

Darjeeling Ladenla Road Prerna

Annual Report 1st April 2017 to 31st March 2018

Vision Statement

Darjeeling Ladenla Road Prerna believes in a world that sees the need to live as one family where the environment is preserved and protected, where conscious efforts are made to remove unjust structures while striving to build a just and humane society.

Mission statement

Our mission is to build sustainable human communities in the Darjeeling hills and the adjoining areas by promoting peoples participation, gender equality and living in harmony with the environment.

Goals

1. Promote, facilitate and strengthen people's organisations.
2. Promote sustainable agro-ecology and appropriate technology
3. Undertake Development and Environment Education with educational institutions and community based organisations.
4. Provide support to other organisations.
5. Undertake research, development and dissemination on developmental issues pertinent to the Darjeeling Hills with special focus on conservation and climate change.

1. Community conservation

‘Community-based mitigation of human-wildlife conflict around the Singalila National Park, India’ – Rufford Grants Foundation and WWF-India

The strengthening of the bio-fence as a protective layer against the ‘problem animals’ of human wildlife conflict in the five forest villages in the fringe of Singalila National Park continued with support from Rufford Grants Foundation and WWF-India: i. Samanden Forest Village, ii. Bich Gaon Forest Village, iii. Dara Gaon Forest Village, iv. Gurdum Forest Village, v. Namla Forest Village. A total of 8570 meters(4400 added this year) of area is now covered with bio-fence in the 5 forest villages. The survival rate of the planted material for this year is as follows: Namala 50%, Gurdum 70%, Bich Gaon 75%, Dara Gaon 45% and Samanden 90%. The mortality and the death of planting stocks were being due to human interference, dry and sandy areas where they were planted. Community consultations expressed that crop raids by the wild animals have reduced in most of the vulnerable plots where intensive bio-fence plantings were carried out during the last couple of years. It was felt the need of continuity of strengthening the bio-fence in the following years, since the vegetative stocks takes time to establish, as well as the entirety of the village is yet to be completed with bio-fence. Wild pig, deer, porcupine, hare, monkey, rat, marten and a variety of birds raid crops in the 5 villages.

Providing specific technical support to WWF-India’s Khangchendzonga Landscape (KCL) program in managing human wildlife conflict in selected areas of Sikkim – WWF India

Objectives:

Piloting of specific HWC interventions in two villages - Talkhadka Ward, Regu GPU and Lower Kitam, Kitam GPU

Key HWC animals in Kitam are: Wild Pig, Peacock, Monkey, Deer, Marten.

Key HWC animals in Regu are: Wild Pig, Monkey, Deer, Eagle, Marten, Civet.

Training and capacity building of community members in human wildlife conflict management

Deliverables:

50 persons trained through training programmes in managing HWC through vulnerability mapping and designing site specific interventions – initiated

Predator proof sheds and coops designs piloted for reducing conflict in 2 villages – initiated

1 bio-fence pilot initiated in 1 village – initiated

2 Community plans developed within the PRI for highlighting HWC for leveraging resources for HWC managements

1. DLR Prerna - CHAI Project

❖ Community Health Advancement in India, Dooteriah Tea Estate – Give to Asia

➤ 2,550 people (510 households) in about 7 communities access safe drinking water

Eleven water catchments and **eleven water systems** were constructed, directly benefitting 2274 people. WASH committees were supported to develop operation and maintenance plans, which delineate roles and duties for proper management of installed water systems. An operation and maintenance manual

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on water and sanitation have been developed for effective delivery and sustainability of installed systems within the community. The manual covers measures and guidance for implementing operation and maintenance and aims to provide a sustainability framework for Water and Sanitation facilities.

➤ **2500 people (500households), including 150 school children, improve hygiene practices**

Health and hygiene education is underway in seventeen schools, reaching 705 children. Students from participating schools receive a weekly class on health and hygiene lessons. The classes utilize materials such as the “F” chart, which illustrates the fecal-oral disease transmission route, artwork depicting hygiene messages, coloring books, and flash cards, as well as participatory methods such as storytelling and role play, and practical sessions applying the eight steps of hand washing. Joyful learning methods were introduced to teachers. School parent-teacher meetings were leveraged to engage and inform parents about the health and hygiene classes.

