



ANNUAL REPORT

BE AND MAKE

2023

2024



Message from the Co-Founder:

As we reflect on the past year, I am filled with a profound sense of gratitude and accomplishment. Our journey together in the pursuit of rural and tribal community development has made a mark in the lives of many. Through our commitment to empowerment and sustainable change, we have made significant steps in advancing foundational literacy, menstrual health management, and financial literacy initiatives in the communities we serve.

Sopan - the Foundational Literacy project lies at the heart of our mission as we believe that access to education is the cornerstone of progress, unlocking doors to opportunity and empowerment. Over the past year, we have witnessed the transformative power of education as we expanded our reach into more remote areas, providing vital resources and support to 573 eager learners from 5+ to 13 years of age. From establishing community libraries to organizing literacy workshops, we have fostered a culture of learning that continues to thrive and inspire.

Through Project Maryada - we recognize the profound impact that menstrual health has on the lives of women and girls, shaping their health, dignity, and future prospects. Comprehensive education, access to hygienic products, and the promotion of menstrual hygiene practices, helped us to break down barriers and empower 6558 young girls to manage their menstrual health with better confidence and dignity.

We have implemented Project Swayam aiming to equip the community members with the knowledge and skills needed to make informed financial decisions.





Through effective training, we have capacitated nearly 20000 village women to take informed choice on their financial futures, paving the way for economic growth and prosperity within their communities.

As we rejoice our accomplishments, we are mindful of the challenges that lie ahead. Together, we will continue to work tirelessly towards our vision of empowered and thriving rural communities, where every individual has the opportunity to realize their full potential.

I extend my deepest gratitude to our dedicated co-warriors, passionate volunteers, generous donors, inspiring friends and supportive communities for their commitment to support our cause to make a difference. It is through your collective efforts and unwavering support that we are able to make a meaningful differences in the lives of those we serve.

Thank you for being an integral part of our journey. Together, we are transforming lives and building a brighter future for generations to come.

With heartfelt appreciation,

Anindita Ray

INITIATIVES

Sopan: Lighting Paths to Brighter Future

Welcome to Sopan, where the journey to a brighter tomorrow begins for children in rural and tribal regions of West Bengal!

What is Sopan?

Sopan is more than just a program; it's a ray of hope for children aged 5+ to 13+ who dream of learning and growing, no matter where they come from. In the quiet corners of Birbhum, Malda, Hooghly, and South 24 Parganas Sopan centres shine as places of opportunity, welcoming over 573 young minds to explore, discover, and thrive.

What We Do:

At Sopan, we're not just about textbooks and classrooms. Sure, kids dive into subjects like English, Math, and Bengali, but it's not all about facts and figures. We believe in holistic nurturing of child, so they also learn about values, understanding society, and having a blast with art, crafts, and sports!

Empowering Minds, Shaping Futures:

Our mission goes beyond teaching; we're in the process of building confidence and sparking the flames of curiosity. Sopanians learn to ask question, discuss issues, solve problems, understand socio cultural context, respect values along with brushing up skills on arts, crafts and sports and become leaders ready to make a difference in their communities.



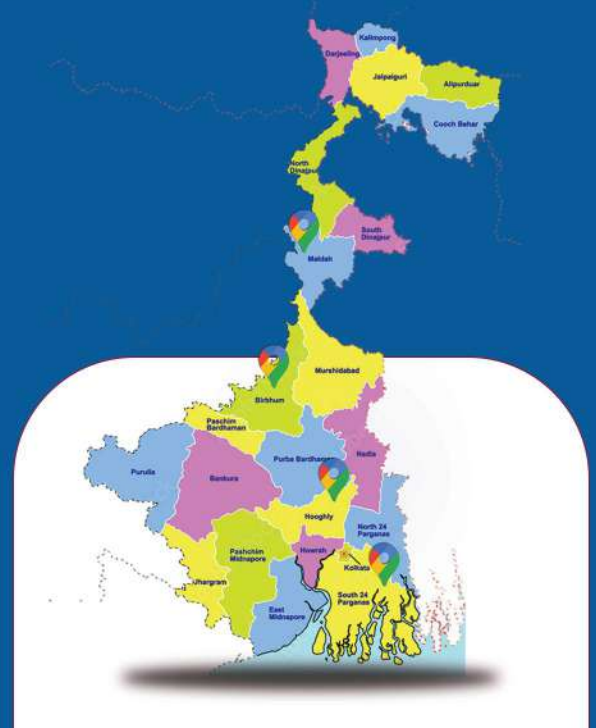
Our Vision:

