



BARIK NAGAR ICCHA FOUNDATION

Leaf by Leaf Building Brighter Futures



Message from the President

At Barik Nagar ICCHA Foundation, we firmly believe that a strong and progressive society is not measured by wealth or power, but by the well-being of its people. A truly healthy community is reflected in the smiles of children, the dignity of its elders, and the confidence and strength of women who are aware of their rights and value.

The real progress of a society lies in how it cares for its senior citizens, ensures safety and equal opportunities for women, and nurtures children in an environment of love, protection, and learning. At ICCHA Foundation, we envision a society where elders are respected and supported with accessible healthcare, women live with security and dignity, and children grow with hope, education, and opportunities to realize their full potential. Education remains the cornerstone of empowerment and must be accessible to all, without discrimination.

Over the past years, Barik Nagar ICCHA Foundation has actively worked to bring meaningful change in the areas of child welfare, women's empowerment, senior citizen support, and community education. Our efforts have resulted in visible progress; however, we also acknowledge that significant challenges remain, especially in ensuring the safety and protection of women and children. These issues are complex and require sustained, innovative, and collaborative approaches.

In partnership with government bodies, non-government organizations, and local communities, ICCHA Foundation continues to strengthen its initiatives to prevent violence, raise awareness, and build safer, more inclusive environments. To ensure the sustainability of our mission, we are diversifying our funding sources and strengthening our organizational systems to remain resilient during unforeseen challenges.

We are also investing in the capacity building and professional development of our team and volunteers, empowering

Saddam Hussain Meah
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Founder & President



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A Brief Profile

The Barik Nagar ICCHA Foundation (BNIF), established in 2020, is a non-governmental organization committed to the socio-economic development of underprivileged communities, with a special focus on the Tea Tribe areas of Barak Valley, Assam. The Foundation works in a region that plays a vital role in Assam's tea industry and supports the livelihoods of thousands of tea garden workers and their families.

BNIF actively works to create awareness about rights and entitlements among marginalized communities and strives to improve their overall quality of life. The organization implements need-based programs in key areas such as education, healthcare, labour rights awareness, women and child welfare, social justice, and environmental sustainability.

A key strength of BNIF lies in the active participation of its Board Members and General Members, who are directly involved in planning and implementing grassroots-level programs. Through community engagement and locally driven initiatives, the Foundation aims to bring sustainable and inclusive development to tea garden communities and other vulnerable groups in the Barak Valley region.

BNIF remains dedicated to building an informed, healthy, and empowered society, contributing positively to both community welfare and regional development..

VISION STATEMENT

Our vision is to catalyze Educational and Socio-economic change in rural Assam through providing vocational and technical education to unemployed youths and empower the women of that area and promote livelihood opportunities for maximum number of people.

OUR MISSION

Our Mission statement is Empowering communities, enhancing lives to empower individuals and communities through education, healthcare, and sustainable development initiatives.

GOAL

- Promote education and skill development.
- Improve healthcare access and outcomes.
- Foster sustainable livelihoods and environmental conservation.
- Support vulnerable populations, including women and children & Youths.



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Barik Nagar ICCHA Foundation took the initiative of holding an awareness program on the importance of maintaining **menstrual hygiene among adolescent girls & Women**. The session was meant to educate them on the need to maintain menstrual hygiene and was attended by about 150 girl students & Women. The program was preceded by our Volunteers **Hina Begum Laskar & Anusmita Roy** they briefed the girls about their ovulating cycle and pressed the importance of safety during sexual activities. They shared a few tips with the girls on maintaining hygiene during their monthly menstruations and stressed the need to exercise extreme care while discarding Sanitary Napkins in an environmentally friendly manner. The session ended with a Q&A round.



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Health Check-up Camp was organized at Paticherra Tea Garden by the Barik Nagar ICCHA Foundation, in collaboration with the National Health Mission (NHM), Cachar, Assam. The camp witnessed active participation from people belonging to nearby communities, especially from the tea garden area. Qualified medical professionals conducted health check-ups, diagnosed various health issues, and provided necessary medical advice. As part of the initiative, free medicines were distributed to the patients as prescribed by the doctors. Approximately **100** patients were examined during the camp and received free medicines. The programme aimed to improve access to basic healthcare services and promote health awareness among underserved communities.



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Eye Checkup medical camp with the Collaboration of **ERC Eye Hospital Silchar**. **Total 92** no's of people check up their eyes. Moreover, our Volunteer helped us to success the medical Camp. **Dr. Sabina Yesmin** was the expert doctor who checked the patients. Moreover, the aged person of the locality specially treated and provided free medicine and spectacle. Few patients have been recommended for eye surgery free of cost. Thus, volunteer will help the patients and to others who don't know the location. we are provide travelling allowance to the patient who will went for free eye surgery.



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Free Health check up camp Collaboration with National Health Mission (NHM)

The camp offered comprehensive health checkups, including:

- Blood pressure and sugar tests
- Blood group and hemoglobin tests
- Doctor consultations
- Medication and advice

Approximately **154 patients** diagnosed and provided free medicines.

