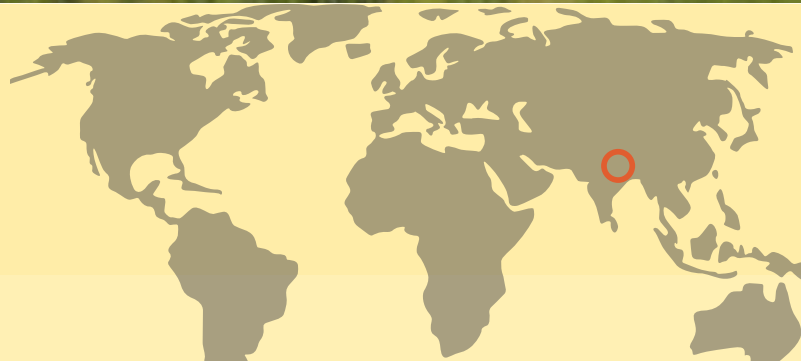


THE CENTRE OF RESILIENCE

PATHWAYS TOWARDS A MORE RESILIENT
AND REGENERATIVE FUTURE FOR
A PLACE IN INDIA CALLED BIHAR

PLAN
STAGE 2



**CENTRE OF
RESILIENCE
FOUNDATION**
MARCH, 2020

Bihar, India faces severe issues of economic and social wellbeing, the disappearance of native culture and ecology, and acute vulnerability to climate change. It is also home to rich ecology, Indigenous culture, traditional practices and thus has great potential for sustainable development and wellbeing. **The Bihar Centre for Resilience currently being developed by Bihari native, Kumar Prashant, seeks to address these intersecting issues on a regional scale** by creating pathways towards regeneration, engaging low-income workers in waste-upcycling and other economic, ecological and cultural programs and forms of social entrepreneurship that draw on local skills, knowledge and sustainable practices.

We are currently seeking the support to complete Stage 2 of preparation, including infrastructure development and the continuation of prototype programs that are currently ongoing at the site of the Bihar Centre in Arrah, Bihar.

This document outlines Mr. Kumar's background; what has already been achieved in Stage 1 of the Bihar Centre preparation; a breakdown of the 35K GBP budget required for completion of Stage 2; and the means by which the Bihar Centre will address needs in this region into the future.

This is a call-out to individuals who have the vision and ability to help us to launch the Bihar Centre for Resilience, and thus bring holistically regenerative practices, socio-economic resilience and innovation to this region of urgent vulnerability and at once, great **opportunity**.



SPECIAL FOCUS: COVID 19 CRISIS PREVENTION

"The Corona virus is a big threat as Bihar is not ready to fight this pandemic. It's one of India's most vulnerable states with a population of 100 million and one doctor per twenty thousand people. There is simply no infrastructure to deal with this pandemic and if it spreads the results will be devastating." - Prashant.

Prashant is currently coordinating a Bihar-wide plan in response to the inevitable spread of Covid 19 in Bihar, working with government for state-wide response and prevention, and leading the creation of an effective Citizens' Team, to fill in the gaps in the government's strategic plans and abilities and thus support low-income and marginalized communities who will be the most impacted.

It has been difficult to report as Prashant's efforts are growing in scale on a daily basis. Currently he is collaborating with people across Bihar to:

1/BUILDING A REGIONAL RESPONSE TEAM.

Bring together central NGOs active in Bihar, aligning them with District Managers, coordinators and regional volunteer forces. Run train-the-trainer program for volunteer coordinators. Set up regional coordination and communications systems.

2/ PROVIDE BASIC SUPPLIES

Pursue regional sponsors for basic medications; safety equipment; etc. Turn the Center of Resilience "Bihar House" into a factory for food-ration preparation and distribution.

3/ PUBLIC AWARENESS CAMPAIGNS

Create mass messaging for public on basic hygiene and preventative methods. See poster to the right.

"Responding to a crisis such as Covid 19 will be an ongoing function of the Centre of Resilience, especially in the fight to bring resources to Bihar's most vulnerable people. Its a scary time all over the world just now. Thank you to everyone who has supported on-the-ground efforts to help those in need, in your own community and beyond. Together we are so much stronger. Let us never forget that."