At Sopan, we dream of a society where every tribal and rural child has access to quality education. Through our comprehensive and engaging programs, we're lighting up paths to brighter futures, one

OUR FORTH COMING VENTURE:

In addition to our core initiatives, we are thrilled to announce the launch of our new venture: TEACH ME Digital Literacy programs. Understanding the vital role of digital skills in today's society, we have prioritized the introduction of these programs in select schools across the Darjeeling and Malda regions. Our goal is to provide students with essential digital literacy skills, ensuring they are well-prepared to excel in an increasingly interconnected world.

We are excited to share that our pre-project activities have already begun, and we are gearing up for implementation in the upcoming year of 2024-2025. Through targeted efforts, we aim to bridge the digital divide and empower students with the knowledge and tools they need to thrive in the digital ag



Maryada: Empowering Women, Promoting Health

Welcome to Maryada, where we're on a mission to ensure dignity and promote health among budding women through MHM (Menstrual Hygiene Management) training and Life Skill Education.

What is Maryada?

Maryada is more than just a program; it's a commitment to breaking taboos and ensuring every woman's right to hygienic menstrual practices. In India, where misconceptions and lack of awareness prevail, Maryada serves as an educational platform, empowering young women with knowledge and resources

What We Do:

At Maryada, we're tackling the taboo surrounding menstruation head-on. We provide comprehensive MHM training and life skills education in schools, equipping young women with the knowledge and resources they need to manage their periods safely and confidently. From providing information on hygienic absorbents to addressing myths and fears, we're empowering girl children to make the knowledge percolate down the line and to make the initiative sustainable, to educate, train and create Peer Leaders who will carry the message to the junior classes year by year, once we phase out.

Our Solution:

Through school intervention programs, we're making a tangible difference in the lives of young women. By distributing menstrual kits, conducting awareness programs, and fostering an environment of support, we're dismantling harmful norms and ensuring that no woman has to endure unhygienic conditions or social exclusion due to menstruation.

Why we're Needed:

In many rural areas, cultural taboos and misconceptions surrounding menstruation persist, leading to social exclusion and health risks for women. Absenteeism from school due to lack of access to menstrual products and fear of stigma further exacerbates the problem, resulting in significant learning loss and compromised health.

Our Impact:

Over the past year, We have reached out to more than 9942 young girls from class v to class viii -imparted awareness and distributed MHM kits and distributed 1000 reusable pads in collaboration with schools. We've also conducted awareness programs beyond classroom walls, engaging students in colleges and schools, and distributing menstrual kits to ensure every woman has access to essential supplies and knowledge. We have also distributed 4200 MHM kits to students

Our Vision:

Maryada envisions empowering financially disadvantaged students and dismantling harmful taboos surrounding menstruation. Through our efforts, we're creating a more inclusive and supportive community where every woman can embrace her bodily functions without fear or stigma.



Swayam: Empowering Rural Women through Financial Literacy

Welcome to Swayam, where we're dedicated to empowering rural women in India through targeted financial education initiatives. In partnership with communities across various districts, we're bridging the financial literacy gap and fostering a more equitable and empowered future for women and the nation as a whole.

What is Swayam?

Project Swayam tells much beyond numeric and budget. It is about empowering women to take control of their financial futures. In rural areas where access to financial education is limited, Swayam stands as a guide, helping women make informed decisions about their money and their lives.

