



**Mount Valley Development  
Association**

# Annual Report

2023-2024



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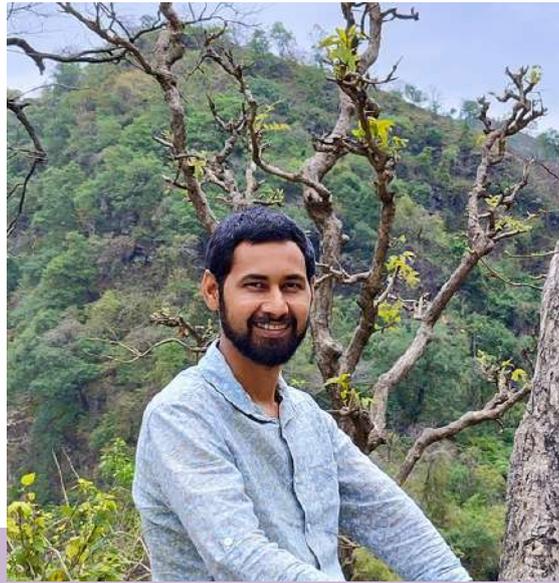




## About us

Mount Valley Development Association (MVDA) is a Social Purpose Organization established in 1995, dedicated to transforming the lives of over 1,30,000 farmers in the Himalayan region through initiatives in agriculture, education, livelihood, and sustainable development. Based in Uttarakhand, MVDA focuses on climate resilience, sustainable livelihoods, community empowerment, education, health, and sanitation. Believing in the power of collective action, MVDA collaborates with local communities, government bodies, research institutions, CSRs, NGOs, and other ecosystem partners. Through these partnerships, MVDA promotes self-reliance, capacity building, and environmental conservation, aiming to improve the socio-economic conditions of marginalized communities, especially women and youth. Our holistic approach ensures sustainable development, driving positive change and fostering community growth in rural areas. With support from various partners, MVDA implements impactful projects that uplift and empower rural communities, creating long-term resilience and fostering inclusive development across the region.

# Message from Executive Director



**Navprabhat Singh**

## **"Empowering Communities for a Sustainable Future"**

Reflecting on the past year, I am grateful for the unwavering dedication of our team, community, partners, community-based volunteers and well-wishers. Our shared mission to foster sustainable rural development remains crucial, and we are proud of the significant strides made in climate sustainability, natural resource management, and girls' education. Together, we have empowered local communities by adopting climate-resilient farming practices, safeguarding ecosystems, and strengthening community institutions for sustainable livelihoods. Education, particularly for rural girls, has remained at the heart of our efforts, creating pathways for leadership and fostering greater gender equity.

I want to express my heartfelt gratitude to the Board for their unwavering guidance and support throughout the past year. Their commitment has been instrumental in helping us achieve significant milestones in rural development, climate sustainability, and girls' education.

While challenges have arisen, the remarkable progress we've witnessed continues to inspire hope and drive our work forward. With your ongoing support, we are confident in building a sustainable, inclusive, and equitable future for all.

Thank you for being part of this journey.

**EXECUTIVE DIRECTOR  
MOUNT VALLEY DEVELOPMENT  
ASSOCIATION**



# Our Board Members



**MR. RAJENDER SINGH KENTURA**  
President

An army veteran with 28 years of service, a community leader, entrepreneur, and influential figure dedicated to promoting social welfare and empowering youth.

**MRS. BEERA DEVI  
CHAUHAN**  
Vice-president

Passionate leader with extensive board service and experience as Gram Pradhan. Advocate for women's issues and community development, recognized for achievements at the village level.



**DR. VINOD BHATT**

Secretary

An expert with 30+ years of experience in teaching, research, and leadership. Authored 30 papers and 7 books on agroecology and climate change. Part of government and non-government committees.

**MR. ABBAL SINGH RANA**  
Treasurer

A dedicated farmer and social worker involved in village development, disaster relief and an expert electrician.



**MR. RAKESH MOHAN**

Member

Specialist in development, humanitarian response, and strategic management globally with 25 years of experience in organizations like Save the Children, Oxfam International, and Malteser International.

**MR. RAKESH JHA**  
Member

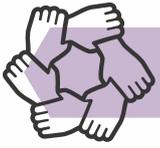
An experienced professional with over 25 years of expertise in socio-cultural-ethnic community development, government skill programs, and watershed projects under organizations like UNDP, DFID, and UNICEF.



**MR. ANANDI LAL SHAH**

Member

A health professional with 42 years of experience as Health Inspector in Uttarakhand and Uttar Pradesh, with notable contributions to health programs, family planning, and innovative agricultural projects.



## Vision

Our vision is to be a catalyst of change in supporting the local communities towards eradication of poverty through sustainable livelihood initiatives, creation of a society firmly rooted on the principles of social harmony, justice and solidarity.

## Mission



Our mission is to improve the quality of life of rural people- especially women and the disadvantaged people in Garhwal region of Uttarakhand. Our approach in MVDA is towards the fulfillment of our goals through interventions in education with special emphasis on girl child, natural resource management and by creating the accessibility to existing diversified livelihood options.

## Our Outreach



✓ Uttarakhand, Uttar Pradesh and Punjab

✓ 19 developmental blocks

✓ 25430+ families

✓ 250+ Learning Centers

✓ 100+ Schools

✓ 20000+ Children Educated

✓ 130,000+ Rightsholders

**PROJECTS**  
**45+**

✓ 1800+ Villages

✓ 8 District

# KEY APPROACHES



Supporting diversified sustainable livelihood initiatives and skill development



Ensuring the fulfillment of rights and privileges



Protection and promotion of traditional knowledge and wisdom related to agro-ecology, biodiversity and water



Building resilience against natural and climate disasters



Creating and nurturing collectives and supportive institutions of women, youth and farmers



Providing essential services to deprived communities, including healthcare, education, water, and sanitation



Learning and upscaling through networking with other institutions



Promotion and adaptation of Environment friendly technologies



Creating gender sensitive and low cost community center

# Current Locations



**1.UTTARKASHI  
DUNDA  
BHATWARI  
CHINYALISAUR  
MORI**



**3. HARIDWAR  
BAHADRABAD  
ROORKEE  
BHAGWANPUR**

**उत्तराखंड**



**2.TEHRI GARHWAL  
BHILANGNA  
KIRTINAGAR  
JAKHINDHAR  
JAUNPUR**

**हिमाचल प्रदेश**



**1.SOLAN  
KANDAGHAT**



# Our Thematic Areas

## 1 Climate Resilience and Sustainable Livelihood



## 2 Collective Enterprise and Institutional building



## 3 Community Empowerment and Capacity Building Youth and Women



## 4 Education Capacity and Knowledge Building

## 5 Health, Sanitation, and Nutrition





## 1. Climate Resilience and Sustainable Livelihood



### Demonstrations and Farming Procedures

MVDA has been actively driving sustainable change in rural Uttarakhand by focusing on climate resilience and promoting sustainable livelihoods. This year, key efforts were centred on practical training, resource management, and innovative agricultural practices to foster long-term sustainability and resilience.