Five primary schools received new water system infrastructure, accompanied by hand washing stations and wall paintings that depict health and hygiene messages.

Menstrual Hygiene Management awareness-raising conversations were conducted with 57 female tea workers and 84 high school girls, including holding a focus group discussion. Menstruation hygiene management education continues in two high schools of Dooteriah Tea Estate reaching out to 116 girls. Improvement of 10 existing sanitary latrines and a new water system with hand washing stations was developed. The girls now have an access to clean sanitation and water, which was one of major challenge faced by girls to manage menstruation during school hours. A training of trainers on menstrual hygiene facilitated in collaboration with the government health councilor involving 24 participants; Tea Estate dispensary staff, Integrated Child development scheme (ICDS) workers, and high school teachers with the aim to increase knowledge and take forward health education in the communities.

“Global Hand washing Day” 15 October 2016 was observed with 116 students and 33 teachers from six Primary Schools of Dooteriah division of the tea estate along with WASH committees. March 22, 2017 the World Water Day was observed with 416 children and teachers from 15 schools of Dooteriah Tea Estate.

➤ **660 people (132 households) start using sanitary latrines installed in their houses**

142 sanitary latrines were constructed, providing 698 community members with access to an improved sanitary facility in the six communities of Dooteriah Tea Estate. Dooteriah Tea Estate Management supported with the locally available materials and labor for constructing 6 sanitary latrines and water system within the plantation area. In-depth awareness on health and hygiene preceded the construction.

Partnership with Junkeri Youth Club of Kalej Valley Tea Estate was established and the club was founded by a group of tea estate youth who proactively engage in government led programs and DLRP CHAI initiatives. Junkeri is part of the “Clean India Campaign”, and within the campaign, they will construct 1,700 latrines, 1,000 of which will be in Dooteriah Tea Estate. A Training of Trainers on Water and Sanitation, Health and Hygiene followed strategic planning was facilitated for Junkeri.

➤ **WASH Committees formed**

Ten WASH committees were facilitated thus a total of eighteen WASH committees have been formed till date. WASH committees play an essential role in community development, and are responsible for project planning, implementation, operation, monitoring, and overall success of projects.

➤ **20 youth complete training in market oriented vocational skills**

20 youth enrolled in a hospitality management course at Prakash Bikash and Kaushal (PBK) Institute in Darjeeling for three months basic hospitality management training. They will undergo six months industrial training after the basic course completion followed by job placement. Counseling and prevention/mitigation measures for youth and their parents on “safety and security” topics, including human trafficking by MARG was incorporated. To date 23 youths have received placements in reputed hotels in Darjeeling and metropolitan cities like Hyderabad, Chennai and Mysore.

❖ **Darjeeling Water and Sanitation Project, Margaret’s Hope Tea Estate – Give to Asia and co-funded by Amgoorie India Limited.**

➤ **12 new Water Systems completed benefitting 2844 community members**

Perennial water sources, rivulets and natural springs, were identified and water tested for potability and adequate flows. Catchment areas were improved by planting trees, bio fencing and construction of catch pits. Community engagement and investment was through human resource and locally available construction materials. Community took ownership of Operation and Maintenance Plan (OMP) after completion of construction work to ensuring smooth functioning of the water system. Demonstration of water tests in parameters like Total Hardness, Chloride, pH (potential of hydrogen), Total Dissolved Solids and Fecal coliform were conducted by the WASH Facilitator in the communities.

➤ **Construction materials for 571 sanitary Latrines supplied covering a total of 2122 community members**

571 sanitary latrines were constructed, providing 2122 community members with access to an improved sanitary facility in Margaret’s Hope TE. In-depth awareness on health and hygiene preceded the construction. 24 sanitary latrines have been completed in the partner schools. The tea management as a part of their review process conducted joint monitoring of latrines in all the 19 communities at Margaret’s Hope tea estate in January 2017.

➤ **Promoting Awareness on Health and Hygiene**

9 WASH Facilitators implemented the Health and Hygiene Awareness Programme through facilitation of awareness sessions on Gastro Intestinal Diseases and its Prevention in the 19 communities of Margaret’s Hope Tea Estate. WASH Facilitators have been capitalizing on opportunities to promote awareness for instance, when women workers take short lunch breaks, or when they assemble at certain points to get their green leaf weighed.

