding agricultural work.

The programme witnessed enthusiastic participation from women agricultural labourers, community leaders, local volunteers, and health workers. Participants actively shared personal experiences regarding occupational challenges, tobacco use within families, and barriers to accessing healthcare services.

This participatory approach encouraged peer learning and strengthened community ownership of health promotion activities. Women who attended the sessions expressed their willingness to share the knowledge gained with neighbours, relatives, and fellow agricultural workers, thereby extending the programme's impact beyond the immediate beneficiaries.

The Tobacco Awareness and Occupational Health & Safety Programme resulted in a significant improvement in participants' understanding of the health risks associated with tobacco consumption and unsafe agricultural practices. Women demonstrated greater awareness regarding the long-term consequences of tobacco use and expressed increased motivation to reduce or quit tobacco consumption for the benefit of their own health and that of their families.

Participants also acquired practical knowledge on preventing occupational injuries through safer farming practices, appropriate use of protective measures, improved posture, adequate hydration, balanced nutrition, and proper personal hygiene. Many women reported greater confidence in recognising workplace hazards and adopting preventive measures during agricultural activities.

The programme further strengthened awareness regarding the relationship between tobacco use and diseases such as tuberculosis, cancer, respiratory disorders, and cardiovascular illnesses, thereby reinforcing the importance of preventive healthcare.

Beyond individual behaviour change, the initiative contributed to building healthier communities by encouraging women to become advocates of health, safety, and tobacco-free living within their families and villages. Through increased awareness, community participation, and practical capacity building, the programme advanced Sahyog Foundation's mission of improving public health and promoting safe, healthy, and dignified livelihoods for rural women.

Tree Plantation and Environmental Awareness Drive

As part of its commitment to community well-being and environmental sustainability, Sahyog Foundation organised a Tree Plantation and Environmental Awareness Drive during the year. The initiative aimed to encourage community members to understand the importance of trees in improving air quality, conserving soil and water, reducing the effects of rising temperatures, and creating healthier surroundings. Local residents, volunteers, young people, and community

representatives were encouraged to participate actively in plantation activities and to take responsibility for protecting and nurturing the saplings after plantation.

The drive also served as an opportunity to promote greater environmental responsibility at the community level. Participants were sensitised to the importance of preserving local green



spaces, reducing environmental degradation, and adopting simple practices that contribute to a cleaner and healthier environment. Sahyog Foundation emphasised that tree plantation should not be viewed as a one-time activity, but as a long-term commitment involving regular care, protection, and community ownership so that planted trees survive, grow, and provide lasting benefits for future generations.

CHETANKUMAR PRAJAPATI
B.COM,A.C.A

C. V. PRAJAPATI & CO.,
CHARTERED ACCOUNTANTS
AT & POST - PATDI,
OPP SWAMINARAYAN TEMPLE,
DIST - SURENDRANAGAR
GUJARAT - 382765

AUDITOR'S REPORT

YEAR: 2025-26

Name of The Public Trust :- **SAHYOG FOUNDATION**

Registration No. :- F/ 3435/ Surendranagar

We have audited the Accounts of the above named Trust for the Year ended on
31st March, 2026 and beg to report that :-

1. The accounts are maintained regularly and in accordance with the provisions of the Act and the Rules,
2. Receipts and disbursements are properly and correctly shown in the accounts;
3. The cash balance and vouchers in the custody of manager or trustee on the date of audit are in agreement with accounts;
4. Books, Deed, Accounts, Vouchers and other Documents and Records required by us were produced before us;
5. An inventory, certified by the trustee, of the moveable of the trust has maintained;
6. The trustee appeared before us and furnished the necessary information required by us;
7. No Property or Funds of the trust were applied for any objects or purpose other than the objects or purposes of the trust;
8. The amount outstanding for more than one year are Rs. NIL and the amount written off Rs. NIL ;
9. Tenders were not invited for repairs or construction as the expenditure involved did not exceed Rs. 5,000/-;
10. No Money of the public trust has been invested contrary to the provision of Section 35;
11. No alienation of immovable property have been made contrary to the provision of section 36;