What We Do:

At Swayam, we're dedicated to empowering rural women with the knowledge and skills they need to conquer the financial world. We start with the basics: budgeting and saving, ensuring every rupee is used wisely. Then, we move on to more advanced topics like investing and managing debt, equipping them to navigate financial challenges confidently. But that's not all! We also introduce them to various government schemes and policies, showing them how to leverage these resources for a secure financial future. It's like handing them the keys to unlock opportunities and turn uncertainties into successes, one step at a time.

Our Initiatives:

- **Basic Financial Knowledge:** We provide foundational understanding of key financial concepts, empowering women to manage their money effectively.

- **Investment Knowledge:** We introduce the basics of investing, helping women make informed decisions about their financial future.
- **Budgeting and Money Management:** We teach women how to create and maintain a budget, allowing them to prioritize their financial goals and develop responsible spending habits
- **Debt Management:** We educate women about different types of debt and effective strategies for managing and reducing debt, empowering them to make sound financial decisions



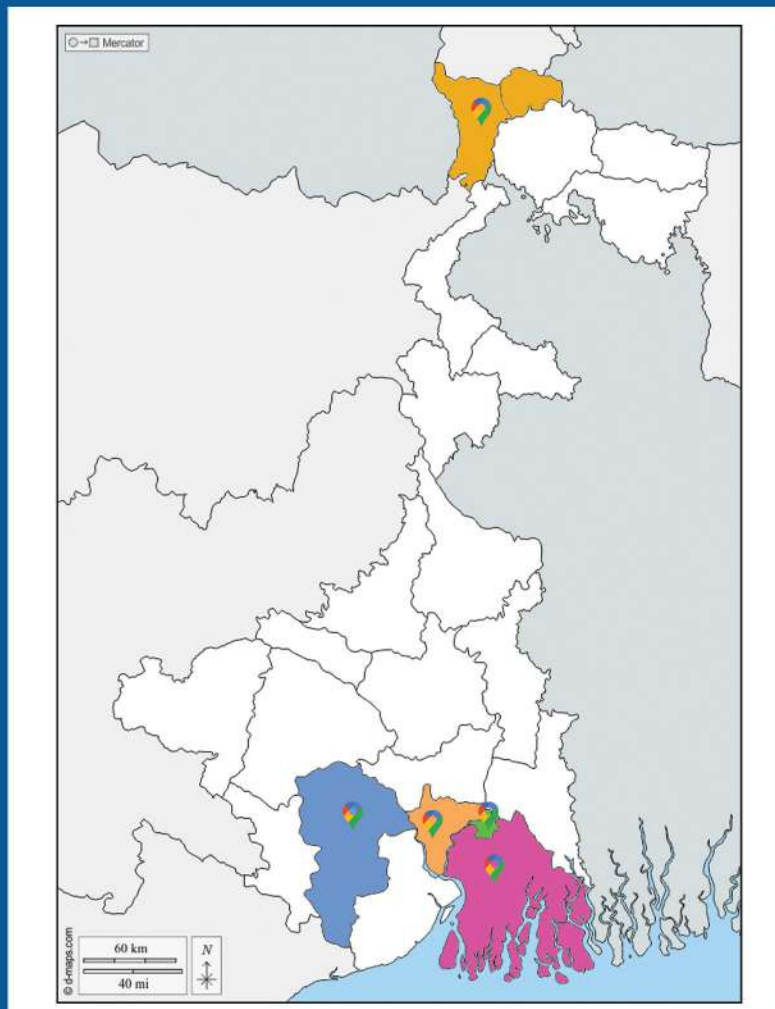
Our Impact:

