



**Nishtha Rural Health, Education and Environment Centre** is a charity based in Sidhbari, in the rural state of Himachal Pradesh, north India. It was set up by Dr Barbara Nath-Wiser, an Austrian doctor and long-time local resident, to support local people regardless of their origins or beliefs, with a special focus on the needs of children, women and people with low incomes.

Nishtha's active team of staff run a wide range of services. Its Health Centre and outreach clinics provide medical treatment and support for people who would otherwise struggle to access services, together with programmes to improve community health. The Nishtha Community Centre is the hub for many activities including a library and play programme, help with learning for children and young people from low income families, personal development workshops for girls, support groups for single women, and more. A well-established environment programme works with the local community to raise awareness and encourage sustainable practices, including some innovative approaches to managing garbage.

The **Nishtha UK Trust** is a UK-based charitable trust set up to fund selected Nishtha projects, working closely with the team in India. The next pages give examples of some recent projects – funded, like all of Nishtha's work, through fund-raising and individual donations.



## LOCAL SERVICES MEETING LOCAL NEEDS

Nishtha continues to support local children with disabilities and their families – most of whom struggle with low incomes, adding to the difficulties of caring for their child. Staff monitor the children's needs and take them to a local centre for therapy, and Nishtha also helps to cover the costs of medical treatment and to provide special equipment. One of these children is little Bhagwanti, who has needed more operations this year, and her family have really appreciated Nishtha's support with her treatment, care and developmental needs.



Bhagwanti is learning to speak clearly after her most recent operation.

Nishtha's environment work goes from strength to strength. The innovative waste management programme, collecting plastic waste from local villages and compressing it into solid building blocks, has attracted even more widespread interest this year. Nishtha staff have been asked to talk to many groups about it, including at state level; has received visits from far and near, and has been very innovative and entrepreneurial in selling its surplus blocks!



With Nishtha's help, local secondary school girls clear plastic from the ditches on World Environment Day



This is where it starts: distributing waste collection bags for homes!

Government schools mostly take children from families with low incomes – especially these days, when the number of private schools has grown all over India. Nishtha works with local government primary schools and nurseries, supporting them with library books and play equipment, nutritious food such as fruit and eggs, and winter clothing when needed. These mean that children are more able to learn, especially when their families are struggling.



Our feet are warm and dry, thanks to our new winter shoes from Nishtha!

Nishtha sponsors 12-14 students who come from disadvantaged families to continue their education, prioritising girls and also the children of single women who are especially marginalised in India. Some have now completed their degrees and are studying for the highly competitive exams for government jobs. These are very sought after because they guarantee secure work and a pension – and without Nishtha’s sponsorship, these young people would never have such a life-changing opportunity.

Meanwhile all the students come together at Nishtha every Sunday for classes in English, computers and other useful skills. After a short course of gender training, the girls’ confidence has grown significantly.



Performing an English skit in front of family and friends shows how these students have progressed.

## HOW YOU CAN HELP NISHTHA

- **Share:**

[www.nishtha-hp.org](http://www.nishtha-hp.org) OR **Facebook** OR **e:uktrust@nishtha-hp.org**

- **Contribute:**

Your donations help us to

- support more children with disabilities and their families
- expand our library programme to reach more children in remote villages who lack access to books
- extend our recycling activities, especially plastic waste
- run more development courses to empower more women and girls

**Donate by bank transfer or standing order** (*please inform the Treasurer so we know to expect it*): **EMAIL [uktrust@nishtha-hp.org](mailto:uktrust@nishtha-hp.org)**:

Nishtha UK Trust: sort code 30 97 41 account number 00118802 BIC: LOYDGB21063 IBAN: GB82 LOYD 3097 4100 1188 02
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**or by cheque**, made out to **Nishtha UK Trust** and sent to:  
**The Treasurer, Nishtha UK Trust, PO Box 203, Totnes, Devon TQ9 9BS.**

### GIFT AID DECLARATION

*For UK tax payers, your donation can qualify Nishtha UK to receive Gift Aid of an extra 20 pence for every £ you give - an extra £20 for every £100 donated.*

Title.....Forename.....Surname.....

Email .....Postcode.....

Address.....

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

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

**YOU!**

**Please sign and email this Declaration to email above or post to:**

**The Treasurer, Nishtha UK Trust, PO Box 203, Totnes, Devon TQ9 9BS.**

#### **How we use your information**

Your contact and donation details are held by Nishtha UK in a secure online repository. This information will only be accessible by UK Trustees and our fundraiser at Nishtha India. Names and addresses will be sent to HMRC to claim Gift Aid taxation relief where you have approved this. Your information will not be disclosed to any external third parties. We will usually only send you one annual update on Nishtha activities. If you are happy for Nishtha UK Trust to send you annual updates, please tick this box

**Nishtha UK Trust**

**Charity Commission reg. no: 1118248; Inland Rev. ref: XT2400**

**THANK**