For, C.V. PRAJAPATI & CO.,
CHARTERED ACCOUNTANTS

(CHETAN PRAJAPATI)

PROPRIETOR

MEM NO - 127047

FRN - 154681W

PLACE: PATDI

DATE: 28/04/2026

UDIN:- 26127047 RAI TLB 9841



-: SFL26 :-

"SCHEDULE IX-C"

(see rule 32)

Statement of income liable to contribution for the year ending 31/03/2026

Name of Public Trust :- **SAHYOG FOUNDATION**

Trust Registration No.:- F/ 3435/ Surendranagar

Address of Trust :- 19, Gaytri Society, Station Road, At.Limbdi,

Di.Surendranagar Phone No . 97277 53951 Email.N.A.

Name, address and phone number of trustees, whom submit the audit report:

Prithvirajsinh Manubhai Parmar, Arihant Avenue Flat No 6, Second Floor, Jintan

Udhyognagar, Surendranagar (Mob) :- 97277 53951

Details of Relating Bank Account:- 7884078913

Name of Bank :- Indian Bank Branch.:- Surendranagar

Address:- Rajvir Shopping Mall,,Near Surekhawadi, S T Road, Surendranagar

Bank Account number relating to transaction of foreign contribution of

Trust: N.A. F.C.R.A. No. Not Obtained Date: N.A.

Particular	Rs.	Rs.
Gross annual income		787000-00
Details of income not chargeable to contribution under section 58 and rule 32		
(i) Donations received during the year from any sources		
(a) Corpus		
(1) From Country		
(2) From Foreign Country;F.C.R.A.No. and Date		
(b) General		
(1) From Country	787000-00	787000-00
(2) From Foreign Country;F.C.R.A.No. and Date		
(ii) Grants by Government and Local authorities		
(a) Government and Local authorities		
(b) From Foreign Country		
(c) By Funding agencies		
(1) From Country		
(2) From Foreign Country;F.C.R.A.No. and Date		
(iii) Amount spent for the purpose of education		
(iv) Amount spent for the purpose of medical relief		
(vi) (A) Deductions out of income from lands used for agriculture purpose:		
(a) Land Revenue and Local Fund Cess....		
(b) Rent payable to superior Landlord		



CHETANKUMAR PRAJAPATI
B.COM,A.C.A

C. V. PRAJAPATI & CO.,
CHARTERED ACCOUNTANTS

Particular	Rs.	Rs.
(c) Cost of production, if lands are cultivated by Trust.		
(B) Income from lands used for agriculture purpose.		
(vii) (A) Deductions out of income from lands used for non-agriculture purpose:		
(a) Assessment, Cesses and other Government or Municipal Taxes		
(b) Ground rent payable to the superior landlord		
(c) Insurance premium.		
(d) Repairs @ 8.33 per cent, of gross rent of building		
(e) Cost of collection @ 4 per cent, of gross rent of buildings let out:		
(B) Income from lands used for non- agricultural purpose.		
(Viii) Cost of collection of income or receipts from securities, stocks,etc.at 1 per cent, of such income:		
(ix) Deductions on account of repairs in respect of buildings not rented and yielding to income,@ 8.33 per cent, of the estimated gross annual rent.		
Income liable to contribution.....		NIL

Sign of Trustee:
Secretary,
Sahyog Foundation-Limbdi

For, C.V.PRAJAPATI & CO.,
CHARTERED ACCOUNTANTS



(CHETAN PRAJAPATI)
PROPRIETOR
MEM NO - 127047
FRN - 154681W

CHETANKUMAR PRAJAPATI
B.COM,A.C.A

C. V. PRAJAPATI & CO.,
CHARTERED ACCOUNTANTS
AT & POST - PATDI,
OPP SWAMINARAYAN TEMPLE,
DIST - SURENDRANAGAR
GUJARAT - 382765

