



ANNUAL REPORT 2023-24

PLAN Foundation

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From the Executive Director

Dear Friends and Supporters,

It is with immense pride and gratitude that I present to you the Annual Report of PLAN Foundation for the year 2023-24. This year has been both dynamic and deeply fulfilling as we continued to move forward with our mission of empowering communities and building a more inclusive and equitable society.

One of our flagship initiatives during the year was the Targeted Intervention Project (TIP) for Injecting Drug Users (IDUs) in Jalandhar, supported by the Punjab State AIDS Control Society. Building on our earlier experience of working with migrants in the city, this new intervention is now reaching over 600 individuals with essential harm reduction and rehabilitation services.

We also continued to create meaningful impact through Project Pahal, our community-based initiative that focuses on livelihood development, health, and social awareness in underserved areas. Our International Language Program has opened new avenues for rural youth by enhancing their global communication skills and improving employment readiness.

As part of our commitment to social responsibility, PLAN Foundation undertook the construction of a Government Primary School building, contributing directly to the infrastructure needs of the education sector in a remote community.

Another significant milestone was our engagement in preparing Social Impact Assessment (SIA) reports, supporting environmentally and socially responsible development by ensuring that community voices are heard and integrated into planning processes.

In addition, PLAN Foundation organized numerous capacity-building programs for women's groups across Himachal Pradesh, fostering leadership, financial literacy, and entrepreneurial skills. These efforts have helped empower women to take on more active roles in their families, communities, and local economies.

As we reflect on the year gone by, I extend my heartfelt thanks to our dedicated team, partners, and well-wishers. Your continued support has been the foundation of our growth and impact. Let us move forward together, committed to creating lasting change and brighter futures.

Warm regards,

Mangat Ram Chauhan

Chairman, PLAN Foundation

Backdrop and Genesis of PLAN Foundation

PLAN Foundation was established by a group of individuals deeply committed to uplifting underprivileged communities and addressing the physical, mental, and social well-being of individuals and society. Their shared vision of empowering marginalized populations led to the creation of this non-profit, non-religious, and non-sectarian voluntary organization, registered at the state level and actively linked with grassroots organizations and community health programs across Himachal Pradesh.

The foundation plays a crucial role in community health and development, supporting grassroots organizations in planning, implementing, and evaluating their programs. By serving as a liaison between local non-profits, the state and national governments, and international agencies, PLAN Foundation ensures that community-based initiatives receive the necessary support and resources. The organization is firmly committed to promoting social justice in the equitable distribution of healthcare services throughout Himachal Pradesh.

Vision and Key Objectives

PLAN Foundation's core mission is to improve the lives of underprivileged individuals, particularly women and children residing in rural and tribal Himalayan regions. Over the years, the organization has focused on holistic healthcare services, human resource development, youth engagement, and community mobilization. It also envisions creating safe spaces for destitute and orphaned children, providing them with protection and care.

To achieve its objectives, PLAN Foundation engages in:

- **Advocacy and Policy Research** - Driving social change through campaigns, policy research, and media engagement.
- **Capacity Building & Training** - Conducting need-based training programs for community development.
- **Health Education & Awareness** - Producing and distributing innovative health education materials.
- **Resource Mobilization & Networking** - Collaborating with national and international partners to secure funding and technical support.
- **Environmental and Occupational Health** - Promoting sustainable agriculture, traditional medicine (AYUSH), and assessing the risks of synthetic fertilizers, pesticides, and insecticides in farming practices.

Through its multifaceted approach, PLAN Foundation continues to empower communities, advocate for sustainable development, and improve healthcare access for those in need.

Major Interventions

1. The "Pahal" Program

A joint initiative by PLAN Foundation in collaboration with YMAD USA and the Elementary Education Department of Himachal Pradesh

The "Pahal" program was successfully implemented in the following Govt. Primary Schools in Naggar Block, District Kullu, Himachal Pradesh:

1. CGP School, Baragran
2. Govt. Primary School, Baran
3. GPS, Baragan Bihal



The workshops were conducted from 21st to 28th November 2023.

This initiative aimed to introduce participatory learning techniques through trained volunteers from various schools in the USA. Over the course of a week in each school, these volunteers conducted interactive sessions centered on participatory learning methods. The sessions enriched the learning experience for students through engaging, activity-based lessons in language, science, and basic concepts. Teachers also benefited by being introduced to contemporary teaching practices used in the USA, thereby enhancing their pedagogical approaches.