#### Key Activities and Achievements:

##### Demonstrations and Farming Practices:

- 260 demonstrations were conducted on Integrated Pest and Nutrient Management (IPNM) and Good Agricultural Practices (GAP) for crops like millet, spices, vegetables, and pulses. Farmers gained vital knowledge of organic practices and Indigenous crops,
- Farmers were trained in eco-friendly techniques to reduce chemical inputs and adopt organic alternatives, improving crop yields and promoting conservation.

### **Promotion of Indigenous Crops:**

1,044 farmers are now promoting local indigenous crops to diversify income and seed production. Over 70 indigenous crop seeds were collected, reviving traditional crops and preserving sustainable agricultural practices.

### **Value Addition and Market Linkages:**

Collection centres were set up, and farmers were trained in marketing, branding, and collective farming to enhance the agricultural supply chain. Focus was placed on value addition for high-demand crops, targeting the urban market to diversify income streams and strengthen market linkages.





## Introduction of Protective Cultivation Structures

To mitigate the adverse effects of climate change on crops, particularly during the sowing period, We introduced protective cultivation structures to create a controlled farming environment. These structures enable farmers to grow vegetables, herbs, and other crops more effectively by shielding them from extreme weather conditions. Through this initiative, farmers learned how to minimize crop wastage and enhance productivity, while their efforts in sustainable agriculture became a source of inspiration for the wider community.

## Construction of Compost Pits

MVDA demonstrated the construction of 28 compost pits to promote organic waste recycling and improve soil health. 28 farmers were trained to produce organic manure, helping them sustainably to meet their agricultural needs. To ensure a steady supply of organic manure, We provided ongoing support and guidance to the farmers, fostering environmentally friendly practices and enhancing soil fertility.





## Ecological Restoration – Beej Bombs Initiative

Creating seed bombs helps restore degraded land by reintroducing native plant species, which boosts biodiversity, improves soil health, and enhances green cover for long-term ecosystem recovery.

**Scaling Impact:** Over 2 years 15,000 Beej Bombs were planted in Uttarakhand, with the help of students, women farmers volunteers and members of SHGs.

**Environmental & Community Impact and Long-term Vision:** This initiative restores ecosystems, increases green cover, and actively involves local communities in the distribution and monitoring of resources. With a focus on reclaiming degraded lands, boosting biodiversity, and empowering communities in conservation efforts, it aims for lasting ecological and social transformation.



## 2. Collective Enterprise and Institutional Building



### MVDA's Commitment to Resilient Communities in Uttarakhand

MVDA has made significant strides in building resilient and self-sufficient communities in Uttarakhand through its focus on Collective Enterprise and Institutional Building. This initiative promotes community-led institutions such as Farmer Producer Organizations (FPOs), Self-Help Groups (SHGs), and cooperatives, emphasizing empowerment for women, marginalized groups, and local farmers.

#### Key accomplishments include:

- Established 2 community seed banks: Conserving indigenous seeds, reducing transport costs, and improving seed quality. Farmers now actively produce and preserve seeds for greater impact, ensuring long-term sustainability.
- Opened 2 marketing stores: Supporting local farmers by providing better market access, improving pricing, and enhancing understanding of marketing strategies to maximize the value of their products.

## **Formation and Strengthening of Farmer Producer Organizations (FPOs)**

Formation and Strengthening of Farmer Producer Organizations (FPOs): MVDA empowered smallholder farmers by forming and strengthening 8 FPOs, providing organizational support to improve marketing strategies. Additionally, 30 artisans were trained in Selu pine product development and natural fiber crafts, boosting economic resilience and sustainability.

### **Key achievements include:**

- **Training for Women:** Over 55 women received training in organizational governance, financial management, procurement planning, and product marketing.
- **Market Access:** FPOs helped farmers reduce dependency on intermediaries, improving income levels and ensuring fair prices for their produce.



### **Establishment of Community Farm Tool Bank:**

MVDA is promoting a Community Tool Bank to provide essential farming tools, reducing women's drudgery and lowering costs for marginalized farmers while encouraging sustainable practices.



## Facilitation and Networking for Enhanced Collaboration



Peer learning networks expose communities to knowledge from diverse regions, helping them address challenges and drive growth. Policy advocacy strengthens ties with government and private stakeholders, improving access to resources and markets. Exposure visits to successful cooperatives provide women with practical insights into business models, FPOs, and the broader market ecosystem, enhancing visibility.



### 3. Community Empowerment and Capacity Building Youth and Women



MVDA focused on empowering marginalized communities by enhancing their capacities, with a special emphasis on youth and women. The aim is to build leadership qualities, foster economic independence, and promote social equity that strengthen community institutions, improve education outcomes, and build local capacities for self-governance and sustainable development.

#### Key Activities and Achievements:

1. **Women Empowerment Workshops:** MVDA has conducted 130 workshops on menstrual awareness and hygiene, reaching numerous participants. These initiatives provided health education and distributed 700 menstrual cups, with 65% of participants now using them. Additionally, 24 Village Level Risk Management Committees were established, training 75 community leaders and 8 health workers.

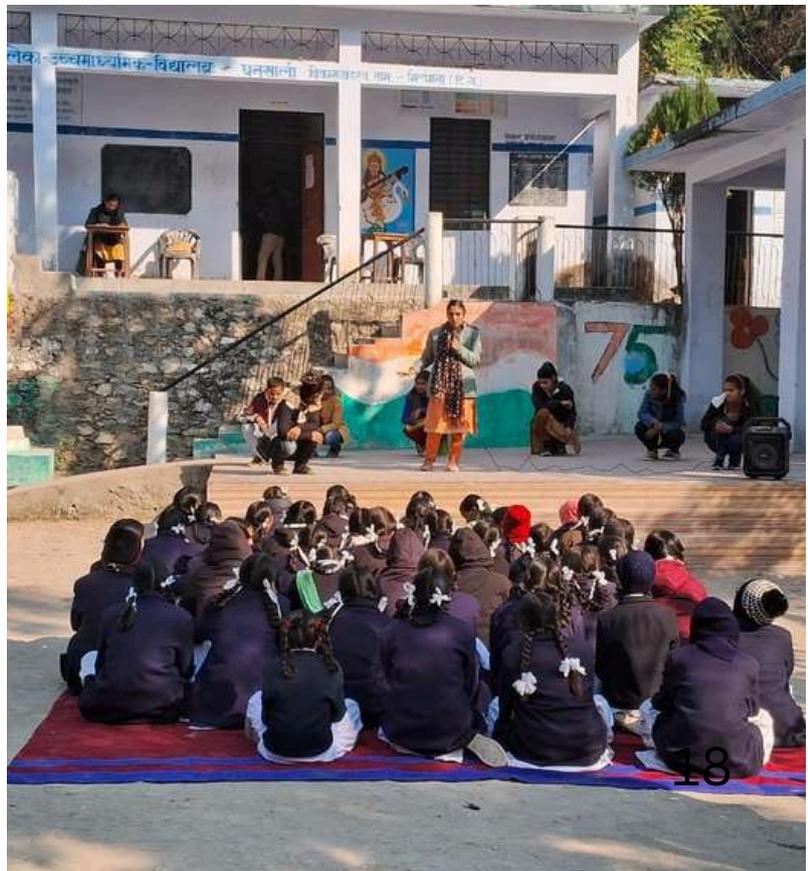


**Youth Capacity Building:** MVDA organized sessions for 3,217 adolescents and youth, focusing on essential life and soft skills to enhance their future prospects. This initiative empowers them to navigate challenges effectively, fostering personal and professional growth.