The camp promote health awareness and provide accessible healthcare services to the community.

We thank **NHM & their Doctor's, Pharmacist & Nurse** for their support and look forward to organizing more such initiatives in the future.



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We organized a **free Eye Checkup medical camp** with the Collaboration of **ERC Eye Hospital Silchar**. **Total - 128 no's** of people check up their eyes. Moreover, our Volunteer helped us to success the medical Camp. Dr. Sanu Riyang was the expert doctor who checked the patients. Moreover, the aged person of the locality specially treated and provided free medicine and spectacle. Few patients have been recommended for eye surgery free of cost. Thus, volunteer will help the patients and to others who don't know the location. we are provide travelling allowance to the patient who will went for free eye surgery.



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we have organized a **Media and Information Literacy (MIL) workshop** at Bagpur Cachar, Assam, engaging **54 participants**, including youth, SHG's Member, and community people. The workshop aimed to empower attendees with skills to critically assess information, combat misinformation, and navigate digital platforms responsibly,

The sessions led by our Volunteers focusing on identifying fake news, understanding media biases, and promoting ethical content creation. Participants explored real-world case studies, such as combating disinformation during crises, and engaged in group activities to develop critical thinking



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We have Organised a **Cancer Awareness & Screening camp with Collaboration from Cancer Care Foundation Assam at Manirkhal Tea Garden, Cachar Assam.**

The total no of participants who took part in **screening is 56.**

I'm thankful to **Dr Nobojoti Bhowmik** and nurses who helped us effortlessly.

Cancer is a disease characterized by the uncontrolled growth and spread of abnormal cells, which can infiltrate and destroy normal body tissue. It's a complex and multifaceted condition that can affect anyone, regardless of age, gender, or background.

Cancer is a leading cause of death worldwide, and it's essential that we raise awareness about this disease.

Awareness saves lives. When we're aware of the risks and symptoms of cancer, we can take steps to prevent it or detect it early. Early detection is critical, as it increases the chances of successful treatment and survival.

There are several risk factors for cancer, including:

Tobacco use, Obesity, Physical inactivity, Infection with certain viruses, such as HPV or hepatitis, Exposure to radiation or certain chemicals

We can prevent cancer by following ways:-

- Get vaccinated against HPV and hepatitis
- Quit smoking or avoid tobacco
- Maintain a healthy weight and exercise regularly
- Eat a balanced diet rich in fruits, vegetables, and whole grains
- Limit exposure to radiation and certain chemicals.

Cancer is a formidable foe, but we can fight it with awareness, prevention, and early detection. Let's work together to create a world where cancer is no longer a life-threatening disease.





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The BNIF in collaboration with **Punjab National Bank (PNB)** and ASRLM, successfully organized the Financial Literacy Awareness Camp. This comprehensive event brought together **146 participants**, including Self-Help Group (SHG) women, to empower them with essential financial knowledge.

Key Highlights

- 1. Bank Account Opening and ATM Distribution:** Participants were facilitated to open bank accounts and receive ATMs, enabling secure and convenient financial management.
- 2. Expert Sessions:** PNB representatives delivered informative sessions on various financial topics, including savings, investments, credit management, financial planning, digital banking, and online transactions.
- 3. Interactive Discussions:** Participants engaged in Q&A sessions, clarifying doubts and sharing experiences, which deepened their understanding of financial concepts.



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we have Organised a **Cancer Awareness & Screening camp** with Collaboration from **Cancer Care Foundation Assam** at Burnie Breas Tea Garden, Hailakandi Assam.

The total no of participants who took part in screening is **136**.

we thankful to **Dr S. Biswas** and nurses who helped us effortlessly.

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Financial Literacy Awareness Camp was organized at Cachar, Assam, in collaboration with **Punjab National Bank (PNB)** and **Assam State Rural Livelihood Mission (ASRLM)**. The camp brought together 86 participants, including Self-Help Group (SHG) women, to educate them on essential financial concepts and promote financial inclusion

1. Bank Account Opening and ATM Distribution: Zero-balance savings bank accounts were opened, and ATMs were distributed to participants, enabling secure and convenient financial management.

2. Expert Sessions: Informative sessions were conducted on various financial topics, including:

- Savings and investments
- Credit management
- Financial planning
- Digital banking and online transactions
- SHG loan management



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Financial Literacy Awareness Camp, in collaboration with **Punjab National Bank (PNB)**, is indeed a commendable initiative. By empowering individuals with essential knowledge on financial literacy, digital banking, and planning, the program can have a profoundly positive impact on the community, especially in rural areas.

The benefits of such initiatives are multifaceted:

- 1. Enhanced Financial Literacy:** Participants gain practical insights into budgeting, saving, and managing debt, enabling them to manage their finances more effectively.
- 2. Digital Empowerment :** Knowledge of digital banking tools and secure online transactions improves access to financial services, particularly for those previously reliant on cash-based systems.
- 3. Informed Decision-Making :** Participants are equipped to make sound financial choices, securing their financial future.
- 4. Community-Wide Impact :** By targeting rural and underserved populations, the camp promotes financial inclusion, reducing disparities in access to financial education and services.