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BACKGROUND

Kumar Prashant studied mechanical engineering in Pune, India. He soon discovered his creative ability to transform waste into useful solutions, leading him to cofound a social enterprise upcycling firm, “Rebirth” working towards eco-conscious design practices. Between 2012-2016, Prashant took on large scale projects in India, making a name for himself as an upcycling artist, employing 100+ workers, and transforming the way businesses and clients perceived waste. He was commissioned by diverse sectors to create large scale upcycled art installations: projects that required his combined skills in mechanical engineering, creative conceptualisation, team management and all-round grit and resourcefulness when met with complex challenges that align with his passions.

Seeing the potential to bring his work to Bihar where unemployment, economic instability, pollution and climate change exacerbate vicious cycles of poverty and ecological destruction, Prashant planned to shut down his workshops in Pune and relocate to Bihar.

I believe in the harmonious existence of every living being on this planet. I believe that “The Whole World is One Family” and I seek to apply this philosophy in every area of my life.



My strength lies in standing, fighting and solving problems instead of just talking about them.

The Centre of Resilience is a result of my drive to help communities who are facing environmental, economic challenges and are ready to work towards a new future. - Kumar Prashant

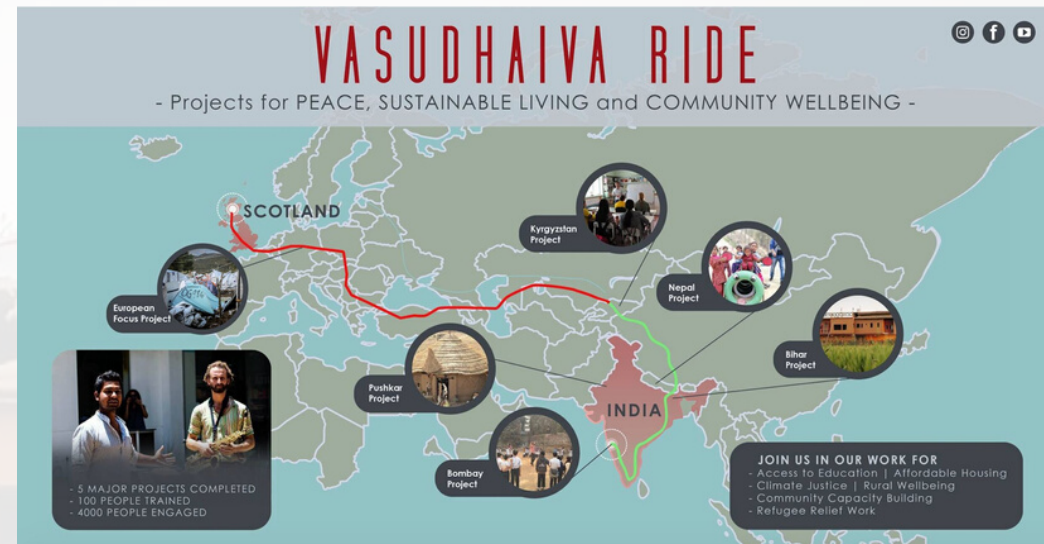


Left: Prashant’s passion for animals inspired his first large-scale experiment in using waste as a material for construction to create an animal shelter. Pune, India. **Right:** Designs from Rebirth upcycling design firm, cofounded by Kumar Prashant and Nivedita Joshi.

THE VASUDHAIVA RIDE

While co-hosting a Khoj International Artist Workshop in Pune, Prashant met Ben Reid-Howells, Canadian educator and community organiser. Between January 2017 and October 2019, Prashant and Reid-Howells carried out a transnational series of projects from India to Scotland, to build capacity and resilience with communities at grassroots levels. On the Vasudhaiva Ride, Prashant coordinated the design and construction of hybrid self-reliant housing, upcycled playgrounds, emergency heating units, and carried out multiple training programs with local workers as well as international volunteers and interns. This project-series, in which Kumar and Reid-Howells sought to demonstrate the power of community-led direct action to bring about positive change, received media attention, awards and critical acclaim from global networks, universities, engineering colleges and architectural firms.

The main project of the Vasudhaiva Ride took place in Arrah, Bihar (May 2017 - April 2018), in which Prashant led the conceptualisation and construction of a prototype of affordable, self-reliant and sustainable development: this was Stage 1 of the creation of the Bihar Centre. Having completed the Vasudhaiva Ride project series, in October 2019, Prashant returned to Bihar where he is launching the second phase of the development of the Centre of Resilience.