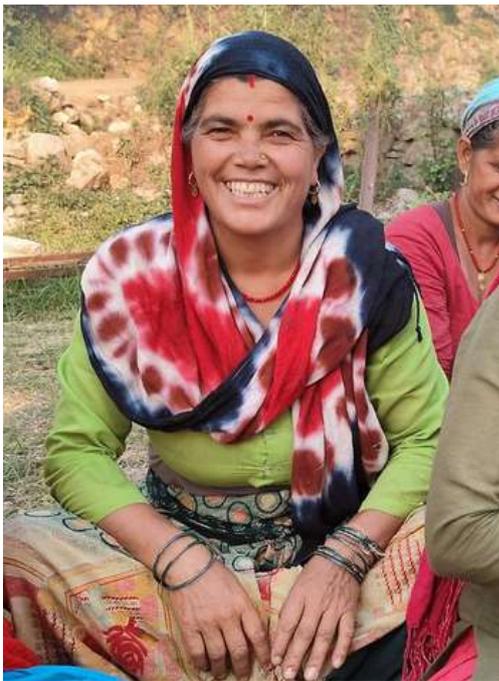


### 3. Safety and Awareness Programs:

The organization conducted 50 sexual harassment awareness sessions, reaching 1,100 participants. These programs educate communities about rights and protections, creating safe environments and empowering women and girls to address discrimination and abuse.



# STORIES FROM GROUND



Namaste! I'm Devki Devi Bisht of Rasyal Gaon and I am happy to share that my village has greatly benefitted from working with Mount Valley. Women here have become far more aware... despite our daily routines and struggles during *kheti-baadi* (farming), we were willing to make time for this to come here because someone came to raise our awareness. Earlier, we faced challenges in agriculture. Thank you all very much for taking the time to come here and talk to us. We are grateful for your support and hope that next time you will also come and lend us a hand. As women, we wish to be partners with men and be able to carry out every task with ease. Thank you very much.

**DEVKI DEVI BISHT**  
Lasial Village

Namshkaar! My name is Guddi Devi. I received mushroom seeds from the Mount Valley Development Association under the HRIDAY project through LIC HFL. So far, I have harvested 700-800 mushrooms. I have also sold some dried mushrooms, which has contributed to my income. I thank Mount Valley for providing me with these seeds and helping me increase my income source.



**GUDDI DEVI**  
Gadara Basar



**RAJI DEVI**  
Kafol Village

Hello, my name is Raji Devi, and I am from Kafol village. I received five goats with the support of Mount Valley LIC HFL, and now I have eight goats. Earlier, I sold one goat for ₹8,000. I am grateful to Mount Valley for providing me with goats, which have become a source of income for me.

# मिलेट्स बीज संरक्षण और कृषि उत्पाद विक्रय पर मंथन

प्रेम पंचोली (स्वतंत्र पत्रकार)

“आज मोटे अनाज के संरक्षण की आवश्यकता बढ़ गई है, युनियन में मोटे अनाज को बचाने के लिए लोग आगे आ रहे हैं। अच्छे स्वास्थ्य के लिए मोटे अनाज का भोजन सर्वोत्तम है और वे खुद भी वर्षों से इसी बात को कह रहे हैं।” बीज बचाओ आंदोलन के प्रणेता विजय जड़धारी ने यह बात देहरादून में अंतरराष्ट्रीय बीज दिवस के अवसर पर कही। कृषि और जैव विविधता विषय पर आधारित इस दो दिवसीय सेमिनार का आयोजन माउंट वैली डेवलपमेंट एसोसिएशन और ग्राफिक ईरा हिल यूनिवर्सिटी के संयुक्त तत्वाधान में किया गया, जिसमें विजय जड़धारी बतौर मुख्य अतिथि मौजूद थे।

सेमिनार के दौरान मौके पर उपस्थित किसानों, महिलाओं, शोधकर्ताओं, छात्रों, उद्यमियों और उपभोक्ताओं सहित अनेक हितधारकों को एक दूसरे से सीखने, टिकाऊ एवं सतत कृषि के लिए नवीन नवाचारों के आदान-प्रदान पर वृहद चर्चा का मौका मिला। विशेषज्ञों ने कहा कि उत्तम स्वास्थ्य के लिए मोटे अनाज ही आज की आवश्यकता है। इसलिए उत्तराखंड जैसे हिमालयी राज्यों में प्रकृति आधारित और परम्परागत कृषि को बढ़ावा दिया जाना चाहिए। मिलेट्स वर्षों में यह कार्य निर्यात हो जाना चाहिए। साथ ही कृषि को रोजगार के लिए बाजार से जोड़ देना चाहिए।

दो दिवसीय सेमिनार में परम्परागत बीज, कृषि, जैव विविधता, जलवायु के अनुकूल फसलों को उगाना, मिट्टी की उर्वरकता सहित प्राकृतिक संसाधनों के प्रति जागरूकता बढ़ाने पर चर्चा की गई। इस दौरान महिलाओं ने सवाल उठाया कि उत्तराखंड में कृषि की जमीन के लगातार विक्रय से कृषि पर संकट की स्थिति आ चुकी है। यह बात भी खुलकर सामने आई कि परम्परागत बीज, परम्परागत खेती और मोटे अनाज को विकसित करने और खेतों की उत्पादकता बढ़ाने की बहुत आवश्यकता है। ये बात भी सामने आई कि मोटे अनाजों के लिए बाजार आज भी सुलभ नहीं है।

सेमिनार के विषय “बायोडायवर्सिटी कन्वेंशन: सीड, सॉइल एंड मिलेट्स” पर विजय जड़धारी ने कहा कि उनके पास उत्तराखंड के सैकड़ों परम्परागत बीज संरक्षित हैं मगर सभी के घर में बीज संरक्षित हों तब जाकर हम किसी सफलता तक पहुंच पायेंगे। उन्होंने कहा कि खेती व्यापार नहीं हमारी संस्कृति है। पुराने बीजों को बचाना एक चुनौती है। बीजों का भी अपना वंश होता है, उसे उगाइना एक अपराध है। जड़धारी