2-day training was facilitated for the WASH Facilitators to brainstorm and plan awareness content on Gastro Intestinal diseases. A planning session was also organized with the health and dispensary workers of Margaret's Hope Tea Estate at the estate hospital. This planning session explored the ways and means of forming a partnership with the health workers who are spread across 8 dispensaries at Margaret's Hope Tea Estate. The planning session was attended by the Tea Estate residential doctor, health workers, Government health official, WASH facilitators, and Assistant Managers of the Tea estate. Discussions centered on the prevalence of Gastro Intestinal (G.I.) Diseases, specifically diarrhoea and dysentery which are very common in the hills during the monsoons.

➤ **School WASH**

1521 students have been reached through the School WASH Programme in 16 partner schools. 2 Wash Facilitators with support from the Project team have been taking the School WASH programme forward at Margaret's Hope tea estate. Review and planning meetings between the focal teachers and the project team were held on a quarterly basis. These meetings have helped shape the School WASH programme as per the feedback and suggestions from the focal teachers. As part of supporting partner schools with infrastructural improvement, the Project team supported 15 partner schools with installation of hand washing points for the school children. This provides better access to clean water and provision of proper sanitation to school children of all partner schools. 12 hand washing points were installed. 3 schools were supported with buckets and mugs as they do not have piped water in the school premises.

14 partner schools were supplied with WASH display boards and stationeries to encourage and support school children to present their understanding on WASH and to display their creative skills/talent. A 40 page coloring book on WASH related themes (Hand washing, Personal Hygiene, Use of Latrines and Safe Drinking Water) for students from classes Nursery up to V designed. The coloring books were distributed along with crayons to the students of 14 partner schools. Play materials for 15 partner schools and 590 Hygiene Kits were distributed to the partner schools.

Partner schools observed important events such as World Water Day (March 22nd), World Environment Day (June 5th), as well as World Water Week (October 27th).

➤ **Economic Development Program - Dairy**

An exposure visit to 2 Dairy farms, which also serves as a learning centre, in the neighbouring State of Sikkim during the month of August, 2016 was organised. 2 WASH Facilitators were a part of this exposure visit as they have been instrumental in community mobilization for Dairy intervention (Economic Development Project) at Margaret's Hope Tea Estate. A vaccination drive was organized by the Block Livestock Department in Margaret's Hope Tea Estate where the WASH Facilitators assisted the officials in their vaccination campaign from 19th – 27th November, 2016. 36 cows, 160 goats and 122 poultry were vaccinated during this drive.

The Project team organized trainings on Cowshed, Feed & Fodder Management at 8 (eight) different clusters within Margaret's Hope Tea Estate from 19th November, 2016 – 9th January, 2017. A total of 148 (One hundred and Forty Eight) Dairy producers from all the 19 communities of Margaret's Hope Tea Estate participated in the training. 50 community participants underwent a 5 days residential training by National Dairy Development Board in cow management; feed, fodder and balanced diet; cowshed management; disease, vaccination and artificial insemination.

➤ **Other important developments:**

3 WASH Committees from Margaret's Hope Tea estate took the initiative of observing World Environment Day (June 5th, 2016) by planting trees in and around the aquifer areas of their water systems. 1500 saplings of various trees were planted across the catchment and aquifers.

➤ **Workshop on Springshed Development**

Project and community teams attended 3 days' workshop on Springshed Development organized by Block Development Office facilitated by PRASARI and the Gorkhaland Territorial Administration (GTA) in Kurseong Development Block.

➤ **Participatory groundwater management**

People Science Institute (PSI) provided a 15 days residential training to WASH committees and watsan volunteers and team members on spring and aquifer systems, watershed conservation, recharge and water management, and water quality parameters. Anugyalaya representatives also took part in the training.

Both the trainings are key in taking our future interventions on water and addressing issues of water security, access and climate change impacts.

❖ **Comprehensive Health and Hygiene Improvement Program (CHHIP) – Broadleaf**

CHHIP is a health education and improvement program for rural primary schools in the Darjeeling District of West Bengal, India. CHHIP helps students gain essential knowledge pertaining to their personal and social health. Additionally, CHHIP aims to improve the overall learning environment, provide basic primary health services and early intervention for health issues. In 2017, the total number of students in these schools was 454. In 2018, the total number of students impacted by CHHIP is 464.