THE TIMES

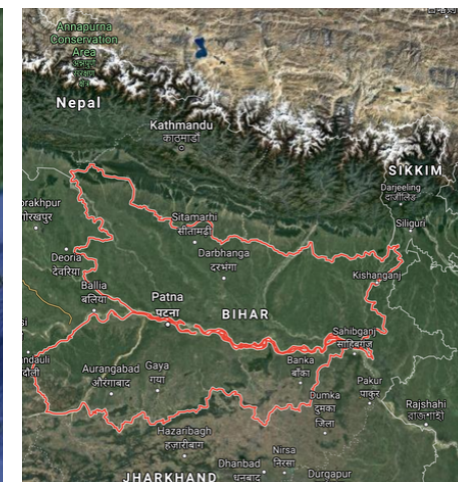
Two men and a dog's motorbike journey from India to Scotland



Prashant Kumar, Ben Reid-Howells and Buddy are riding from India to Edinburgh



BIHAR is a state in the North of India, directly South of the Himalayas. One of the oldest inhabited lands in the world, Bihar sits on the bank of the Ganges River and has a rich cultural, spiritual, scientific and political history. It is the home of Nalanda University, one of the oldest universities in the world, and it is the birthplace of religions such as Buddhism, as well as the seat of India's anti-colonial independence movement. Despite Bihar's rich history it currently faces severe social, economic and environmental issues, unequal opportunity and increased vulnerability to climate change as seasonal weather conditions become more extreme, and, combined with unsustainable development, access to basic resources becomes increasingly limited for the region's most vulnerable people in times of crisis.



The first flat land after the Himalayas, Bihar is a land of seasonal flooding, drought and extremely rich soil.



The struggles of the families who live in slum communities directly beside the Centre of Resilience helped to inform the vision and mission of the Centre itself, and how it would work to offer families like theirs pathways to more resilient livelihood and wellbeing.

THE CENTRE OF RESILIENCE



**PATHWAYS TOWARDS A MORE RESILIENT
AND REGENERATIVE FUTURE FOR BIHAR**

PLAN
STAGE 2

The centre is my response to the crises Bihar is facing now, and those it will face in the coming years. It is a seed for a new future.

-Prashant.