ने कहा कि कोरोना ने लोगों को कृषि और मिलेट्स की अहमियत बता दी है। उन्होंने कहा कि मिलेट्स पौष्टिक होने के साथ इन्फ्लेमेटरी बढ़ने के लिए भी बेहतर है।

परम्परागत बीजों के संरक्षण के लिए दशकों से प्रयास करते रहे विजय जड़धारी ने कहा कि उत्तराखंड में जंगली जानवर और मीसम खेती के सबसे बड़े दुश्मन हैं और सरकार को इसके लिए कुछ कदम उठाने चाहिए। उन्होंने बताया कि बीजों की मूल वैरायटी बहुत शक्तिशाली होती है, किसी भी तरीके के बदलाव को यह सह सकती है। उन्होंने शंका जाहिर की है कि बीजों के जीनोम में बदलाव करके बीज कंपनियाँ हमें हाइब्रिड बीजों का गुलाम बना रही हैं।



हिमाचल प्रदेश से आये पद्मश्री नेकराम शर्मा ने कहा कि हिमाचल और उत्तराखंड का भूगोल एक जैसा ही है। इसलिए यहाँ पर कृषि और अन्य फसलों के लिए सरकारो को खास योजना बनानी चाहिए। उन्होंने कहा कि हिमालयी राज्यों की परम्परागत खेती की आज आवश्यकता बढ़ रही है, यही सुखद है।

पहाड़ पर जंगली जानवरों का जो खतरा है, उससे निपटने के लिए भी परम्परागत तौर तरीके हैं। उन्होंने खुद का उदाहरण दिया कि उनके अनाज के बगीचे में जो कौट पैदा होते हैं उनसे अनाज को बचाने के लिए वे प्राकृतिक साधन ही उपयोग में लाते हैं। वे कभी भी कौटनाशक चीजों का इस्तेमाल नहीं करते हैं।

उन्होंने कहा कि वे वर्षों से परम्परागत खेती करते आये हैं। कई बार उनकी मज्जा उड़ाई गई, मगर वे अपने मिशन से जुड़े रहे। आज सरकार और स्थानीय किसान उनकी परम्परागत कृषि का अनुसरण कर रहे हैं। नेकराम शर्मा ने सरकार से परम्परागत अनाजों के लिए बाजार की उपलब्धता सुनिश्चित कराने की माँग की।

पद्मी करव्याण सिंह रावत ने कहा कि उत्तराखंड में प्राकृतिक खेती

होती आई है। हरित क्रांति आने के बाद देश के किसानों की परम्परागत खेती में बिखराव आया है। इसलिए लोगों को फिर से प्राकृतिक खेती की ओर लौटना पड़ेगा। यहाँ से मोटे अनाजों के संरक्षण को शुरूआत होती है। ग्राफिक ईरा हिल यूनिवर्सिटी के एसोसिएट डीन एग्रीकल्चर प्रो. वाई.पी. सिंह, वन्य आर्गेनिक से सुप्रिया, रुद्र एग्री स्वयंसेवक सहकारिता के प्रमुख नरेश नीटियाल, कृषि परामर्शदाता कुलदीप जूनियाल, सामाजिक कार्यकर्ता समीर रतुड़ी, एससीएच कन्सल्टिंग के अरविन्द रावत, त्रिशूली प्रोड्यूसर कम्पनी के जगदीश जोशी, माउंट वैली डेवलपमेंट एसोसिएशन के संस्थापक अवतार नेगी, श्रमयोग संस्था के अजय जोशी, पीएसआइ के पूरण बत्वाल, डॉ. विनोद भट्ट आदि विशेषज्ञों ने कार्यक्रम में अपने विचार व्यक्त किये।

माउंटवैली डेवलपमेंट एसोसिएशन के समन्वयक नवप्रभात ने बताया कि बीज हमारी सांस्कृतिक विरासत है। इसे बचाने के लिए हम सभी को मिलकर परंपरागत बीज संरक्षण के लिए अपने अपने स्तर पर कार्य करना होगा। साथ ही समुदाय व विभिन्न हितधारकों के लिए आवश्यक सुविधा बढ़ाने के संयुक्त प्रयास करने होंगे। आइ.एम.आइ. की कोषाध्यक्ष बिनीता शाह ने कहा कि उत्तराखंड में मिट्टी, बीज और मिलेट्स का संरक्षण पर्वतीय क्षेत्रों के विकास का आधार है। जरूरत है कि हम मंडूब जैसे एक अनाज पर नहीं, बल्कि हर तरह की मिलेट्स पर ध्यान दें।

विश्वविद्यालय के प्रो. चांसलर डॉ. जे. कुमार ने कहा कि ग्राफिक एर हिल यूनिवर्सिटी में 2017 में शुरू हुआ स्कूल ऑफ एग्रीकल्चर रिसर्च किसानों की समस्याओं के समाधान बढ़ाने का काम भी करता आया है। कृषि के क्षेत्र में स्टार्टअप को जरूरत है। उत्तराखंड की पारंपरिक बारह अनाज कृषि पद्धति के बारे में बताते हुए उन्होंने कहा कि हमारे पूर्वज मिट्टी की फर्टिलिटी की अहमियत जानते थे। हमें इस धरोहर को आगे ले जाना है।

माउंट वैली डेवलपमेंट एसोसिएशन के नवप्रभात ने समेहन के उद्देश्य और महत्व पर प्रकाश डाला। विश्वविद्यालय के डायरेक्टर जनरल डॉ. एच.एन. नागराजा, वाइस चांसलर डॉ. आर. गीरी कार्यक्रम में उपस्थित रहे।

सेमिनार के प्रथम दिवस का संचालन डॉ. हिमानी बिजोला, द्वितीय दिवस का संचालन ऋतु सोबानी ने किया। इस अवसर पर विभिन्न किसानों द्वारा स्थानीय उत्पादों की प्रदर्शनी, केता, विक्रेताओं का आपस में मेल, फीडबैक स्तर पर किये गये अध्ययनों का प्रस्तुतिकरण, बीजों की प्रदर्शनी व स्थानीय व्यंजनों की प्रदर्शनी आदि कार्यक्रम प्रस्तुत किए गए। सेमिनार में देशभर के कृषि वैज्ञानिक, परंपरागत खेती के जानकार और अन्य हितधारी सम्मिलित हुए थे।

## MILLET SEED CONSERVATION AND AGRICULTURAL DEVELOPMENT DISCUSSION

### HIGHLIGHTS OF THE EVENT

- **Focus on Millets:** Importance of conserving indigenous millet seeds and promoting their cultivation for food security and sustainable farming.
- **Empowering Farmers:** Encouragement of millet farming to boost farmers' income, especially in hilly regions.
- **Training and Innovation:** Emphasis on modern agricultural techniques and training for sustainable and eco-friendly practices.
- **Collaboration:** States like Uttarakhand and Himachal Pradesh discussed sharing best practices in agriculture.
- **Support from NGOs and Government:** Initiatives for seed conservation, crop protection, and market access for farmers were highlighted.

