



Nishtha UK Trust was set up with a group of friends of Nishtha India as trustees and registered with the Charity Commission UK in January 2007. The work of the trust is undertaken by the trustees, all volunteers, and administered with very little overhead cost. The aim is to provide and allocate the funds required for specified programmes undertaken by Nishtha Rural Health, Education and Environment Centre based in Himachal Pradesh in India, that can advance education, promote and protect good health and relieve sickness within the surrounding community.

Nishtha Rural Health, Education & Environment Centre in India was founded in 1998 to work for the benefit of the hill people of the Kangra valley in the mountainous state of Himachal Pradesh, North India. It is a secular charity providing help for those in need, irrespective of ethnic origin, class or creed. The running of the Health Centre is its primary activity.

Dr Barbara Nath-Wiser MD, Vienna, employs homeopathy, acupuncture, ayurvedic techniques and medicines along with conventional practices and medication to treat patients appropriately and economically. With the assistance of five trained local staff, up to fifty patients from throughout the Kangra valley are treated on a daily basis at the clinic, many of whom are women who have little or no access to health facilities.

Women and girls particularly suffer as a result of social constraints that even if they are educated, confine them to a life of hard work in the home and fields. They live in the shadow of the males of the family, many of whom turn to alcohol and gambling as an escape from their arduous work as labourers in the quarries and fields.

Society strongly favours the boy child, while the birth of a girl is considered to be a misfortune. Traditional marriage customs dictate that girls are married away from their families, placing them in an insecure and vulnerable position in the husband's family. If widowed, women are thought to bring bad luck and are degraded. When sick, women are not encouraged to seek medical assistance, so the close accessibility of a welcoming medical facility, offering affordable and appropriate care, is invaluable.

Community Health Research has led to an understanding of issues which need to be addressed. Consequently, the following programmes are offered:

- A nutritional enhancement programme for local school children
- Health awareness and empowerment workshops for women and youth
- Single women's outreach programme
- Clean water provision through setting up three filtration systems for the village
- Nutrition, hygiene & personal development education
- Ecological management and environmental awareness projects
- Events that foster community co-operation and interest in local governance
- Herbal cultivation & use of traditional herbal remedies
- Research and documentation

Education is provided for both boys and girls in the local government school. However, increasing numbers of aspiring families send their children to private schools with the result that a two level social structure is rapidly appearing in the village. In order to redress this imbalance the development of the economically less well-off children is a focus, within their cultural context.

Nishtha Community Centre enables the fostering of social justice and the empowerment of disadvantaged sections of society by providing:

- Space for social support, development programmes and livelihood enhancement training
- A venue for community activities: group & club meetings, workshops, study groups and sports
- A community library and computer training centre
- A kitchen for community meals, child nutrition, patients and guests
- A refuge for the chronically or terminally ill, and women in need

The differences between parents who are illiterate and young people who are studying in high school or college cause a great many family conflicts and frustrations; the local homes are generally very cramped, so a facility for young people is of great value. The community library with books and periodicals provides a quiet space for study, and weekly film evenings and youth club meetings are popular events. Youth programmes are offered, including sports to develop health and interaction with other youth clubs, sewing training, crafts and computer education aimed at livelihood enhancement. Folk song and dance training help to preserve local traditions.

Nishtha needs your help

To run the Health Clinic:

- Staff salaries
- Medicines
- Funds for the wellbeing, healthcare and treatment of the sick and unemployed

To run the Community Centre:

- Women's empowerment programmes
- Youth activities
- Cultural awareness
- Training & livelihood development
- Environmental and agricultural programmes
- Children's nutritional supplements
- Educational enhancement

How to donate through Nishtha UK Trust

Your donations could qualify Nishtha UK to receive Gift Aid benefit of an additional £25 for every £100 donated: please complete the Gift Aid form

Cheques can be made out to **Nishtha UK Trust** and sent to:

Jennie Hazell (Treasurer) Nishtha UK Trust

PO Box 203 TOTNES

Devon TQ9 9BS

Donations can also be made directly to Nishtha UK Trust bank account as one payment, or a regular standing order, with a note to the Treasurer indicating the arrangement.

Nishtha UK Trust: sort code 30 97 41 account number 00118802

BIC: LOYDGB21063; IBAN: GB82 LOYD 3097 4100 1188 02

For details and to find out more about Nishtha India and its programmes:

visit the web site:
www.nishtha-hp.org

alternatively e-mail:
uktrust@nishtha-hp.org

in India:
contact@nishtha-hp.org

N i s h t h a U K T r u s t

Charity Commission registration no: 1118248; Inland Rev. ref: XT2400

s u p p o r t i n g

Nishtha Rural Health, Education & Environment Centre

A village-based holistic clinic and community centre in Himachal Pradesh, India

Trustees: Joanna Watt - Chair, Daniel Russell - Secretary, Jennie Hazell - Treasurer,
Hilary Shearman, Jacque Kilty and Geraldine Gilbert



WHAT IS GIFT AID?

Gift Aid is designed to make giving to charities easier for the donor, and more beneficial to the charity.

It makes your donation even more valuable to us, as we can recover the tax you have already paid, at no extra cost to you. The amount we can reclaim is 20 pence for every pound donated.

It would greatly benefit Nishtha UK Trust if you would kindly sign the Gift Aid Declaration and mail it to the Treasurer, Jennie Hazell.

The Gift Aid Declaration can be cancelled at any time by contacting the Treasurer.

Thank you!

Jennie Hazell, Treasurer

GIFT AID DECLARATION

To qualify for Gift Aid, the amount you pay in tax (which can be income tax, and/or capital gains tax), must be at least equal to the amount we will reclaim in the appropriate tax year for your donation.

Title.....

Forename.....

Surname.....

Address.....

.....Postcode.....

Email address.....

I want Nishtha UK Trust to treat any donation I have made since 31st January 2007, and all future donations I may make, as Gift Aid Donations.

Your signature.....Date.....

Thank you very much!

Nishtha UK Trust

PO Box 203

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Devon TQ9 9BS

Email: uktrust@nishtha-hp.org

UK Charity Commission number: 1118248, Inland Revenue ref. XT2400

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