CHHIP Partners with Schools and Communities:

Community	Schools
Marybong Tea Estate	Marybong & Kyel Primary School (Government)
	Laxmi English School (Private)
Lingia Tea Estate	Saila Dhura Primary School (Government)
	Bhanu Primary School (Government)
Singrimtam (Agricultural Area)	Lower Singrimtam Primary School (Government)
	Laxmi Memorial English School (Private)
Manaydara (Agricultural Area)	Upper Manaydara Primary School (Government)
	Sunrise Nursery School (Private)
	Bal Sai Academy (Private)

Lingten (Agricultural Area)	Padeng Primary School (Government)
	Murmidang Primary School (Government)
	Kolbong Primary School (Government)
	Sahara Academy (Private)

PROGRESS BY OBJECTIVES

Objective 1: To improve the health knowledge, attitude, behavior, and skills of children in targeted schools and communities.

CHHIP Health Curriculum

The CHHIP Health Curriculum includes a total of 120 lessons covering the basic concepts of health and hygiene. The curriculum is based on active, student-centered learning model and incorporates a great deal of teaching and learning tools to enhance the students' education through joyful learning and is delivered by a team of School Health Activists (SHA) and a core team.

Student Health Knowledge Test

To assess student knowledge acquisition CHHIP conducted Student Health Knowledge Test. A baseline pre-test was given to students in April 2017 prior to implementing the curriculum. A post-test was given in November and December 2017 after SHAs had finished teaching the curriculum for the year. Results show a significant increase in score for all three combined class levels. Students continue to show consistent improvement with each additional year they receive the health education curriculum.

Objective 2: To improve the overall health environment of partner schools

Improvements to the School Health Environment

In April 2017, CHHIP provided all 13 CHHIP partner schools with physical activity kits and a first aid kit.

School Health Index

CHHIP uses the Schools Health Index (an adapted version of the WHO school psycho-social index tool) to assess the project's impact on the overall leavening environment. Format data analysis is ongoing but the raw data continues to demonstrate that teachers, parents, and community members view CHHIP as a positive influence on the health environment of their schools.

Objective 3: To improve the health status of Children

Health Monitoring and Early Intervention

Through a series of treatment and screening protocols performed by the SHA, CHHIP seeks to provide student with a full package of basic primary health service over the course of a school year.

De-worming:

In September 2017, SHAs were trained on how to deliver the de-worming intervention. SHAs conducted the de-worming intervention in all (13) partner schools in 2017. This involved administering the de-worming drug Albendazole to eligible participants.

Iron Supplementation:

The intervention targets all students enrolled in CHHIP partner schools age 5+ years, as well as all female teachers/adults employed by partner schools. Children below 5 years old, pregnant women, and male school staff were ineligible for treatment as per CHHIP policy.

Water Borne Disease Survey

Water borne disease surveys were conducted by the CHHIP SHAs twice in 2017. These surveys are done at both the partner and potential schools and are the points of comparison used between the two groups. In aggregate there appears to be a decrease in water-borne illness and illness due to diarrhea amongst CHHIP children from April 2012 to October 2017. Percentage of children ill with diarrhea decreased from 7.69% (32/416 children) to 30.7% (128/416 children). Of the children reported ill, the average number of days ill per child decreased from 0.6 days to 0.5 days.

Growth Monitoring and referrals

CHHIP Project Staff checked the stadiometer and weighing machines for the recording of student height, weight and BMI. Growth monitoring charts were reviewed and inputted into a GM database. During their review, they noted any children who needed referral based on the height and weight <3%, BMI < 3% and BMI > 85% criteria. Referrals based on the below criteria were made, as more points are plotted on the growth charts and comparisons between points can be made. Referrals were through health camps and accessing services outside of community.

Growth Monitoring II could not be conducted.

Preventative Health Screening & Wellness Promotion Exam

Training

CHHIP SHAs underwent a Preventative Health Screening and Wellness Refresher Training on 24th June, 2017. The training was conducted in the Darjeeling DLRPrerna-CHAI office by Priscilla Giri and Sanjeeta Thapa (Project Officers). Based on the training screenings were done in each school.