## 4. Education Capacity and Knowledge Building



MVDA's Education Capacity and Knowledge Building program has transformed rural education by establishing 139 Learning Centers for girls, supporting over 8 schools, and benefiting more than 5,000 students. It introduced innovative approaches such as Multi-Grade Multi-Level (MGML) learning, Bal Panchayat libraries, and smart classrooms. With a strong emphasis on joyful, activity-based learning and well-trained teachers, the program significantly enhances academic performance and fosters the holistic development of rural youth.





### Key Activities and Achievements:

MVDA successfully operated 139 Learning Centers in rural and urban areas, impacting 3,500 girls facing geographical and socio-economic barriers. These centers provide essential space for foundational education, literacy, and numeracy, while also offering health, hygiene, social awareness, life skills, and digital literacy training. Utilizing resources like Jodo Gyan and Agastya Science kits, along with HRIDAY smart classes, MVDA integrates local needs to enhance educational opportunities and foster personal development for girls, significantly empowering their futures.





## Capacity Building and Workshops

MVDA organized capacity-building workshops and development programs for both teachers and students to enhance Learning Centers' effectiveness. Four online workshops introduced modern teaching methods, digital tools, and inclusive practices, ensuring teachers could deliver quality education and meet diverse learning needs.

Additionally, 36 Arambh Sessions were held throughout the year, covering academic subjects and life skills like leadership, critical thinking, and communication, empowering girls with confidence and skills for future challenges.

## Teacher Training and Support:

MVDA prioritized teacher development, recognizing that quality education starts with skilled educators. Teachers were categorized as "super," "star," or "weak," allowing for targeted training, mentoring, and peer-learning opportunities to improve teaching standards and meet student needs more effectively.

## Community Engagement and Awareness Programs:

MVDA supported girls' education through community engagement programs, including village meetings, parent-teacher interactions, and local campaigns, to promote participation and ensure ongoing community support.



## Empowering Futures Through Education

This year, 112 girls excelled by achieving over 80% in their board exams, showcasing their potential as change agents. MVDA has established community libraries and learning hubs in eight government schools, benefiting 545 students by promoting academic enrichment and digital education to bridge the educational divide.

Furthermore, MVDA has introduced innovative teaching models and conducted 20 capacity-building workshops for 120 local teachers, enhancing classroom engagement and effective use of digital tools. This investment in teacher development is transforming education quality in under-resourced schools and fostering holistic growth for students.



Anchal, a dedicated student from Siksha Balpanchayat Kafolgaon, has been selected to represent Uttarakhand at the prestigious Environment and Children National Meet. This opportunity not only highlights her hard work and commitment but also empowers her to advocate for environmental issues on a national platform. Anchal's participation is a testament to the transformative impact of community education initiatives, inspiring her peers and promoting awareness of climate change among youth. We are proud of her achievement and look forward to seeing her make a difference

## Stories from Ground



**NEHA**

**Teacher**

My name is Neha, and I work as a teacher in a girls' education program in Shrikot, Uttarkashi. Before joining my current organization, I taught at Saraswati Shishu Mandir in Shrikot. I joined this NGO on February 18, 2019, and it's been almost five years now.

I enjoy working here because it's where I learned new teaching techniques and methods. Through the quarterly training sessions, I've picked up activities that make learning more fun for the girls, helping them take a greater interest in their studies. I've also received great support from my seniors, especially PC sir, who has been very encouraging. I look forward to continuing my work here and learning more about new ways of teaching.

"My name is Asha. The name of my Bal Panchyat is Raunak Bal Panchayat. In this panchyat, I have learned about children's rights, such as the right to education, the right to play, and the right to express our views. Earlier, we were not aware of important days, but here we have learned about them, such as Environment Day, Science Day, and their importance. It is a lot of fun here, and there is so much to learn."



**ASHA**

**Student**



## 5. Health, Sanitation, and Nutrition



MVDA focuses on improving health, sanitation, and nutrition in rural Uttarakhand by strengthening community health systems, emphasizing preventive care, sanitation, and nutrition education, especially for women, children, and the elderly.

### Nutrition Awareness and Health Camps:

MVDA organized 414 animal health camps and nutrition awareness sessions, offering health check-ups and guidance on animal care, benefiting villagers.

### Promotion of Sanitation and Hygiene Practices:

MVDA, with local partners, held 130 sanitation programs, reaching 900 community members through clean-ups, handwashing stations, and latrine promotion. Support was also provided to 40 households for toilet construction, reducing open defecation in target villages.



**Para Devi**

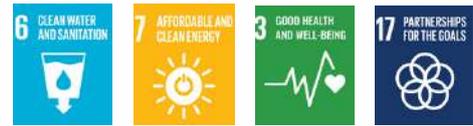


**Beena Devi**



## Menstrual health and hygiene

MVDA conducted comprehensive Menstrual Health and Hygiene sessions in schools and villages, emphasizing stress management, mindfulness, and menstrual hygiene. Over 500 women and youth received menstrual cups, promoting the widespread adoption of sustainable menstrual practices. Additionally, health and hygiene education programs in schools focused on essential topics like handwashing, personal hygiene, and safe drinking water practices. These initiatives not only empowered children to take control of their health but also reinforced positive habits with the distribution of hygiene kits, fostering a culture of well-being across communities.



## Transforms Community Health with Sustainable Clean Water Systems and Essential Resources

Through its partnership with local communities, MVDA has made substantial strides in improving health outcomes by establishing sustainable clean drinking water systems. This initiative involved the installation of three water filtration units and the promotion of water harvesting techniques, which have led to a significant reduction in waterborne diseases. Additionally, the distribution of water purifiers, light bulbs, and school bags for children has further supported these efforts, contributing to better living conditions and educational opportunities. By actively engaging the community in these projects, MVDA ensures long-term access to safe drinking water, fostering improved health and overall well-being for the residents.





## Our Current Partners





## A STORY OF 'WOMEN' EMPOWERING 'WOMEN'

A COOPERATIVE THAT HAS BROUGHT 'CHANGE' IN LIFE OF THOUSANDS OF 'WOMEN' ACROSS 'GARHWAL' REGION OF 'UTTARAKHAND'

Over 700 women from Bhilangna Valley in Tehri Garhwal formed Umang Swayat Sahakarita with the support of MVDA. The cooperative, established in 2012 under the Uttarakhand Self-Reliant Cooperative Act 2003, aims to empower women through cooperative development and create economic opportunities for marginalized communities.

It's a cooperative of women and for women, where they sell their farm and non-farm products under the brand name “**UTTRANJALI**” having more than 70+ range of products.