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we have Organised a **Medical Health Check-up & Cancer Awareness & Screening camp** with Collaboration from **National Health Mission NHM & Cancer Care Foundation Assam** at Baramamda, is poor, sober and simple day labour they were unaware about the Waterborne and Skin diseases. In light of the recent floods in Cachar, Assam, community has been severely affected, leading to a rise in waterborne and skin diseases. To address this pressing health concern

The camp would provide essential healthcare services, including:

- Screening and treatment for waterborne diseases such as cholera, diarrhea, and dysentery
- Diagnosis and management of skin diseases such as fungal infections and scabies
- Distribution of free medicines to those in need

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Cancer is a leading cause of death worldwide, and it's essential that we raise awareness about this disease.

Awareness saves lives. When we're aware of the risks and symptoms of cancer, we can take steps to prevent it or detect it early. Early detection is critical, as it increases the chances of successful treatment and survival.

The total no of participants who took part in screening is **132**

I'm thankful to Dr.Monojit Banik, nurses & Pharmacist who helped us effortlessly.



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we conducted a **Menstrual Hygiene Awareness program for rural women**, at Cachar Assam, focusing on educating them about menstrual health, hygiene practices, and proper menstrual care. The program aimed to break down stigmas and empower women with knowledge.

- Interactive awareness session on menstrual hygiene, covering menstrual health, hygiene practices, and common myths
- Sanitary product education, including choosing and disposing of products properly
- Importance of maintaining good menstrual hygiene practices for overall health and well-being
- Increased knowledge and understanding of menstrual hygiene
- Breaking stigmas associated with menstruation, promoting a supportive environment
- Empowerment of women to manage their menstrual health effectively and share knowledge with others



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Government Schemes Enrollment Camp for Tea Garden Workers

we have organized a Government Schemes Enrollment Camp specifically for tea garden workers, enrolling **56** beneficiaries into various government schemes. This initiative aimed to promote financial inclusion and social security among underserved communities.

The camp witnessed enthusiastic participation, with significant enrollments under key government schemes:

Atal Pension Yojana (APY): 12 beneficiaries enrolled. This scheme provides a monthly pension after the age of 60.

Pradhan Mantri Suraksha Bima Yojana (PMSBY): 26 beneficiaries enrolled. It offers accidental insurance coverage of ₹2 lakh for death or total permanent disability.

Pradhan Mantri Jeevan Jyoti Bima Yojana (PMJJBY): 15 beneficiaries enrolled. This scheme provides life insurance coverage of ₹2 lakh in case of death.

Account Opening: 1 beneficiary opened a new bank account, enhancing access to formal financial services.

Aadhaar Seeding: 2 beneficiaries completed Aadhaar seeding, enabling seamless access to government benefits.

Many tea garden workers were not aware of these schemes, so we guided and assisted them throughout the enrollment process.



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We organized awareness session was conducted at Binnakandi Pt I with the active participation of local women tea garden workers. The session focused on key issues such as **health and hygiene, nutrition, sanitation, financial literacy, and various government welfare schemes.** Facilitators, along with our dedicated volunteer, led engaging discussions to equip rural women with essential knowledge and resources. The session encouraged open dialogue, where participants shared personal experiences, cleared doubts, and actively took part in meaningful conversations.



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we organized an **Government Schemes enrollment** camp at **Sahapur Tea Estate, Cachar, Assam** – a very remote area where access to services is limited. Our dedicated team reached out to the tea garden workers and their families, ensuring that they could enroll for essential government schemes and welfare benefits.

We are proud to share that **129 beneficiaries** successfully received services during the camp. This small but meaningful step will help connect the community to their rightful entitlements and improve their quality of life.





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Message From Secretary

On behalf of ICCHA FOUNDATION, I take this opportunity to present a brief note on our continuous efforts toward rural development in the Barik Valley Resion of Assam. The foundation has been actively working at the grassroots level with the objective of improving the overall quality of life of rural communities. Our interventions focus on key areas such as education support, health and hygiene awareness, livelihood enhancement, women empowerment, youth development, Tea Tribe and advisi Community and social welfare. By engaging closely with local communities, self-help groups, and volunteers, we strive to identify real needs and implement practical, people-centric, and sustainable initiatives that contribute to long-term social and economic progress.

Throughout this period, ICCHA FOUNDATION has encountered various challenges common to rural development work; however, the dedication, discipline, and collective efforts of our team members and volunteers have enabled us to continue our mission with determination. Community participation remains the foundation of our approach, ensuring transparency, accountability, and inclusiveness in all our activities. I express my sincere gratitude to our donors, supporters, local authorities, partner organizations, and well-wishers whose guidance and cooperation have been instrumental in strengthening our work. With continued support, ICCHA FOUNDATION remains committed to expanding its outreach and contributing meaningfully to the sustainable and holistic development of rural society.

Thank You for being the heart of Barik Nagar ICCHA Foundation's Journey

With deepest Appreciation.

Firuz Hussain Mazumdar,
(Firuz Hussain Mazumdar)
Genral Secretary



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