

SUSTAINING HOPE

ADRA India's Newsletter

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COVER STORY

Mamta's Garden of Possibilities

In the tea gardens of Assam, Mamta has always found comfort in the company of plants. Even as a child, she tucked seeds into broken pots and coaxed life out of tiny saplings in the corners of her small home. Her family didn't have much, and every day came with its own set of challenges, but tending to plants gave her comfort and hope.

For years, her love for flowers was simply that: a love. She never imagined it could become anything more. While others around her saw flowers as decoration, she saw possibility, though she didn't know how to take the next step.

That changed when ADRA India introduced a nursery development training for girls in the tea garden communities. Mamta joined the sessions, eager to absorb every lesson. There, she learnt how to prepare saplings, nurture different varieties, and eventually manage a small nursery of her own. Each day of training added a little more confidence, a bit more direction.

By the end, Mamta and a group of girls began preparing saplings together. They plan to sell them at the Sunday market, where people from surrounding areas gather. The thought of sitting behind a stall filled with marigolds, hibiscus, and roses makes her feel something new: pride.

Mamta now sees a pathway she didn't know existed: one where her hands, once busy with chores and survival, can also build a livelihood.

This effort is about dignity, choice, and the chance to shape her own future. And for girls growing up in the tea gardens, that shift, from dream to action, can change everything. With support and skills, she's turning the simple act of growing flowers into a step toward a brighter, more self-reliant life.

Introduction

As we move through 2025, ADRA India continues to stand beside communities through change, challenge, and renewal. This quarter, our teams across India worked tirelessly to strengthen livelihoods, promote health, and respond to emergencies, while introducing new initiatives that expand our reach to new frontiers of education and community development.

From women earning sustainable incomes through goat farming in Tamil Nadu, to families rebuilding homes after devastating floods in Himachal and Punjab, every story this quarter reflects a shared spirit of resilience. At the heart of all our work lies our belief that lasting change begins when communities lead the way.

Climate-Smart Resilient Livelihoods

PACE | Tamil Nadu

Women in Tiruvallur are transforming livelihoods through confidence and skill. Under the PACE project, 25 women were trained in goat farming and natural veterinary practices, learning about local breeds, herbal remedies, and preventive care.

Their results speak volumes: eight women earned ₹96,000 together this quarter through goat sales, marking a major step toward financial independence.

Three SHG development workshops trained 134 women on group operations, savings management, and access to government schemes. Training on vermicompost and Azolla cultivation also promoted eco-friendly, low-cost farming practices, whereas training on hygiene, storage and value addition promoted entrepreneurship, aligning with ADRA India's commitment to sustainable livelihoods



RISE | Tamil Nadu

In Chennai and Tiruvallur, the RISE project is helping families build stability through collective savings.

9 new SHGs were formed across 3 villages this quarter, pooling ₹3.7 lakh in savings. Two groups accessed ₹13.9 lakh in bank credit, enabling members to start or expand small businesses.

Livelihood support was extended to 15 families who began backyard poultry farming, bringing both nutrition and steady income.

Meanwhile, three schools received uninterrupted power supply (UPS) units, ensuring that students can continue digital learning without disruption.



PRECISE | Assam

This quarter, 965 cattle were vaccinated against Lumpy Skin Disease and Foot-and-Mouth Disease with support from the State Veterinary Department.



Through training on milk hygiene, heat detection, artificial insemination and the One Health approach, farmers and frontline workers gained vital skills to manage livestock and reduce the risk of zoonotic diseases. Short-term certification programs on dairy farming empowered young farmers with practical skills to strengthen local dairy value chains.

To enhance engagement and awareness among project participants, video screening sessions were organized in targeted villages. Each hour-long session featured topics such as azolla cultivation for feed, women in extension services, organic fertilizer production, inspiring women leaders, beneficial microbes in soil and plants, and the use of effective microorganisms in cattle farming.



SCORE | Assam

In Dibrugarh & Tinsukia's tea garden communities, ADRA India's SCORE project continues to empower youth and women to envision brighter futures.

This quarter, five sensitization meetings mobilized youth for skill training, and eight participants enrolled in certified vocational courses. Assistance was provided to Self-Help Group (SHG) women to strengthen sanitary pad production and explore local enterprise options, supported through new market linkages and mentoring.

Health



BRIDGE | Uttar Pradesh

In Ghazipur district, ASHA worker Mansura Devi faced 27 families who refused vaccination, believing it would make their children sick. After attending ADRA India's Zero Dose Implementation training, she used a creative visual tool: two glasses of water and a mug, to explain how vaccines protect the body. The impact was immediate: 20 of the 27 families agreed to immunise their children.

Across 15 districts, over 4,500 vaccine-hesitant children and 1,698 zero-dose children were linked to routine immunisation through collaboration between ADRA India, the Health Department, and community influencers.

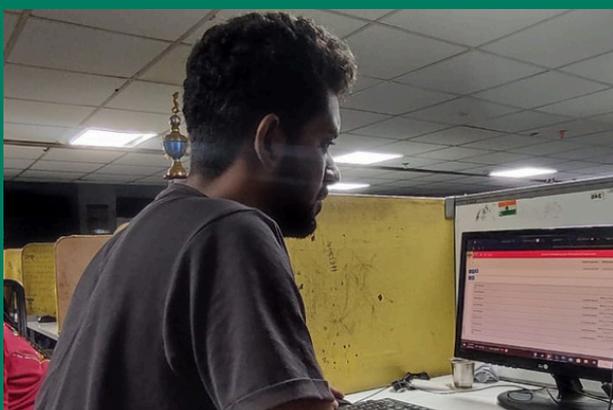
HIMHEALTH | Himachal Pradesh

Drug and substance abuse are growing concerns among young people in Shimla. Through the HIMHEALTH project, ADRA India reached 336 students and 30 teachers across four government schools with awareness sessions on drug de-addiction and mental health.