In various districts of West Bengal, our rural financial training program has been creating ripples of change. Across different blocks and Gram-Panchayats, a total of 6,928 individuals have benefitted from our Swayam. In Paschim Medinipur's Keshiary block, Jhargram, and in Hooghly's Sakrail and Pundooah blocks, we've made a meaningful impact. Similarly, in Darjeeling's Mirik block and Kolkata's South 24 PGS's Diamond Harbour block, our efforts have reached far and wide. In the Jhargram district West Bengal, our rural financial training program in Gopiballavpur-II Block has been making waves of change. Spanning across 6 out of the 7 Gram Panchayats, we've reached a population of 104,996 residents, profoundly impacting their lives. Since October, 2023, we've helped

7,462 women in just 4 months. Through Swayam, we've empowered 20,493 women and held 501 sessions, giving them the tools they need to succeed financially. Our efforts have ignited interest in government schemes like investments and insurance among the beneficiaries. Remarkably, 12-15% has already begun to take advantage of these programs, showing how our work directly improves their financial stability.

Our Vision:

As we continue our journey, guided by dedication and expertise, we remain committed to fostering positive change and empowering communities for a brighter future. Together, let's create a world where every woman has the knowledge and skills she needs to thrive financially and beyond.



GALLERY

Sopan



Maryada



Swayam



Independence Day Celebration



Republic Day Celebration



Art and Craft Exhibition



Sharing Joy and Happiness



Impact Stories:

Nandini's Journey: A Tale of Triumph

In the lively corridors of Kochmali Centre, there is a girl named Nandini. She is like a burst of sunshine, spreading joy wherever she goes. But sometimes, her energy led to some fun disruptions during class. However, Nandini's story took an unexpected turn when she met her teacher, Priyanka.

Fuelled by her determination, Nandini embarked on a journey of transformation. With each passing day, her focus grew sharper, and she made incredible progress in her second-grade studies. Then came the big test: the half-yearly exams. And guess what? Nandini surprised everyone by grabbing the top spot!

Her journey from a carefree spirit to an academic star shows everyone the power of never giving up and having someone to guide you along the way. And in this story, that guiding light was Priyanka—her teacher. Her unwavering support was like a rock for Nandini, helping her shine even brighter.

As we face challenges in our own lives, let's remember Nandini's story. It teaches us that with determination and a little help from others, we can overcome anything and turn our struggles into victories.



Empowering Girls: A Story from Maryada

In one of our sessions, there is a student named Mounali Dey. She's in Class VII at Uttar Garifa Pallymangal High School. Mounali seemed uneasy and scared during our discussion. You see, she hadn't experienced periods yet, and her mom hadn't talked to her about it. Poor Mounali was really afraid of blood.

When we started talking about periods, Mounali started crying and felt really nervous. Her friend tried to explain things, but she wasn't very confident. So, we decided to help her out. Along with her teacher, we started teaching Mounali about menstruation.

After a few sessions, something amazing happened. Mounali gained confidence! She told us that she wasn't afraid anymore. It was like a big weight had been lifted off her shoulders. And that's the power of education and support!



Jaya Jana's Financial Literacy Journey with Swayam"

Meet Mrs. Jaya Jana, a homemaker and a proud mother residing in Gopiballavpur-II, District Jhargram, West Bengal. Before attending sessions with Be and Make, she had little knowledge about budgeting and saving. Their family income from farming and owning an electric shop often vanished by the end of the month, leaving no room for savings. However, everything changed after she joined Be and Make's Swayam sessions.

On the first day of each month, armed with the newfound knowledge from Be and Make, Mrs. Jaya plans her household budget meticulously. She now understands the importance of saving and has already invested in schemes like Sukanya Samridhi Yojana for her daughters' future. Learning about Mahila Samman Savings Certificate, she's eager to invest more once she accumulates sufficient funds.

Through Swayam sessions, Mrs. Jaya realized the significance of saving in today's challenging economic times. She believes that every penny saved now can secure a better future for her children and provide financial stability in emergencies. Inspired by her learning's, Mrs. Jaya encourages her friends, relatives, and neighbours to open post-office accounts and invest in government policies.