## Sunita's Journey

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“

My name is Sunita, from Syalakund village, I have been associated with the Mount Valley organization for the past four to five years. This association has empowered me and other women in our community, as we've formed groups to contribute our savings and learn new skills. Through Mount Valley, we've gained knowledge on the cultivation of ginger, turmeric, berries, and spices, which has significantly changed our lives. Recently, under the Uttranjali initiative, I started a homestay business by converting two vacant rooms in my home. This opportunity has been transformative. Our guests have praised the home-cooked meals and the clean, pure environment. Their positive feedback has encouraged us, and we are thrilled with this new venture. I am deeply grateful to Mount Valley for the awareness, knowledge, and support they have provided, enabling us to create a better future. Thank you, Mount Valley, for empowering us

”

## Meena Devi Journey

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Meena Devi, a local Kirana store owner and a farmer says that she has been wanting to delve into mushroom farming since a few years ago when she got to know that mushroom production has less physical work as compared to her agricultural work and customer handling at the shop but did not know who to connect with for the same. With the initiative of MVDA to provide all-round training, raw material and advisory on mushrooms, she excitedly joined in and has learnt so much ever since. She wishes to remain connected with MVDA for such initiatives.

She not only sells mushrooms grown by her but also helps in selling mushrooms of other women farmers. She says that she feels that this additional source of income has given her a hope to get time for rest.



# Media Highlights

## छात्राओं को मासिक धर्म से जुड़े मुद्दों पर जागरूक किया



छात्राओं के बीच विभिन्न जाकरों पर डेढ़ी रहमिरी की महिलेला।

**घनसाली/एसएनबी**। बालगंगा महाविद्यालय सेटुल केमर से माउंटवेली डेवलपमेंट एसोसिएशन की हृदय परियोजना के अंतर्गत विभिन्न प्रो संस्था और सिरिना फाउंडेशन के सहयोग से हीन सी से अधिक कनिष्ठ की छात्राओं को मासिक धर्म बंधन कारकका प्रशिक्षण और मासिक धर्म कप विनिर्माण किया गया। माउंटवेली डेवलपमेंट एसोसिएशन ने पीठ रडिड परिसर अधिभवन को अड्डा बनाया।

प्रशिक्षण के दौरान, दिव्ये प्रो प्रशिक्षित छ, जुडी मॉन ने छात्राओं को मासिक धर्म से जुड़े मुद्दों पर जागरूक किया। मासिक धर्म के दौरान देखभाल, मासिक सहेदना से जुड़े

मिष्को को दूर करने के बारे में बताया गया। माउंटवेली संस्था प्रशिक्षित मीना कुंतु, नवप्रभा ने बताया की इस अधिभवन के तहत शैक्षणिक संस्थान से सेनेटरी पीठ से उपयुक्त काम करने, स्वामी मासिक धर्म स्वच्छता विकल्पों को बढ़ावा देने और एक स्वच्छ, पर्यावरण-अनुकूल मासिक बनाने के साधनका छात्राओं को सहजता बनाने का प्रयास किया जा रहा है।

कवितेन के छात्राओं का, सीमा कुंतुवना ने मासिक धर्म प्रशिक्षण कार्यक्रम के अंतर्गत मासिक धर्म कप के प्रयोग को बढ़ावा देने की सहजता की। इस अवसर पर कौलत प्रसाद, सतीत रावत सहित कई लोग मौजूद

## मॉडल के जरिए ग्रामीण ने दिखाई वैज्ञानिक प्रा



टिहरी के प्राथमिक विद्यालय वडाया में मॉडल प्रदर्शन

नई टिहरी, 2 मार्च (स.र.) : माउंट वेली एसोसिएशन की ओर से भिलंगना ब्लॉक के 10 गांवों में 'हृदय' कार्यक्रम संचालित किया जा रहा है। जिसके तहत राष्ट्रीय विज्ञान दिवस के उपलक्ष में प्राथमिक विद्यालय गडारा में विज्ञान प्रदर्शनी आयोजित की गई।

प्रदर्शनी में निम्नवर्ती 6 स्कूलों के छात्र-छात्राओं ने प्रतिभाग किया। जिनमें प्राथमिक विद्यालय गडारा के अलता सिरुडी, लखना गांव, ककोल गांव, मरुड गांव और घनसाली शामिल हैं। उल्लेख मॉडल प्रदर्शन करने वाले छात्र-छात्राओं और उनको टीकों को प्रशस्ति पत्र देकर सम्मानित किया गया।

कार्यक्रम अधिकारी अधिकार जॉन ने कहा कि विज्ञान संरक्षण से ही समझ आता है। ऐसे में हृदय परियोजना से छात्र-छात्राओं को तकनीक के सहयोग जान प्रदान किया जा रहा है। कहा कि बच्चे को

## निशुल्क स्वास्थ्य शिविर में जांच कर मरीजों को वितरित की दवाइयां



महिलाओं को गर्भ के दौरान शिशु की देखभाल, डाइट और डिलीवरी होने के बाद जन्मा-बच्चा की देखभाल को लेकर भी जानकारी दी।



महिलाओं को गर्भ के दौरान शिशु की देखभाल, डाइट और डिलीवरी होने के बाद जन्मा-बच्चा की देखभाल को लेकर भी जानकारी दी।

**नई टिहरी**। टिहरी के माउंट वेली डेवलपमेंट एसोसिएशन और एलआईसी हाउसिंग फंडनेस ने भिलंगना ब्लॉक के दूरस्थ 10 गांवों में हृदय परियोजना के अंतर्गत थलाधार गांव में निशुल्क स्वास्थ्य शिविर का आयोजन किया। जिसमें 250 से अधिक लोगों को इलाज, परामर्श देकर दवाइयां बांटीं। चिकित्सकों ने ग्रामीणों को बदलते मौसम चक्र के अनुसार खान-पान, पहनावे को लेकर भी जरूरी टिप्स दीं।

माउंट वेली की ओर से भिलंगना ब्लॉक के अमरसर, वच्छापान गांव, पैनुछा, लखाल गांव, धनसाणी, भलुडोविया, सिलुडी गडारा, कफेल गांव, धारागांव में स्वास्थ्य, आजीविका मिशन, कृषि, कौशल विकास के कार्यक्रम चलाए जा रहे हैं। गत दिवस थलाधार में निशुल्क स्वास्थ्य शिविर

में ग्रामीणों की जांच कर उन्हें दवाइयां दी गईं। सीएसी केलेधर के जनरल सखन ड। धिव प्रसाद भट्ट, देवराहन से आए ड. यशवत सिंह और स्त्री रोग विशेषज्ञ ड. मीनाक्षी ने मरीजों की जांच की। अधिकांश समस्या चौबी, शुगर, खान्सी, जुकाम और बुखार का लेकर थी। वहीं गर्भवती और शिक्षा की समस्याएँ हैं। सकार और अन्य संगठनों के सहयोग से इसे ठीक करने का प्रयास किया जा रहा है। प्रोग्राम मैनेजर योगेंद्र चौहान ने बताया कि हर माह में इस तरह की शिविर परियोजना क्षेत्र में लगाए जाते हैं। इस मौके पर दीपक, प्रदीप, धीरेन्द्र, मीना, रमेश तृतीया मौजूद रहे।