SAHYOG FOUNDATION

Registration.No.:- F/ 3435/ Surendranagar

INCOME & EXP A/C FOR THE YEAR ENDED 31 / 03 /2026

EXP	Rs.	INCOME	Rs.
To Misc. Exp	5730-00	By General Donation	787000-00
To Admn Exp	3500-00		
To Stationery Exp	5210-00		
Activity Exp:			
To TB Prevention Scheme	120000-00		
To Arogaylaxi Shibir	40100-00		
To Kanya Kelvni Abhiyan	33460-00		
To Jal Sarxsan Jagruti Shibir	29960-00		
To Screening Program	245000-00		
For TB Patients			
To Bal Majuri Nabudi	28830-00		
Abhiyan			
To Bal Lagna Nabudi	29570-00		
Zumbesh			
To Forest & Enviroment	8500-00		
Department Training			
To Vyasamukti Awerness	29740-00		
Shibir			
To Soap Making Training	36000-00		
Exp			
Excess Of income	171400-00		
	787000-00		787000-00



CHETANKUMAR PRAJAPATI
B.COM, A.C.A

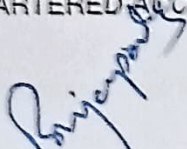
C. V. PRAJAPATI & CO.,
CHARTERED ACCOUNTANTS
AT & POST - PATDI,
OPP SWAMINARAYAN TEMPLE,
DIST - SURENDRANAGAR
GUJARAT - 382765

SAHYOG FOUNDATION

Registration No.: F/3435/ Surendranagar

INCOME & EXP A/C FOR THE YEAR ENDED 31 / 03 /2026

For, C. V. PRAJAPATI & CO.,
CHARTERED ACCOUNTANTS


(CHETAN PRAJAPATI)
PROPRIETOR

MEM NO - 127047

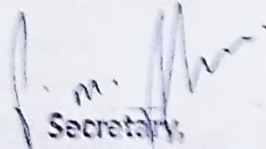
FRN - 154681W

PLACE : PATDI

DATE ; 28/04/2026

UDIN:- 26127047 RAI TLB 9841




Secretary,
Sahyog TRUSTEE - Limbal
SAHYOG FOUNDATION

CHETANKUMAR PRAJAPATI

B.COM, A.C.A

C. V. PRAJAPATI & CO.,

CHARTERED ACCOUNTANTS

AT & POST - PATDI,

OPP SWAMINARAYAN TEMPLE,

DIST - SURENDRANAGAR

GUJARAT - 382765

SHAYOG FOUNDATION

Registration No.: F/ 3435/ Surendranagar

BALANCE SHEET AS AT : 31 / 03 /2026

Fund & Liabilities	Amount Rs.	Properties & Investment	Amount Rs.
Life Member Fee (P.Y.B)	1757-00	Cash & Bank Balance:	
		Indian Bank	310407-00
Unsecured Loan (P.Y.B)	93339-00	Gujrat Garmin Bank	2887-00
		Cash In Hand	716-00
Income & Exp A/c.:	218914-00		
P.Y.B	171400-00		
Add: Current Year	47514-00		
	314010-00		314010-00

For, C. V. PRAJAPATI & CO.,

CHARTERED ACCOUNTANTS

THE ABOVE BALANCE SHEET TO THE BEST OF

OUR BELIEF AND AS PER EXPLANATION

AND INFORMATION PROVIDED TO US

AND AS PER DOCUMENT PRESENTED

TO US CONTAIN TRUE AND FAIR VALUE

OF THE BALANCE SHEET OF THE TRUST

(CHETAN PRAJAPATI)

PROPRIETOR

MEM NO - 127047

FRN - 154681W

PLACE ; PATDI

DATE : 28/04/2026

UDIN:- 26127047 RAI TLB 9841



Secretary,
TRUSTEE
Sahyog Foundation-Limbdi
SAHYOG FOUNDATION