Understanding the importance of financial security, Mrs. Jaya has also started investing in Government Life Insurance. She wants to ensure that her children can continue their education even in her and her husband's absence. Additionally, she learned about the necessity of an emergency fund through Be and Make's Swayam program. Now, she sets aside money for unexpected situations like medical emergencies or unforeseen expenses.



Mrs. Jaya Jana's journey is a shining example of the power of knowledge and the impact of financial literacy programs like Swayam's. Through her newfound understanding, she not only secures her family's future but also inspires others in her community to follow suit.



About Be And Make:

Be and Make is a registered non-profit development organisation founded with the dream to embark on a sustainable change in the lives of grassroots communities through its action-oriented programs and researchbased solutions. The focus of our organisation is to level up the fields on Education, Health, Environment, Economic Empowerment through Research and Capacity Building. Our organisation, established in 2021, ensures tangible changes at the grassroots levels particularly for the communities living in many remote and marginalised areas who are in real need of support. We at Be and Make is a strong believer in making a resurgent society-scalable, sustainable development with empowered communities.

SOPAN

OUR REACH



SWAYAM

OUR REACH



Vision:

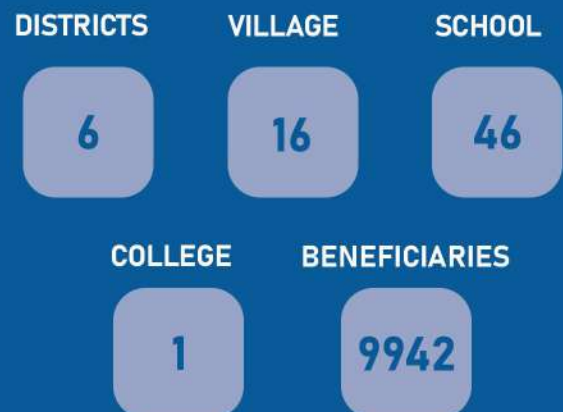
We are a development organisation, that is guided by a vision of a world where people especially the hard-to-reach and unaddressed- have equal opportunities to live with dignity, respect and hope.

Mission:

Be and Make- Be the Change and Make the Change seeks to promote and facilitate the establishment of an equitable society in which all members have an equal opportunity to participate in accessing the better life with dignity. All of our projects are geared towards creating a thriving environment in which all members of the community are granted an opportunity to progress and to improve the quality of their lives, and therefore accordingly that of their families' and subsequently that of society.

MARYADA

OUR REACH



TEAM MEMBERS:

Introducing Anindita Ray : Leader in Social Development

With over twenty years of experience in both business and non-profit sectors, Anindita Ray shines as a leader in social development. Known for her expertise in leading research projects, both at home and abroad, she brings valuable knowledge to our team. Aside from her impressive career, Anindita also teaches part-time at prestigious institutions like the Police Training Institute and the Regional Institute for Correctional Administration. As a Co-founder of Be and Make, Anindita embodies our mission of positive change and community empowerment. Her leadership and dedication inspire us all, driving our mission with energy and care.



Introducing Papiya Bose : A Dynamic Force for Change

Meet Papiya Bose, a passionate advocate for making the world a better place and a nature enthusiast. Despite her young age, she brings endless energy and a fresh perspective to our team. At Be and Make, her curiosity sparks innovation and pushes us forward. She's great at turning complex concepts into practical strategies that make a real difference on the ground. As the youngest member of our team, she's a symbol of innovation and inspires us all.

Introducing Ms. N.T. Rupa : The Head of Education

Ms. N.T. Rupa, a guiding light and pillar of strength within our team. With an illustrious career spanning nearly 25-26 years in teaching and counselling, Ms. Rupa brings a wealth of experience and expertise to our organization. Certified in her field, she possesses an unparalleled understanding of educational principles and effective counselling techniques, enriching our programs with her profound insights. We are truly privileged to have Ms. N.T. Rupa leading the charge towards brighter futures for all.