## य्या का यागा, उत्तराखण्ड का प्रासब्र मशरूम मशरूम ब्रांड एम्बेसडर कुमारी दिव्या रावत,

## स्वास्थ्य शिविर का आयोजन

**घनसाली**। माउंटवेली डेवलपमेंट एसोसिएशन एवं एलआईसी हाउसिंग फाउनेस के वित्तीय सहयोग से भिलंगना के पांच ग्राम पंचायतों में हृदय परियोजना के अंतर्गत स्वास्थ्य शिविर का आयोजन किया गया, जिसमें 250 से अधिक लोगों का स्वास्थ्य परीक्षण कर निःशुल्क दवाइयां वितरित की गयी हैं। भिलंगना ब्लॉक के पांच ग्राम पंचायत के 10 गांव अमरसर, कफेल, धारागांव, धनसाणी, भलुडोविया, सिलुडी गडारा, कफेल गांव, धारागांव में स्वास्थ्य, आजीविका मिशन, कृषि, कौशल विकास के कार्यक्रम चलाए जा रहे हैं। गत दिवस थलाधार में निशुल्क स्वास्थ्य शिविर

## उत्पादन म उपयुक्त बताया घरेलू उत्पादन परियोजना के

## पदयात्रा नि

**अगस्त्यमुनि/एसएन**

**राजकीय स्नातकोत्तर अगस्त्यमुनि में नमामि गंगे प स्वच्छता पखवाड़ा कार्यक्रम क्षेत्र में पदयात्रा करते हुए मुक्ति, गंगा नदी स्वच्छता, एवं जल संरक्षण के किया गया।**

## पिरुल से विभिन्न सजावटों उत्पाद लिए 20 महिलाओं ने लिया प्रशिक्ष

**घनसाली/एसएनबी**। विकासखंड भिलंगना एवं जाखणीघार के ग्राम पंचायत कोटी एवं मथल में वन विभाग टिहरी के सहयोग से माउंटवेली डेवलपमेंट एसोसिएशन द्वारा स्वामी महिलाओं को पिरुल से विभिन्न सजावटी उत्पाद बनाने का आठ दिवसीय प्रशिक्षण दिया जा रहा है, जिसमें वर्तमान में 20 महिलाएँ प्रशिक्षण ले रही हैं।

पहले क्षेत्र में पिरुल वर्मान का मुख्य स्रोत है जिससे हर साल राज्य की जीव विविधता प्रभावित होने के साथ साथ वनस्पतियों एवं जीवों को वर्मान से भारी नुकसान होता है जिसको रोकने व कम करने के लिए माउंट वेली डेवलपमेंट एसोसिएशन एवं टिहरी वन विभाग ने वर्ष 2022 से भिलंगना एवं जाखणीघार ब्लॉक के पांच गांवों में ग्राम स्तरीय वर्मान समिति का गठन किया गया। संस्थान के नवप्रभात नेगी तथा मास्टर ट्रेनर विनोद कुमार ने बताया कि समिति द्वारा



पिरुल से विभिन्न प्रकार की यसरुएँ बनानी प्रशिक्षण तथा तैयार किये

संरक्षण के साथ ही पीपरोपण भी किया जा वर्तमान में 20 महिलाओं को पिरुल से क उत्पाद का आठ दिवसीय प्रशिक्षण भी दिया है। इसके साथ ही संस्था समिति के मा ग्रामीणों को वर्मान रोकने के लिए लं

## पर सेमिनार

**अमर उजाला**

**देहरादून | बृहस्पतिवार • 27.04.2023**

**अनाज के संरक्षण के लिए बने योजनी डेवलपमेंट एसोसिएशन, ग्राफिक एरा हिल विवि की ओर से सेमि पॉर्टर**

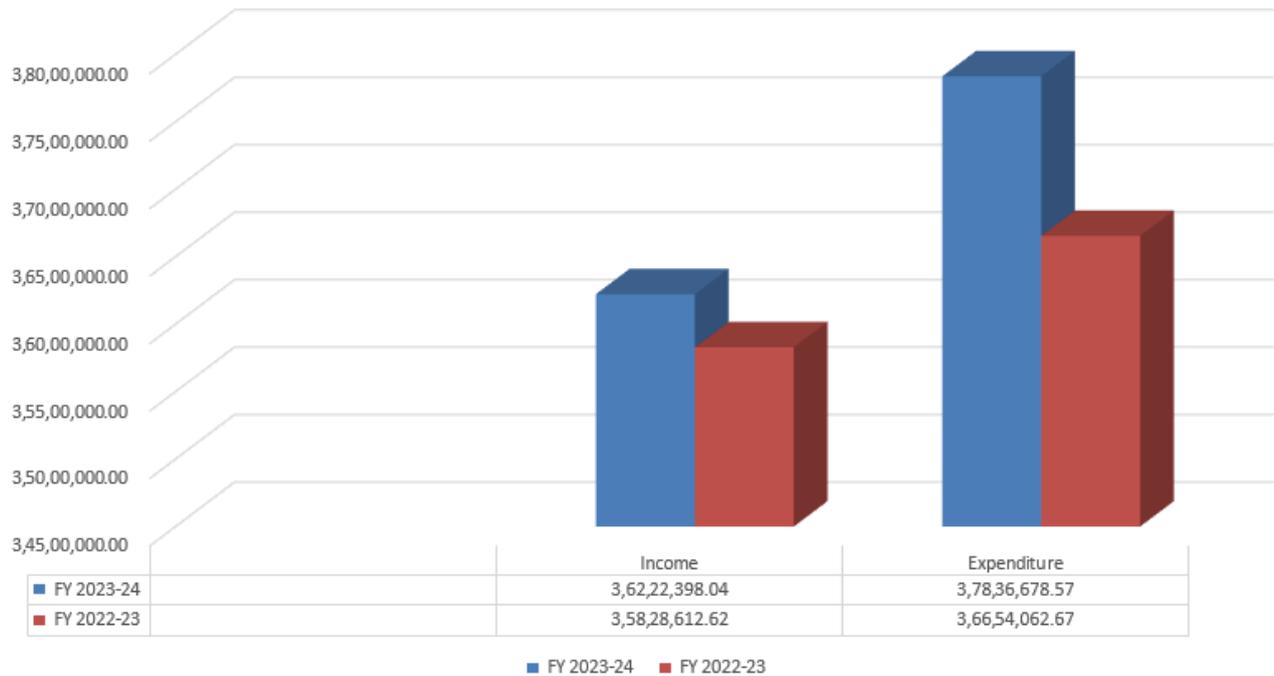
राष्ट्रीय बीज दिवस पर बलपमेंट एसोसिएशन और हिल विवि के तत्त्वधान ना आयोजन किया गया। षि के लिए नवाचार पर