Referrals

Students of Singrimtam Community requiring referral were referred to the PHC in Singrimtam, where they were provided with medicines and some health related advices. Students requiring referral of Kolbong Community were referred in Karmi Pharm Clinic in Kolbong. Students requiring referral of Marybong community were referred to the dispensary.

Results from the Preventative Health Screening process are summarized below:

Coverage of School Age Children

Total # of children from SHA register	415
Total # of children who received screening	358
Total coverage rate (%)	86.26%
Total # of children N-Class IV from SHA register	415
Total # of children N-Class IV who received screening	358
Total coverage rate N-Class IV (%)	86.26%

Referrals to Primary Healthcare Centre (PHC)

Community	# of Children Referred (t)	# of Successful Referrals ¹ (r)	% Rate of Successful Referrals (r/t)
Lingten	129	129	100%
Singrimtam	6	5	83.33%
Marybong	28	23	82.14%
Manaydara	57	56	98.24%
Total	220	213	96.81%

The number of referrals not completed was due to unavailability of Doctor as the referred students had gone for their check-up but the Doctor was out of station. But mostly all the referrals were completed.

Skin Disease and Screening

SHAs underwent a Skin Disease and Screening Refresher Training on 17th November, 2017 . The training was conducted by Priscilla Giri and Sanjeeta Thapa. Screenings were held and students referred.

Coverage of School Age Children

Total # of children from SHA register	415
Total # of children who received skin screening	413
Total coverage rate (%)	99.5%
Total # of children N-Class IV from SHA register	415
Total # of children N-Class IV who received skin screening	413
Total coverage rate N-Class IV (%)	99.5%

Referrals to Primary Healthcare Centre (PHC)

Community	# of Children Referred (t)	# of Successful Referrals ² (r)	% Rate of Successful Referrals (r/t)
Lingten	8	8	100%
Singrimtam	0	0	0%
Marybong	11	8	73%
Manaydara	3	3	100%
Total	22	19	86.36%

Project Title: American Academy of Child and Adolescent Psychiatry (AACAP)

Report period: December 17 - March 18

Introduction:

The project proposes to establish the feasibility of training classroom teachers to deliver evidence based mental health care as a first step in overcoming the treatment gap and increasing access to care for children in resource limited setting.

¹ Successful referral = child was taken to the PHC for evaluation

² Successful referral = child was taken to the PHC for evaluation

Aim 1: Establish the feasibility of classroom teachers delivering mental health care with fidelity
6 low cost private schools in Darjeeling were selected and 21 classroom teachers were enrolled to receive training by following the inclusion and exclusion criterion. The teachers participated in **10-day training**, which included identification of atypical behaviors, applied behavior analysis, behavior plans and cognitive behavior therapy. The training was evaluated by including the summative assessment (pre and post) and survey (pre and post).

All students of primary classroom of enrolled teachers was recruited and consented, along with the student's parents and guardians. The classroom teachers performed observations of the student, based on their observations students were ranked on perception of need and Teacher Report Forms were completed. 2 students by each teacher were recruited and consented for selective intervention.

Aim 2: Evaluate the ability of classroom teachers to appropriately identify children in need of mental health treatment

Aim3: Evaluate the ability of classroom teachers to track changes in a child's mental health status.

2. Organic Inspections with Institute of Marketecology, Bangalore.

Sailesh inspected:

- Ambotia and Mallootar Homesteads
- Ging, Banneckborn, Phuguri, Soom, Shree Dwarika Tea Plantations.

3. Development and Environment Education

a. Orientation for Zero Waste Volunteers – Zero Waste Himalaya and RMDD, Sikkim.

A two days residential orientation for students of Namchi Government College and Sikkim University on zero waste was facilitated on November 6 and 7, 2017 at Janta Bhavan, Gangtok.

b. Permaculture

❖ Permaculture Design Course

This year, Rico Zook, Certified Permaculture Trainer conducted two, **14 days certified Permaculture Design Course** from 24 March to 8 April 2018 with 6 participants in Aapbotay, Harsing, Dabaipani and Yangkhoo Busties. Sailesh worked with Rico as under-trainee teacher.