Introducing Madhumita Karmakar : A Catalyst for Change

Meet Madhumita Karmakar, our esteemed Project Manager for Maryada, whose dynamic energy and unwavering dedication are the driving forces behind her quest for positive transformation. Her exceptional leadership skills and innate ability to connect with diverse groups make her a natural collaborator, fostering partnerships that pave the way for enduring change. As a vital member of our team, Madhumita embodies the spirit of innovation and collaboration, inspiring us all to strive for excellence in our pursuit of a better world.

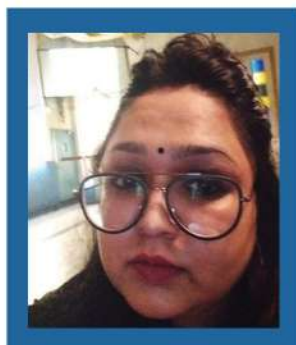


Introducing Ganesh Dutta : A Beacon of Dedication

Let us introduce Ganesh Dutta, the vibrant Program Manager of Sopan, whose unwavering dedication and fervent commitment to societal betterment shine brightly. Driven by boundless creativity and a relentless pursuit of excellence, Ganesh harnesses his ingenuity to craft impactful programs that foster meaningful transformation. As a vital member of our team, Ganesh's positivity and can-do attitude inspire us all to reach new heights in our collective mission to create a brighter future for those we serve.

Introducing Sayantani Bose : Our Financial Literacy Super Didi

Sayantani Bose embodies the spirit of dedication and adaptability, serving as our esteemed Senior Manager for Financial Literacy. Within a few short months, Sayantani transformed into an expert in financial literacy, earning the endearing title of "Super Didi" from those she serves. Her ability to quickly grasp complex concepts and her unwavering commitment to empowering others have made her an indispensable asset to our team. As we continue our mission to promote financial literacy and empower communities, we are grateful to have Sayantani Bose leading the way.



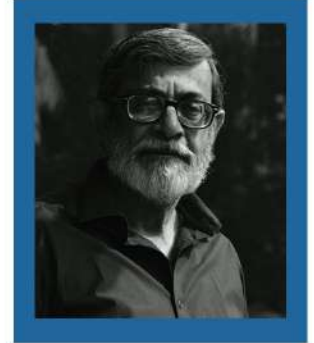
Introducing Arjyama Mukhopadhyay : Our Documentation officer

With a background in BALLB followed by a Masters in Social Work, Arjyama brings a unique blend of legal knowledge and social work acumen to her role as Documentation Officer. Her meticulous attention to detail ensures that our organizational records are maintained with precision, contributing to the effective documentation of our initiatives and their lasting impact.

Meet Our Esteemed Advisory Board Members:

Abhijit Bhattacharya

A distinguished figure in social development, brings a wealth of expertise and insight to Be and Make's advisory board. His commitment to driving positive change in communities serves as an invaluable asset to our organization.



Amlan RoyChowdhury

An experienced consultant in the development sector, enriches Be and Make's advisory board with his deep understanding of social impact strategies. His strategic guidance and thoughtful approach bolster our efforts to create meaningful change in society.

Dr. Jhimli Sarkar Manna

A notable entrepreneur and scientist from IIT Kharagpur, lends her expertise to Be and Make's advisory board. With her innovative thinking and entrepreneurial spirit, she contributes valuable perspectives to our initiatives.



Gratitude Overflowing:

As we take a moment to look back, our hearts are filled with gratitude for every person who has stood by us since the beginning. Whether you've supported us, wished us well, or been a part of our team, your kindness and trust have been the foundation of our progress.

We want to express our deep appreciation for the opportunity you've given us—to keep working towards a fairer, more caring world. Your belief in our mission drives us to make a real difference in the lives of those who need it most.

From the bottom of our hearts, we thank you for being a vital part of our journey. Your on-going support not only keeps us going but also motivates us to aim higher as we strive for positive change. With heartfelt thanks,

TEAM BE AND MAKE-BE THE CHANGE AND MAKE THE CHANGE