As part of the program's support, every student received a hygiene kit along with essential school supplies such as school bags and shoes. Additionally, participating schools were provided with necessary furniture and resources to improve the overall learning environment. The program received encouraging feedback from teachers, students, and local authorities, who recognized the positive impact of participatory learning on student engagement.

In addition to the above:

- **Chaoyang University of Technology, Taiwan**, participated for the first time in the Pahal program. Their students conducted activities at **Government Primary School, Navbahar, Shimla**, from 1st July to 14th July 2023.
- A **special camp** for YMAD volunteers was organized at **Government Primary School, Pulag**, from 29th May to 2nd August 2023.



The Pahal program has now entered its 10th year. PLAN Foundation will continue to monitor outcomes and is exploring opportunities to expand the program to more schools in the region. **Note:** There is no financial involvement in this initiative. PLAN Foundation's role is limited to coordination between ILP and Government Schools.

2. The International Language Program

The International Language Program (ILP), a collaborative initiative by ILP USA and PLAN Foundation, is currently being implemented at Government Primary School Sultanpur and GPS Akhara Bazar, District Kullu, Himachal Pradesh, in consultation with the Elementary Education Department of Himachal Pradesh.

The program aims to enhance English language proficiency among students through trained volunteers and teachers deputed by ILP USA. These professionals conduct regular English language classes, focusing on improving both spoken and written skills through interactive and participatory teaching methodologies.

Now in its second year, the program has expanded to include two new schools—GCPS Shamshi and GPS Tegubehar, both located in Block Kullu, District Kullu, HP. This expansion reflects the growing impact and reach of the initiative.

Set to continue until 2026, the program holds strong potential for further extension based on periodic progress evaluations. Early assessments have shown that students are making remarkable improvements in spoken English and demonstrating greater confidence in communication.

The initiative is expected to have a long-term positive impact on students' language skills, better preparing them for future educational and professional opportunities.

There is no financial involvement in this initiative. The role of PLAN Foundation is restricted to coordination between ILP and Government Schools.



3. Targeted Intervention Project (IDU) Jalandhar Punjab

The Targeted Intervention Project (TIP) for HIV/AIDS, implemented by PLAN Foundation in Jalandhar, Punjab, with financial support from the Punjab State AIDS Control Society (PSACS), has entered a new phase of focused outreach and support. While the project initially



addressed the needs of the **migrant population**, in the current year, PSACS has revised the target group to focus on **Injecting Drug Users (IDUs)**—a population with heightened vulnerability to HIV transmission.

The project continues to make a **significant impact** by providing essential **health services**, **harm reduction strategies**, **awareness activities**, and **support systems**

tailored to the needs of the IDU population. The aim is to mitigate the spread of HIV/AIDS within this high-risk group through a combination of **prevention**, **education**, and **care-based interventions**.

Counselling services remain a cornerstone of the intervention. PLAN Foundation's team of **trained counsellors** offers **confidential, non-judgmental support**, helping IDUs navigate the psychosocial challenges associated with drug use and HIV risk. This includes **emotional assistance**, **behaviour change communication**, and **referrals to healthcare facilities** for further treatment and support.

By adapting to the evolving priorities of PSACS and redirecting efforts toward the IDU community, the TIP project continues to demonstrate **resilience and responsiveness** in tackling HIV/AIDS. The ongoing work of PLAN Foundation is helping reduce the prevalence of the disease while promoting **safer practices**, **health-seeking behaviours**, and **community empowerment** among injecting drug users in Jalandhar.

Achievements:

- New HRG registration: 444
- General Medical Check up : 1125
- OST initiation to IDUs: 62
- IDU Counselling: 1214
- TB Screening: 1069

4. Urban Sector Reform: Property Tax Modernization in Sundernagar and Rohru

As part of its ongoing commitment to **sustainable urban development** and **good governance**, **PLAN Foundation** continues to support **property tax reforms** in the **Municipal Councils of Sundernagar (District Mandi)** and **Rohru (District Shimla)**. Now entering its **current phase**, the initiative remains focused on enhancing **transparency, efficiency, and equity** in property tax assessment and collection—key components for strengthening the financial foundation of urban local bodies.

In Sundernagar, PLAN Foundation has been providing **property tax software services**, while in Rohru, it continues to deliver both **software solutions and tax collection services** to streamline municipal revenue systems. The project continues this year with an emphasis on **technical assistance**, regular **performance monitoring**, and **capacity-building support** for municipal staff.

