

PROJECT PROPOSAL

- **NGO Name:** Baikunthapur Tarun Sangha
- **Project title:** Nutrition Security for tribal Tea Garden Workers in Tea Estate in Kalchini, Block, Alipurduar district, West Bengal.
- **Supported By:** SAVE UK
- **Effective Date of the Project:** 1st September 2026
- **Duration of the Project:** 7 months (up to March 31, 2027)

- **Project Cost:** Rs 250,000.00(GBP2,000)

- **Geographic Area:** 2 Tea Gardens (Mechpara & Dima) in Kalchini Block

State: West Bengal, **District:** Alipurduar

- **Indirect beneficiaries (numbers):** 100
- **Direct beneficiaries:** 450
- **No. of households:** 150
- **No. of pregnant/Lactating women:** 20
- **Number of malnourished children:** 50
- **Number of children 0 to 5 years:** 30
- **Other beneficiaries (not covered above):**

- **Need Statement/rationale (upto 500 words):**

Tea garden workers and their families are facing a severe crisis in terms of nutrition, food security, and access to quality education. The irregular operational status of the tea gardens has resulted in inconsistent wage earnings, making it difficult for families to afford a balanced diet and meet essential household needs. These communities, primarily comprising tribal populations, rely heavily on tea garden employment, leaving them with limited alternative livelihood options. In cases where tea gardens remain closed or do not operate consistently, many families are forced to migrate for daily wage labour, further disrupting their social and economic stability.

Adding to their vulnerability, tea garden estates own the land, limiting workers to small residential spaces with little room for alternative farming or cultivation. While many families have small courtyards, there has been no structured effort to introduce nutrition gardens, which could provide a sustainable solution to improving household dietary intake and access to fresh, nutrient-rich vegetables.

Malnutrition remains a critical concern, particularly for vulnerable groups such as children aged 0–6 years, pregnant women, and lactating mothers. A lack of access to fresh vegetables and nutrient-rich foods exacerbates the risks of stunting, wasting, anaemia, and other deficiencies, ultimately affecting children's physical and cognitive development as well as overall community health and productivity.

At the same time, children from tea garden families face educational challenges due to poverty, irregular family incomes, migration, limited learning support at home, and disruptions in schooling. These circumstances can contribute to learning gaps, particularly in foundational literacy, numeracy, reading comprehension, and basic academic skills. Children who fall behind in the early years may struggle to keep pace with their grade-level curriculum, affecting their confidence, participation, regular school attendance, and long-term educational progression. Limited access to additional academic support outside school further increases the risk of persistent learning gaps among vulnerable children.

Therefore, given the interconnected challenges of nutrition, food security, education, and socio-economic vulnerability, an integrated and localized intervention is essential. The proposed project will combine household nutrition gardens, nutrition and health awareness, community mobilization, and remedial education support to strengthen the overall well-being, learning, and resilience of tea garden families.

- **Why Sundarbans to Alipurduar (North Bengal):**

BTS has 30 years of previous working experience in the coastal areas of Sundarbans, basically on Climate Adaptive Agriculture and Natural Resource Management including Nutritional gardening towards food and nutrition security among the needy and the marginal farming families, fishermen folks and forest dependent communities. During our visit to several blocks in North Bengal last 2 years back, we observed the need and impoverishment among the tribal communities which created a call from the marginal tribal communities to work with to reduce their poverty and nutritional insecurity. Again, BTS got an opportunity while receiving the prestigious Glenmark Nutrition Award in 2025 being the Winner in Rural Category with a Prize Money of Rs. 200,000(two Lacs), to respond to the humane call to start intervention among 2 tribal communities in 2 tea gardens in 2025 onwards. This time SAVE UK support will help us continuing the efforts there just covering more households from 70 to 150.

- **Project Description:**

Tea garden workers and their families face persistent challenges in securing adequate nutrition and food security due to the irregular operational status of tea gardens in Alipurduar district of West Bengal State. These workers, primarily from tribal communities, are highly dependent on tea estates for employment, which often results in inconsistent wage earnings. The unpredictable nature of their income significantly impacts their ability to afford a balanced diet, pushing them towards food insecurity. When tea gardens remain closed or operate sporadically, families are often compelled to migrate in search of daily wage labor, further destabilizing their economic and social well-being.

Adding to their vulnerabilities, tea estates own the land, restricting workers to small residential quarters with no access to agricultural land for independent cultivation. While many families have small courtyards, there has been no structured intervention to introduce nutrition gardens. Establishing such gardens could serve as a sustainable solution to enhance dietary intake by providing easy access to fresh vegetables and nutrient-rich foods.

Malnutrition is a pressing issue within these communities, particularly affecting vulnerable groups such as children aged 0-6 years, pregnant women, and lactating mothers. Limited access to fresh vegetables, proteins, and essential micronutrients has led to increased cases of stunting, wasting, anemia, and other nutritional deficiencies. These health issues not only impact the physical and cognitive development of children but also reduce the overall productivity and well-being of tea garden families.