OUR MISSION

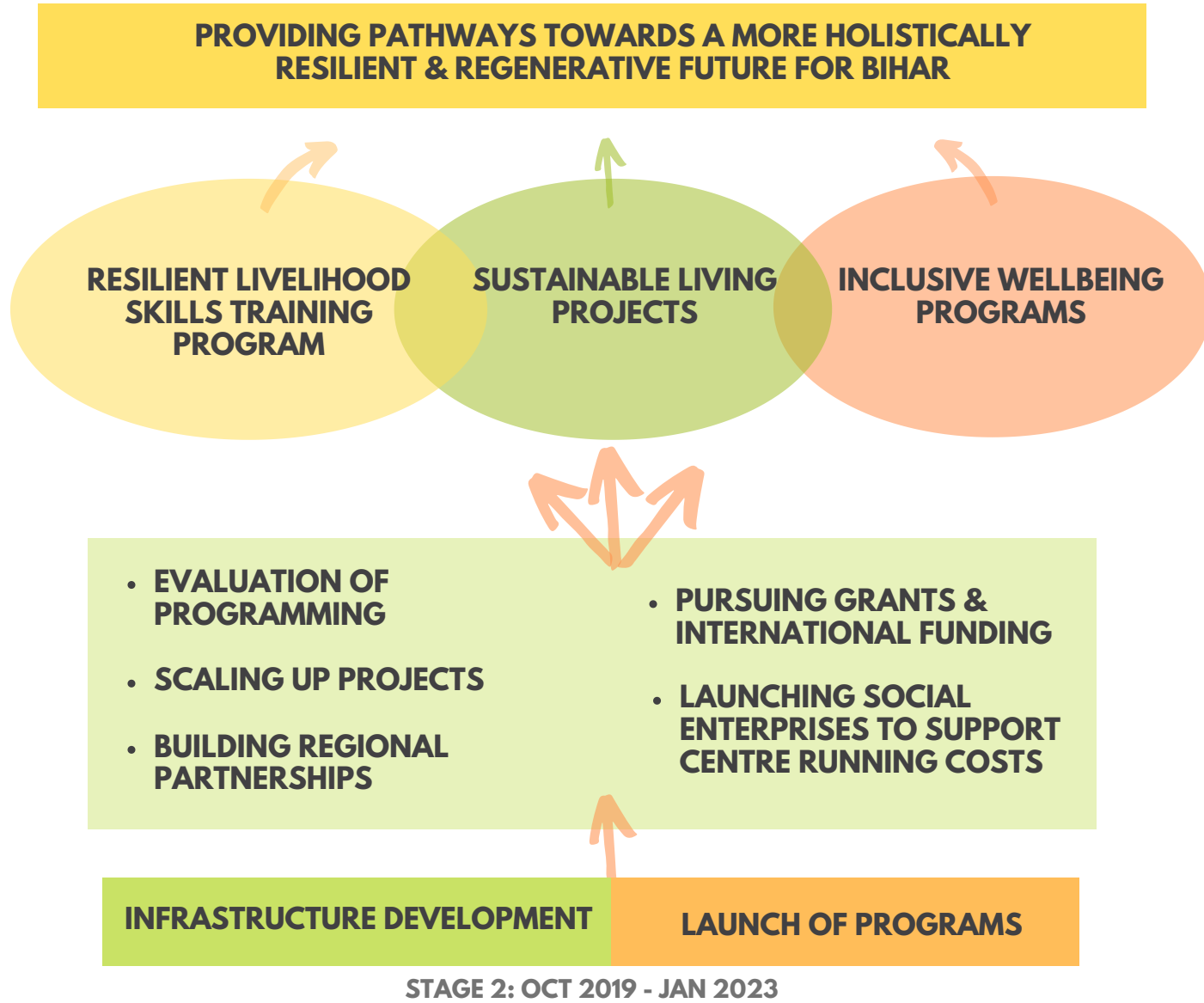
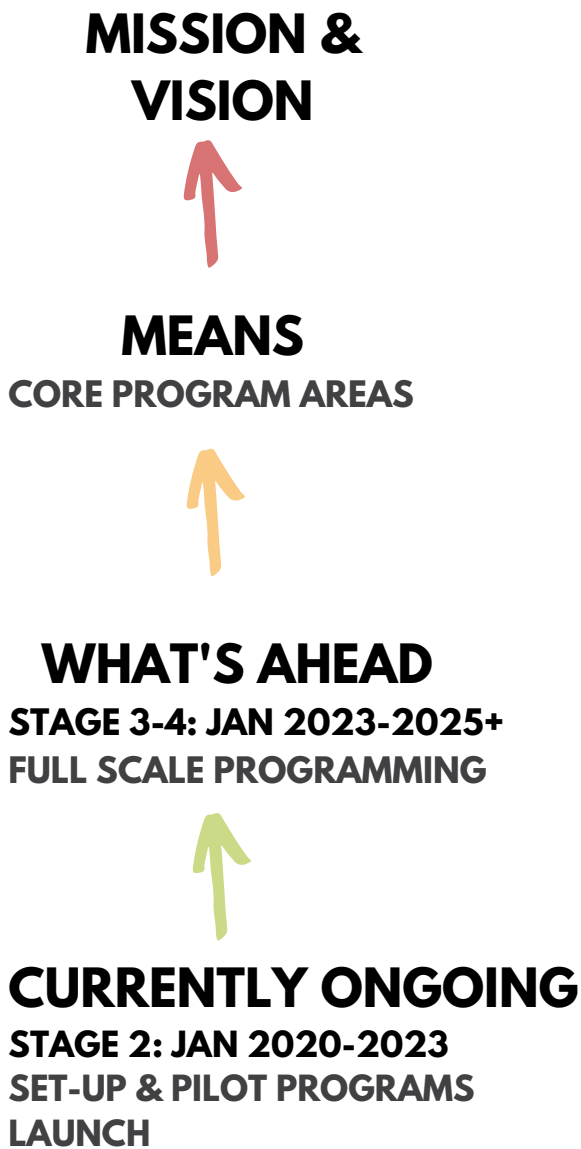
Is to provide pathways towards resilient livelihood, sustainable living and inclusive wellbeing, and thus a regenerative future for the peoples, cultures and ecology of Bihar.