❖ International Permaculture Convergence

Sailesh participated in the International Permaculture Convergence, Hyderabad, November 2017.

c. Climate Change

❖ Climate change resilient Sittong II - CASA

The project focusses in strengthening resilience of three villages in Sittong II through a process of community institutional strengthening; leveraging benefits and entitlements that promote climate change adaptation. Climate change resilience was further strengthened through agro-ecological

conservation and promotion. Trained progressive farmers were supported by DLR Prerna and also trainings were leveraged with agriculture department. Soil testing of farmers were supported through the government agencies.

Disaster Risk Reduction trainings at the community level were facilitated through the Block Offices and the District Disaster Cell. The project sites were part the vulnerability assessment with WWF India.

❖ **Vulnerability Assessment**

With WWF India, taking off from the Darjeeling Himalaya 2016 December workshop, we took the assessment conversations with communities of Maldhiram 1, Maldhiram 2, Mamring Toryok looking at issues of climate change impacts. This was followed with meetings with the Forest Department and NGOs that looked at developing long term action plans.

d. Enhancing Mediascapes for Sustainability and Justice in Darjeeling and Sikkim Hills – Wagenien University

Aims to expand or create media spaces to be inclusive of sustainable development and environmental justice, water governance and climate change stories so that there is critical discussion by the everyday readership going beyond specialized interest group readership and conversations. Partnered with Summit Times with a series of articles on Teesta and compiled as a book. Facilitated case studies documenting movements across the Eastern Himalaya on rivers. Initiated a booklet on Environmental Impact Assessment.

e. Workshops/Trainings Attended:

- a. 'Engaging with the 2016 SWM Rules: Citizens' Responses, Strategies, and Way Forward,' GAIA jointly organized with Thanal held on April 17-18, 2017 in Trivandrum, Kerala. Roshan attended the workshop.
- b. 'Call of the Mountains 30 May 2017' as a member of Darjeeling Himalaya Initiative we were part of the team to facilitate a conversation on various mountain issues and policy papers presented at the various sustainable mountain development summits to Darjeeling based policy makers and academia.
- c. "Problems and prospects of tea co-operatives in North Bengal", North Bengal University, 30 August 2017, Sailesh presented a case study of Mineral Spring Sanjukta Vikash Sanstha.
- d. Indian Mountain Initiative, Sustainable Mountain Development Summit, 20th – 22nd September 2017, Aizawl, Mizoram. Roshan presented, 'Citizenship as negotiated through infrastructural spaces in Darjeeling Municipality and the need to expand the planning landscape'.
- e. Darjeeling Himalaya Initiative and St. Joseph's College, Pol Science Department organized a conversation on International Mountain Day 11 December 2017 'Mountains under Pressure: climate, hunger, migration' with Darjeeling based academia and students.
- f. Indian Mountain Initiative, Meet of the Mountain States, 12 and 13 February 2018, New Delhi. The Meet of the Mountain States presented the outcomes of the SMDS Aizawl to the policy makers and was followed by Legislators Round Table dialogue. 13 February was the IMI Conclave where the state and regional chapters presented their activities of the past year and discussed way forward. Roshan attended the programme and presented the Darjeeling Himalaya Initiative activities.

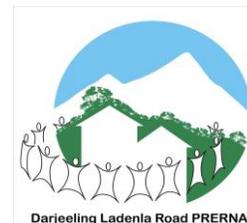
f. Future Action Plans

- a. Partner and strengthen community based organizations
- b. Strengthen conservation and sustainable livelihoods programme
 - i. Agro-biodiversity conservation and slow food
- c. Strengthen capacity enhancement programmes on sustainable agro-ecology, fairtrade, permaculture and participatory planning.
- d. Expand community based HWC management as well as advocacy initiatives through: networking and linkages; lobbying; publishing
- e. Strengthen community based water and sanitation interventions
- f. Promote school health interventions
- g. Zero waste strengthening innovation and expansion into rural Darjeeling
- h. Climate smart interventions
- i. Network with national, international platforms and academic institutions

g. Note of appreciation

DLR Prerna extends its **gratitude to World Wide Fund for Nature - India; Global Greengrants Fund USA; Ruffords Grant Foundation, CASA, Give to Asia; Darjeeling Municipality; GTA; Forest Department, Government of West Bengal**, for their solidarity and partnership.

- h. DLR Prerna's intervention for the months of June to September 2017 was stopped due to the 104 days strike for regional autonomy in the Darjeeling Hills.



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