To address these challenges, this project aims to establish household nutrition gardens and promote alternative livelihood opportunities among tea garden workers. The intervention will focus on:

Establishing Nutrition Gardens: Training households to utilize small courtyards effectively for growing nutrient-rich vegetables such as spinach, carrots, beans, and other local varieties. Simple and cost-effective techniques like vertical gardening, container gardening, and organic composting will be introduced to optimize available space.

Capacity Building & Awareness: Conducting training sessions on nutrition, organic farming, and sustainable food practices. Emphasis will be placed on the importance of a diverse diet, hygiene, and maternal and child nutrition to improve health outcomes.

Community Mobilization: Enabled self-help groups (SHGs) and community networks to encourage peer learning and long-term sustainability of nutrition gardens. Engaging women in these groups will empower them with knowledge and resources to manage household food security efficiently.

Health & Nutrition Support: Establishing linkages with government nutrition programs and local health centers to facilitate access to essential services, including anemia screenings, maternal healthcare, and child growth monitoring.

Remedial Education Support: The project will provide remedial education support to school-going children from tea garden families who have learning gaps or are at risk of falling behind in their grade-level learning. The intervention will focus on strengthening foundational literacy, numeracy, comprehension, and basic learning competencies through regular, child-friendly and activity-based learning sessions.

By implementing these measures, the project aims to enhance food security, reduce malnutrition, and promote self-reliance among tea garden workers and their families. This localized, sustainable approach will not only improve their immediate dietary intake but also foster long-term resilience against economic and social instability, ensuring a healthier and more secure future for tea garden communities.

- **Project Objectives:**

- **Improve Food Security:** Increase household-level access to nutritious and diverse food through sustainable nutrition gardens.
- **Reduce Malnutrition:** Address nutritional deficiencies in children, pregnant women, and lactating mothers through improved dietary intake.
- **Promote Alternative Livelihoods:** Develop supplementary income sources to reduce dependence on tea garden employment.
- **Enhance Community Awareness:** Build knowledge on nutrition, hygiene, and sustainable farming practices to improve overall health.
- **Strengthen Local Support Networks:** Facilitate SHGs and linkages with government programs to ensure long-term impact and sustainability.
- **Strengthen Foundational Learning:** Provide remedial education support to school-going children from tea garden families to address learning gaps and improve foundational literacy, numeracy, reading comprehension, and basic academic competencies.

- **Implementation Strategy:**

The project will be implemented through a participatory, community-driven approach, beginning with a detailed baseline survey to identify target beneficiaries, assess nutritional and educational needs, and map local resources and services. Community mobilization efforts will involve local stakeholders, panchayats, SHGs, parents, teachers, and community volunteers to ensure grassroots ownership and sustained engagement. Capacity building through targeted training on organic farming, nutrition, hygiene, and child development will empower beneficiaries and strengthen community knowledge and practices.

Livelihoods Improvement through Nutrition gardens will be established and the distribution of essential inputs, hands-on demonstrations, and technical guidance to promote access to diverse and nutritious food. Alongside this, **remedial education support** will be provided to children who are experiencing learning gaps, with a focus on foundational literacy including financial literacy, numeracy, and age-appropriate learning competencies. Regular remedial classes, activity-based learning, individualized support, and periodic assessments will help children strengthen their basic skills and improve their participation and performance in school.

Health and nutrition interventions will link participants to existing government and community-based services and provide essential supplements and referrals where required. Continuous monitoring, learning assessments, and participatory evaluations will track progress across nutrition, health, and education outcomes, capture key learnings, and inform improvements. The project will document successful practices and develop a scalable model that can be replicated in similar communities.

● **Project Activities:**

Baseline Survey	Conducting an initial study to understand the improvement in nutritional status, income patterns, and available resources in the community.
Formation of Self-Help Groups (SHGs)	Mobilizing community members, especially women, into SHGs for knowledge-sharing and collective action.
Training on Nutrition & Sustainable Farming:	Conducting workshops on organic farming, nutrition awareness, and best agricultural practices.
Setting Up Nutrition Gardens:	Providing seeds, tools, and technical support to households for establishing small-scale vegetable gardens.
Vertical & Container Gardening Workshops	Demonstrating innovative techniques to optimize limited spaces for growing vegetables.
Linkage with Government Schemes	Facilitating access to government food security, health, and agricultural programs for eligible beneficiaries.
Remedial Education	Providing structured remedial learning support to children who have learning gaps, with a focus on foundational literacy, numeracy, reading, writing, and basic mathematical skills.
Monitoring & Impact Assessment	Conducting periodic evaluations to measure improvements in nutrition levels and household food security.
Community Awareness Campaigns:	Organizing health camps, nutrition fairs, and public discussions to promote sustainable food practices.
Establishing Market Linkages	Supporting SHGs and individual farmers in selling surplus produce for additional income.