Teachers, many of whom are part of school-level de-addiction committees, were trained to recognise early signs of addiction and support affected students. The program has sparked increased interest in extending outreach to suburban communities, where the need is equally pressing.



Protection



PSSP | Tamil Nadu

For thousands of Sri Lankan refugees in southern India, hope begins with opportunity.

In Osur Camp, Praveen Paul, 23, struggled to find employment despite completing two bachelor's degrees. Recognising his enthusiasm and potential, ADRA India enrolled Praveen in the Tally course, aimed at building accounting and computer-based job skills. With commitment, he gained the skills needed to secure a stable job in Chennai, earning ₹18,000 per month and supporting his family for the first time.



This quarter, the project also held a Lessons-Learned Workshop in Coorg, where field teams reflected on experiences, shared successes, and discussed how to further strengthen refugee inclusion and safe migration programming.

Emergency Response

Flood Response | Himachal Pradesh

The floods and landslides that hit Himachal Pradesh this monsoon devastated lives and livelihoods.

In response, ADRA India supported 1,021 families with unconditional cash transfers to meet immediate needs such as food, medicines, and temporary shelter.

Additionally, 200 families received shelter and hygiene kits, including blankets and utensils. Implemented in coordination with the District Administration and local leaders, the intervention emphasised transparency, inclusion, and community-driven recovery.



Flood Response | Punjab

Persistent heavy rains, swollen rivers, and successive cloudbursts caused severe flooding, landslides, and infrastructural damage across multiple districts of Punjab in August and early September. Floodwaters inundated homes, villages and fields, forcing evacuations on a massive scale. Families were shifted to relief camps, while many others remained in makeshift shelters with little protection.

In Amritsar district, 315 flood-affected families received Non-Food Item (NFI) kits that included mosquito nets, solar lamps, tarpaulins, and cooking utensils.

The initiative was implemented in partnership with local village leadership. Families expressed that the support not only met urgent survival needs but also helped them regain a sense of stability and dignity in the aftermath of disaster.



Inside ADRA India

ADRA India's Wellness Challenge 2025 encouraged over 65 staff members to take small, consistent steps toward healthier living. Using the "Step Set Go" app, employees across the country tracked their progress, celebrated milestones, and shared stories of personal transformation.

Three winners were recognised for their consistency and determination.

Michael Vanrammwia began at 72.8 kg and, through steady walking, disciplined routines, and lifestyle changes, achieved a 7 kg weight loss — a transformation that strengthened both his health and confidence.

Shankara Naika reaffirmed his long-time walking habit and combined it with yoga and mindful exercise, crediting the challenge for motivating him to stay consistent and active.

Vivekananda Biswas, who joined just before the deadline, saw the challenge reshape his daily routine. Evening walks led to early nights, energized mornings, yoga practice, and a weight loss of over 4 kg, along with improved mental clarity and reduced fatigue.

These journeys show how small, steady steps can inspire meaningful change.



Michael Vanrammwia



Shankara Naika



Vivekananda Biswas

New Projects Ahead

Two new initiatives began this quarter, each marking a significant expansion of ADRA India's mission.



Intensified Malaria Elimination Project | Mizoram

ADRA India launched IMEP-III, a Global Fund-supported Public-Private Partnership, to strengthen malaria elimination efforts in Mamit, Lunglei, Lawngtlai and Siaha from July 2025 to March 2027.

The project works alongside the State Programme Office and NCVBDC to improve surveillance, build the capacity of field workers and volunteers, and deliver strong Social & Behaviour Change Communication across 450+ villages. Activities include IHIP reporting support, SBCC campaigns in schools and communities, and regular district-level reviews.

By engaging locally recruited Community Health Volunteers and Coordinators, IMEP-III aims to improve last-mile delivery and accelerate progress toward Mizoram's malaria elimination goals.

Enhancing Community Opportunities for Livelihoods | Tamil Nadu

The ECOL project began this quarter with a joint orientation on 26 August 2025, bringing together ADRA India staff, technical partner CGS, and a local NGO to align on goals and field strategies.

Initial field assessments in Ramanathapuram identified strong potential for tree plantation, crop diversification, organic farming, water conservation, and solar-fed irrigation. The team has initiated land sourcing and registration for plantations and established coordination with the District Collectorate, Agriculture Department, Forest Department and block officials.

ECOL's phased approach focuses on nature-based solutions that build climate resilience while strengthening local livelihoods.



Closing Note

As this quarter comes to a close, we reflect on the many faces behind the numbers, the mothers raising livestock, the youth learning new skills, and the families rebuilding after floods. Each represents a story of resilience, courage, and change.

ADRA India is committed to walking beside these communities to listen, to serve, and to build hope that lasts.

Watch



Staying Ahead of Heatwaves | ADRA India's Preparedness Approach



Servant Leadership in Action: People, Culture & Impact at ADRA India



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