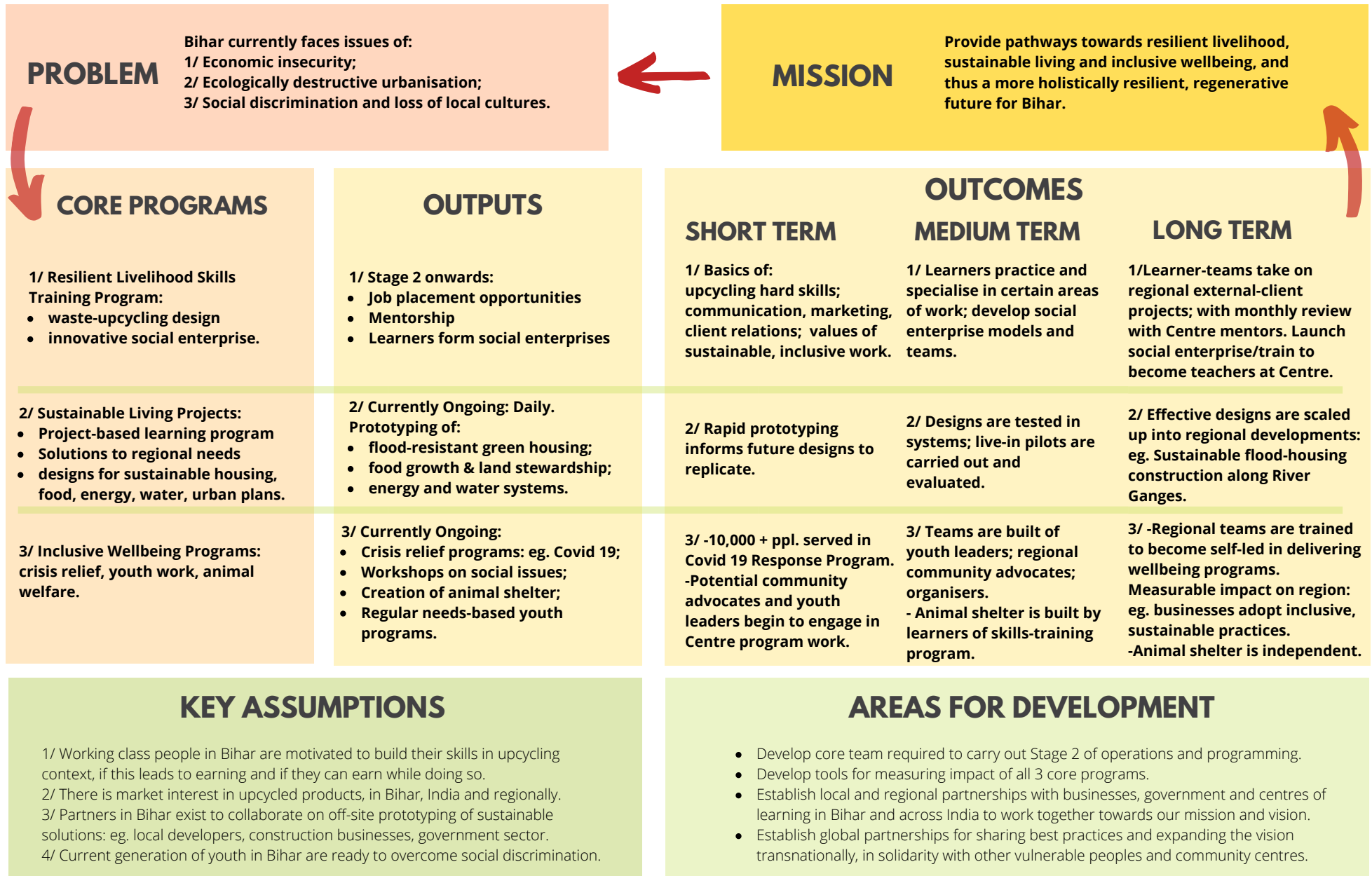
OUR MEANS PROGRAMS



OUR VISION

Is for Bihar to be a global model for resilient living and social, ecological regeneration.





The mission of the Centre is to provide pathways towards resilient livelihood, sustainable living and inclusive wellbeing, and thus a more holistically resilient, regenerative future. This will be accomplished through the following, intersecting means:

1/ Resilient Livelihood Skills Training Program

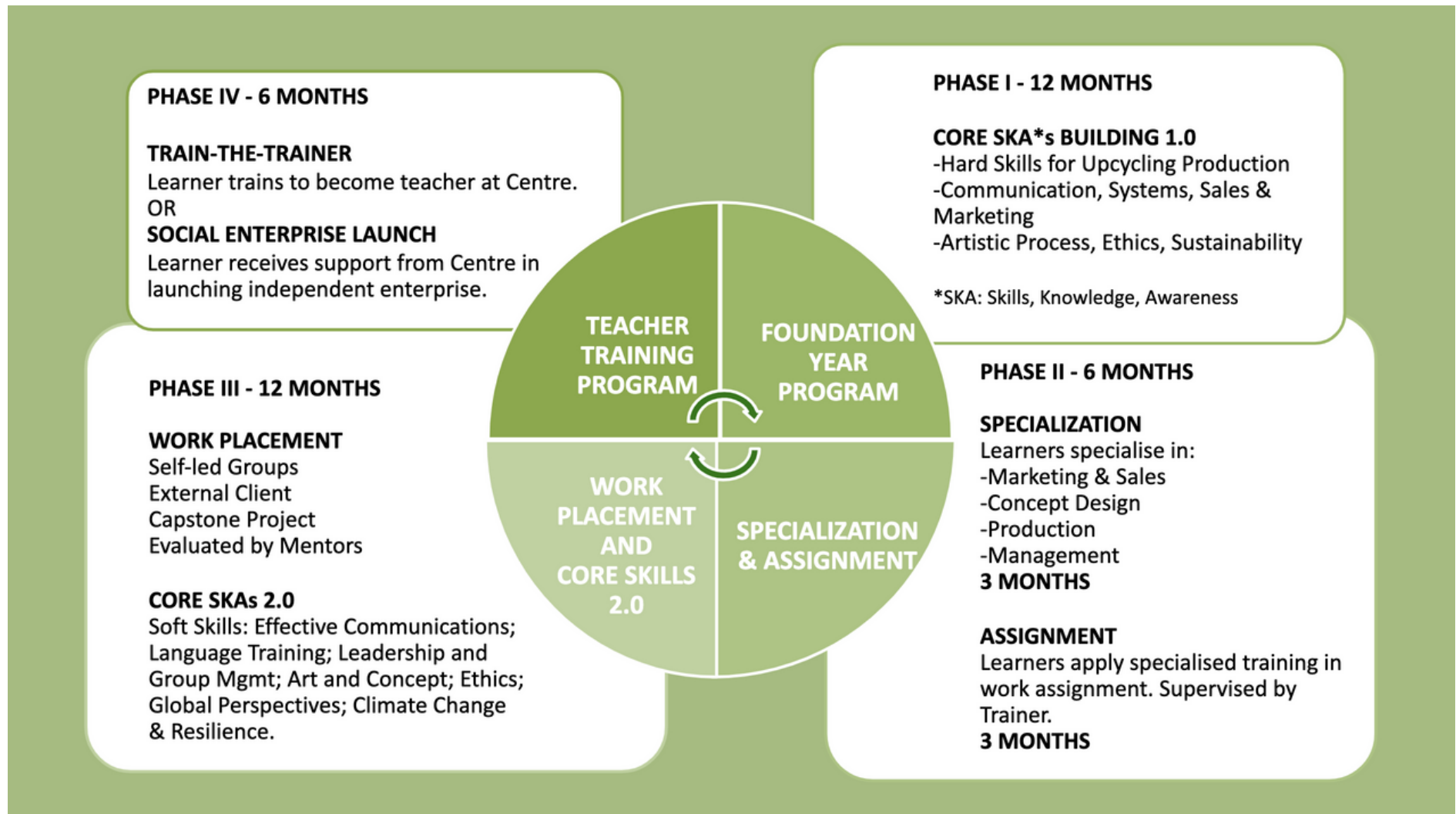
Trains learners in waste-upcycling design and other forms of innovative social enterprise:

- 1) **Hard Skills:** metal work, wood work, glass work; upcycled product design, artisanry.
- 2) **Soft Skills:** marketing, communications and team management; and
- 3) **Job Placement and Mentorship Programs:** learners form teams (eg. product design, communications, marketing and fabrication) and carry out projects with pre-determined clients. Once learners have demonstrated readiness to launch as social entrepreneurs, they either do so, creating their own team in their native region, or return as teachers to the Bihar Centre.



Resilient Livelihood Skills Training Program: Learner's Journey

The following is one potential pedagogical model--learning framework--for the journey of a learner through the Resilient Livelihood Training Program. Stage 2 will be an opportunity to prototype and develop this framework.



2/ Sustainable Living Projects

A project-based learning program that puts hard skills to regional needs relating to sustainable living, such as:

- 1) Housing: eg. prototyping bamboo stilt housing for low-income areas vulnerable to flooding;
- 2) Food: eg. developing sustainable models of agriculture that draw on local, traditional styles of food growth, combined with modern innovations such as vertical gardening, urban food growth, etc.
- 3) Energy & Water: eg. developing sustainable models of water harvesting, recycling and affordable, renewable energy systems.