5. Social Impact Assessment (SIA) Study for Additional Land Acquisition - Sunni Dam 383 MW Hydro Electric Project

During the reporting year, **PLAN Foundation** successfully conducted a **Social Impact Assessment (SIA)** study for the **proposed additional land acquisition** linked to the **Sunni Dam Hydro Electric Project (383 MW)** located in **Districts Mandi and Shimla, Himachal Pradesh**. This critical infrastructure project, led by **Satluj Jal Vidyut Nigam Ltd. (SJVN Ltd.)**, is part of the state and national agenda to enhance renewable energy capacity and strengthen regional development.

The SIA study was undertaken in alignment with the **Right to Fair Compensation and Transparency in Land Acquisition, Rehabilitation and Resettlement Act, 2013**, and its rules. The primary objective was to evaluate the potential **social, economic, and environmental impacts** of the proposed land acquisition on the affected communities, and to provide actionable recommendations for mitigation, compensation, and rehabilitation.

PLAN Foundation's multidisciplinary team engaged in **extensive field surveys, community consultations, stakeholder interviews, and data analysis** across the affected villages. The study focused on identifying affected households, understanding the nature and extent of their dependence on the land, and assessing the implications for livelihoods, displacement, social infrastructure, and cultural heritage.

Key highlights of the study include:

- Comprehensive mapping of affected families and land parcels.

- Identification of vulnerable groups requiring special attention.
- Recommendations for **resettlement planning, compensation strategies, and livelihood restoration measures**.
- Strong emphasis on **community participation** and **transparency** throughout the assessment process.

The findings and recommendations were submitted in a detailed report to the concerned authorities, supporting the decision-making process and ensuring that the project proceeds in a socially responsible and legally compliant manner.

This SIA study reaffirms PLAN Foundation's commitment to promoting **inclusive development, sustainable infrastructure, and community well-being** through evidence-based research and participatory planning.

6. Support to Outdoor patients

During the year 2023-24, PLAN Foundation received a generous donation of **five oxygen concentrators** from **The Hans Foundation**. These life-saving machines are being provided **free of cost** to patients who have been discharged from hospitals but continue to require oxygen support at home. To ensure maximum benefit, the concentrators are being distributed **on a rotational basis** across the **Rohru, Kotkhai, and Rampur blocks**. This initiative has significantly eased the post-hospital recovery process for patients in remote areas, ensuring they receive the critical support they need during their convalescence.

7. Outreach, Awareness and Capacity Building

Under the initiative, several outreach, awareness, and capacity-building activities were conducted across the state, with a specific focus on the districts of Shimla, Bilaspur, Kullu, Mandi, and Kangra. A series of capacity-building workshops and awareness camps were organized to engage and educate local communities. These camps focused on critical themes such as health, women empowerment, the Right to Information (RTI), and gender equality. The objective was to enhance public understanding, promote informed decision-making, and build community capacity to actively participate in social development processes. The initiative witnessed enthusiastic participation, reflecting a growing awareness and commitment to inclusive and rights-based community development.

IMPACT STORIES

In 2023, PLAN Foundation successfully undertook the construction of a primary school building for Government Primary School Pulag, Tehsil and District Kullu, HP. This initiative was entirely community-driven, with no financial assistance sought from the government. Instead, PLAN Foundation mobilized resources through donations in the form of materials and cash, ensuring that the project could be completed efficiently. A significant contribution came from HXP USA, which provided volunteers who actively participated in the construction process. These dedicated volunteers worked alongside local laborers. The successful completion of the school building has provided a safe and conducive learning environment for children in the region, reflecting PLAN Foundation's dedication to sustainable development and community empowerment. There is no financial involvement in this initiative from any international donor or agency.



The role of HXP was restricted to mobilise the volunteers. No financial and other support was provided to the volunteers.

As we conclude the year 2023-24, we reflect on the meaningful strides made in our ongoing efforts to empower women, promote reproductive and child health (RCH), and address critical gender equality issues. Through a series of impactful capacity-building workshops, training sessions, and awareness camps, both virtual and physical, we have reached diverse communities, building resilience and fostering self-reliance. These initiatives have not only enhanced skills but also deepened the understanding of rights and opportunities, creating a stronger foundation for sustainable change. Moving forward, we remain committed to expanding our reach, strengthening partnerships, and innovating our approaches to ensure that every woman has the support and opportunity to thrive.

We are collaborative and seek to work with partners and stakeholders to identify problems and develop solutions. We have an extensive network of research sites, institutional partners and work with other NGOs and environmental organizations. We are an organization that is proposing change. We are innovative. We believe in the objectivity of the scientific method and are rigorous in its application, but we also have a view of the state as we would like to see it