● **Detailed Implementation Method (upto 1000 words):**

Areas of Intervention	Activity Details
Project Planning and Baseline Survey	• Conduct a detailed household survey to assess existing dietary patterns, health status, and economic conditions. • Identify target beneficiaries, including vulnerable families, pregnant women, and children under six. • Map available resources, including water sources and suitable spaces for nutrition gardens.
Community Mobilization and Stakeholder Engagement	• Organize community meetings to introduce the project and gain local buy-in. • Collaborate with local self-help groups, panchayat bodies, and health officials. • Form a core committee of community representatives to oversee project activities.
Training and Capacity Building	• Conduct workshops on sustainable farming, composting, and organic vegetable cultivation.

	• Provide training on nutrition and hygiene for pregnant women and lactating mothers. • Train selected community members as peer educators to ensure knowledge dissemination.
Establishment of Nutrition Gardens	• Distribute seeds, organic fertilizers, and basic gardening tools to selected households. • Provide technical assistance on container gardening, vertical farming, and soil enrichment techniques. • Set up demonstration gardens in community spaces as learning hubs.
Health and Nutrition Interventions	• Link beneficiaries with local health services for regular check-ups and nutritional supplements. • Organize anaemia screenings, immunization drives, and awareness sessions on maternal health. • Distribute fortified foods and iron-rich supplements where necessary.
Remedial Education and Learning Support	• Conduct a basic learning assessment to identify children with gaps in foundational literacy and numeracy. • Provide regular remedial classes for children, particularly those who are lagging behind their age-appropriate grade-level competencies. • Focus on foundational reading, writing, comprehension, basic mathematics, and age-appropriate learning skills through activity-based and child-friendly methods.
Monitoring, Evaluation, and Scale-Up:	• Conduct periodic assessments to track garden productivity, dietary changes, and income diversification. • Use participatory evaluation methods, including focus group discussions and beneficiary feedback. • Document best practices and develop a scale-up model for replication in other tea estates.

- Budget break-up (Table): (Sept. 2026 – March 31 2027)

Phase	Activity	Description	Estimated Cost (INR)
Pre-Operational	Community visits and Meeting with community stakeholders	Field engagement and Orientation on interventions.	15,000.00
Operational	Honorarium of Project Co-ordinator@Rs.6,000/Month	Monthly compensation for overseeing nutrition program implementation.	42,000.00
Operational	Honorarium of Community Mobilisers @Rs.3000/M/CM	Remuneration for field-level support in mobilization, awareness and Field level Works	42,000.00
Operational	Workshop on Nutri Garden through Organic Manures etc. (2 Units) @Rs.5000/Unit	Training on developing nutrition gardens using organic practices.	10,000.00
Operational	Procurements of seeds and inputs required	Distribution of gardening inputs for Nutri-garden setup.	30,000.00
Operational	Training on Nutrition and health awareness (2 Units)	Sessions to improve knowledge on nutrition, hygiene, and health practices.	10,000.00
Operational	Educational Materials to Children in Support School Centre (SSC)	Educational Materials as per requirement of the SSC	30,000.00
Operational	Local Conveyance	Transport support for staff movement within field areas.	6,000.00
Operational	Baseline & Endline Assessment Report	Final evaluation to measure project outcomes and impact.	25,000.00
Operational	Monitoring Visit Cost	2 times in 6 months	25,000.00
Operational	Overheads, Audit, Contin.	Lump Sum	15,000.00
		Total	250,000.00

- **Project Implementation Plan (show timeline): In Gantt chart format**

Sr. no.	Description	M1	M2	M3	M4	M5	M6	M7
1	Project Planning and Baseline Survey							
2	Community Mobilization and Stakeholder Engagement							
3	Training and Capacity Building							
4	Establishment of Nutrition Gardens							
5	Remedial Learning Support							
6	Health and Nutrition Interventions							
7	Monitoring and Evaluation							
8	Endline Assessment							

- **Performance Indicators:**

Sr.no.	Activity	Output	Outcome	Impact
1	Training on Nutrition & Sustainable dietary plan	100 households trained	Increased knowledge on nutrition and Sustainable dietary plan	Improved dietary intake and health
2	Establishment of Nutrition Gardens	80% of trained households set up gardens	Increased availability of fresh vegetables	Reduction in malnutrition cases
3	Linkage with Government Schemes	70% of beneficiaries enrolled in schemes	Increased access to support services	Improved overall well-being
4	Remedial Education and Learning Support	50 children with identified learning gaps receive regular remedial education and learning support	Improved foundational literacy, numeracy, reading, writing, and comprehension skills; increased confidence and school participation	Improved learning outcomes, reduced learning gaps, and improved retention and progression in school

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