3/ Inclusive Wellbeing Programs

To address the need to engage social issues in order to bring about systemic change.

- 1) **Crisis response programs:** regional initiatives to respond to crises such as floods and Covid 19, building on-the-ground response teams and collaborating with local volunteers, government and NGO sectors to provide basic services to Bihar's most vulnerable populations.
- 2) **Youth programs:** to engage youth especially from underprivileged backgrounds in all programming of the Bihar Centre.
- 3) **Animal welfare:** the creation of Bihar's first animal shelter.
- 4) **Foundation program:** for all learners to engage in social issues such as barriers of caste, class, religion, gender; to develop inclusive ethics and practice.

PARTNERSHIPS FOR SUCCESS

Across all three Core Program Areas, the Centre will actively engage wider society and collaborate with and bolster existing initiatives across Bihar. For this end, during Stage 2 we are furthering existing partnerships with:

- Government initiatives and regional representatives;
- Universities, colleges and other institutes of learning.
- Local businesses, developers, builders.
- NGOs and other non-for-profit / community-led initiatives in Bihar.



DIRECTING TEAM



**KUMAR
PRASHANT**

**LEAD
DIRECTOR**

**OPERATIONS
PROGRAMS
COORDINATION
ON-SITE MANAGEMENT**



**PRAKHYAT
KASHYAP**

**REGIONAL
DIRECTOR**

**REGIONAL LOGISTICS
COMMUNICATIONS &
PARTNERSHIPS**



**BEN
REID
HOWELLS**

**INTERNATIONAL
DIRECTOR**

**INT. COMMUNICATIONS,
FUNDRAISING & PARTNERSHIPS
ORGANISATIONAL
MANAGEMENT**

We are currently in the process of seeking skilled, driven individuals to join the team that will enable Prashant to continue this work. In doing so **we are prioritizing people local to and based in Bihar, so as to build the capacity of people within the region.** Roles to fill currently include:

Communications | Fundraising | Management & Administration | Program Design & Facilitation

OPERATIONS TEAM



RAWLI DEVI

FOOD SYSTEMS



KALAWATI DEVI

LAND STEWARDSHIP



**PAWAN
SAHANI**

**CONSTRUCTION &
DESIGN WORK**



**RAHIL
SARKAR**

**REGIONAL
LOGISTICS**



**SURAJ
SHARMA**

**SITE MANAGEMENT
& LOGISTICS**



The launch of the Center of Resilience is taking place in 4 Stages. These stages will allow us to review, adapt and improve as we grow.

STAGE 1
2017 - 2018

CREATION OF BASIC INFRASTRUCTURE

COMPLETE

STAGE 2
2020-2023

SET-UP COMPLETION AND
PROGRAMS LAUNCH

ONGOING

STAGE 3
2023-2025

FULL SCALE
PROGRAMMING

2023-2025

STAGE 4
2025 onwards

SCALING THE IMPACT: REGIONAL
WORKSHOP DEVELOPMENT

2025 →

STAGE 1: CREATION OF BASIC INFRASTRUCTURE. MAY 2017 - APRIL 2018.

In April 2018 we completed the construction of the Bihar Centre main building. The Bihar House is a model for self-reliant, resilient housing that is designed to clean its own water, grow its own food, source renewable energy and made of hybridized industrial, natural, and scrap materials. It is flood and earthquake resistant and has gone through its first seasonal flood with no harm done.

- Needs Assessment.
- Building Design.
- International fundraising.
- Creation of construction team and volunteer team.
- Construction, Landscaping, Ecological Habitat Creation.
- Development of Food Growth Systems
- Design and Creation of Water Recycling System
- Initial networking: Regional, National and International.
- Design and execution of various pilot social programs.

Total Cost: Approximately 28,000 USD.
15% crowd-funded; 85% personal funds.

COMPLETED.



STAGE 2: SET-UP & PILOT PROGRAMS. January 2020 - January 2023.

2019-2020: International fundraising for Stage 2 expenses.

2020 - 2023:

- Continued infrastructure and site development.
- Prototyping: upcycling products, training methodologies.
- Piloting of programs: crisis relief, social wellbeing, animal welfare programs.
- Social infrastructure development: building regional networks of allied organisations, etc.

CURRENTLY ONGOING.

STAGE 3: FULL PROGRAM LAUNCH. 2023-2024.