सेमिनार बीज बचाओ संघर्षता विषय जुड़भारी में आवश्यकता मों अनाज है। दुनियाभर में मोंट शाने के लिए लोग अगे आकार को संरक्षण संरक्षण की चाहिए।

इस दौरान ग्राफिक एरा विवि के एसोसिएट डीन एमकेकर प्रो. चार्वी सिंह, वन्य ऑर्गेनिक से सुविधा, रडू एगो स्वागत सहकारिता के प्रमू नौटियाल, कुलदीप उनियाल रडू, अरविंद रावत, जगदी अवतार नेगी, अनजय जो बलवाल, डॉ. विनय भट्ट विचार रखे।



# Income & Expenditure Summary



# Income & Expenditure Summary

Particulars	F.Y 2023-24	F.Y 2022-23	Change %
Income	3,62,22,398	3,58,28,612	1.10%
Expenditure	3,78,36,679	3,66,54,063	3.23%
Surplus/ Deficit	(16,14,281)	(8,25,450)	95.56%

## Income Overview

Particular	FY 2023-24	FY 2022-23	Change %
<b>Grant</b>	<b>3,59,57,603.26</b>	<b>3,50,88,900.62</b>	<b>2.48%</b>
Foreign Funds	24,11,358.46	45,98,328.82	(47.56)%
Local Funds/ CSR Funds	3,35,46,244.80	3,04,90,571.80	10.02%
Bank Interest	1,27,557.46	1,77,242.00	(28.03)%
Other Income	1,37,237.32	5,62,470.00	(75.60)%
<b>Total Income</b>	<b>3,62,22,398.04</b>	<b>3,58,28,612.62</b>	<b>1.10%</b>

## Balance Sheet Summary

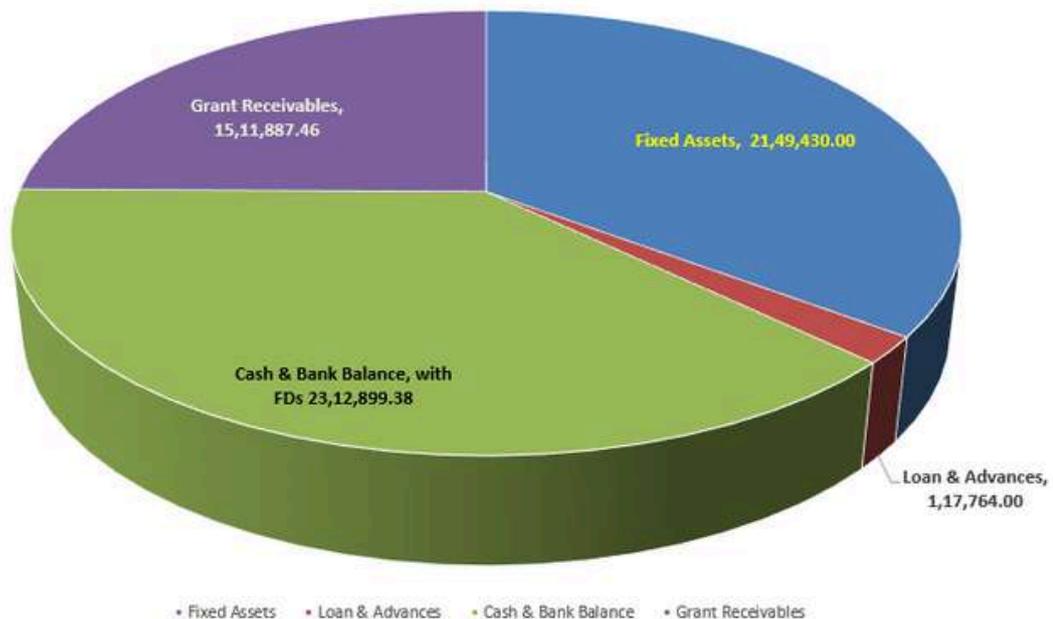
Particular	FY 2023-24	FY 2022-23
General Fund	15,64,863.45	6,01,958.63
Project Fund	3,19,700.52	28,96,885.87
Assets Fund	21,49,430.00	9,27,534.00
<b>Total</b>	<b>40,33,993.97</b>	<b>44,26,378.50</b>
Fixed Assets	21,49,430.00	9,27,534.00
Loan & Advances	1,17,764.00	23,199.00
Cash & Bank Balance with FDs	23,12,899.38	42,98,078.77
Grant Receivables	15,11,887.46	14,05,675.20
<b>Total</b>	<b>60,91,980.84</b>	<b>66,54,486.97</b>
Less; Current Liabilities	20,57,986.87	22,28,108.47
<b>Total</b>	<b>40,33,993.97</b>	<b>44,26,378.50</b>

## Expenditure Overview

Particular	FY 2023-24	FY 2022-23	Change %
Environment	2,99,113.25	10,28,827.55	(70.93)%
Relief of the Poor	1,69,83,959.11	1,72,47,949.97	(1.53)%
Education	1,57,14,889.41	1,45,62,598.34	7.91%
Capacity Building & Organisational Development	46,43,556.20	34,14,132.25	36.01%
Other Expenses	1,95,160.60	4,00,554.56	(51.28)%
<b>Total Expenditure</b>	<b>3,78,36,678.57</b>	<b>3,66,54,062.67</b>	<b>3.23%</b>

## Assets Position as on 31<sup>st</sup> March 2024

Quick View of MVDA Assets



## Balance Sheet Summary

Particular	FY 2023-24	FY 2022-23
General Fund	15,64,863.45	6,01,958.63
Project Fund	3,19,700.52	28,96,885.87
Assets Fund	21,49,430.00	9,27,534.00
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<b>Total</b>	<b>40,33,993.97</b>	<b>44,26,378.50</b>



## **Thank you**

We extend our heartfelt gratitude to all our donors and board members for their unwavering support, commitment, and belief in our mission over the past year. Your generosity and dedication have been instrumental in driving our efforts to empower rural communities, build sustainable livelihoods, and foster inclusive development in the Garhwal region.

Through your invaluable contributions, we have been able to implement impactful programs across our thematic areas—Climate Resilience, Community Empowerment, Health and Nutrition, Education, and more. Your trust in us fuels our determination to continue working towards a brighter and more equitable future for the people we serve.

We are deeply thankful for your partnership and encouragement. Together, we are creating lasting change and building a stronger, more resilient community. With sincere appreciation,

Team MVDA

🌐 **Our website: [mvda.org.in](http://mvda.org.in)**

**Feel Free to Contact at :[contact@mvda.org.in](mailto:contact@mvda.org.in)**

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