- Review and evaluation of Stage 2 Pilot programs and prototyping period.
- First full cycle of learners begins.
- Launch of evaluated and revised programming.

STAGE 4: SCALING THE IMPACT. 2025 - onwards.

- Replicate and scale outcomes of Stage 3 programs across multiple districts of Bihar.
- Launch of diverse regional initiatives: eg. Food forest, sustainable village prototype, etc.



Set-Up & Pilot Programs. ONGOING.

Set-Up & Pilot Programs. ONGOING. We are currently engaged in the continued set-up of the Center: physical infrastructure; legal and logistical set-up; and the creation of the core team to work with Prashant both on the ground and internationally. In this Stage, the Center is an active hub for regional community efforts including recent flood relief work, and current Covid 19 prevention and relief programs. Stage 2 involves the employment and training of local tradespeople who were part of our team during Stage 1 construction, as well as the continued creation of networks with government, allied organisations and supporters across Bihar and globally.

Lasting three years (January 2020 - January 2022), Stage 2 is the critical first chapter of the Center as it launches and becomes fully operational. Amidst both the floods of 2019-2020, and the current growing Covid 19 crisis, we are witnessing how the role of the Center will constantly adapt according to Bihar's needs. Stage 2 will see the Center through its first steps in becoming a regional hub for emergency response, prevention and innovation in the face of future crises.

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We estimate Stage 2 to require a total budget of approximately 333,000 USD.



CONCRETE ACTIVITIES that these funds will allow us to engage include:

1/ The completion of the physical infrastructure of the Centre of Resilience including: workshop spaces; tools & equipment; computer lab; electricals; plumbing. (Approximately 40% complete; 60% ongoing.)

2/ Providing three years' salary for approx. 12 breadwinners: stable employment for Center staff and workers, mostly of low-income, "low-caste" marginalised communities.
Currently: 7 local people employed permanently;
15+ local vendors supported through purchase of materials.

3/ Launching Core Program Areas of:

- **Resilient Livelihood skills training:** resilient design; upcycling; product design; sustainable construction.
- **Sustainable Living practices:** sustainable farming; affordable, flood-resistant housing designs; prototypes in sustainable water and energy systems.
- **Inclusive Wellbeing community programs:** crisis relief programs (floods, droughts, Covid 19); community service; youth empowerment programs.

4/ Ongoing Maintenance: of Center, grounds, food growth and water systems, equipment: over Stage 2, three-year period.

***Resilient design:** a four-part hybridized construction method for low-cost, reliable construction: 1/flood/earthquake-resistant materials (eg. concrete); 2/ natural materials (eg. mud, grasses, wood), 3/ upcycled waste (metal) and 4/ sustainable systems and energy (eg. water harvesting, solar/wind energy).



STAGE 2 TARGET GROUPS

The groups that the Center is engaging during Stage 2 are Bihar's most vulnerable demographics: working class individuals who earn their family's income, who have hard skills and the potential to become successful social entrepreneurs. Mostly slum-dwelling, low-caste individuals with many barriers--social and economic--to a stable income and thus to the wellbeing of their families, especially women and children who are often forced to either work (boys) or marry (girls) at a young age. Current Stage 2 programming is also focusing on marginalised communities who will be at most risk during pandemics such as Covid 19.

PROJECTED STAGE 2 IMPACTS

- **12** adult tradespeople trained and provided stable employment.
- **400** youth and children engaged through community programs.
- **100** local low-income people engaged in sustainable living programs at the Center.
- **40,000** people impacted as beneficiaries of relief programs: floods, droughts, Covid 19.

Total 40,512* at-risk people directly impacted over Stage 2, thirty-six (36) month period.

***THE WORK WE DO IS DESIGNED TO BRING ABOUT SYSTEMIC CHANGE.**

It is impossible to estimate or retrospectively calculate the true impact of such work. These estimates err on the side of under-representing the impact of the Center.



STAGE 2 SUMMARY OF PROJECTED EXPENSES

RUNNING EXPENSES

	Total (INR)	Total (USD)
PROGRAMMING & MAINTENANCE EXPENSES		
Monthly	₹232,000.00	\$3,056.83
Annual	₹2,784,000.00	\$36,681.98
Stage 2 Total (36 months)	₹8,352,000.00	\$110,045.95
TEAM EXPENSES & SALARIES		
Monthly	₹230,000.00	\$3,030.48
Annual	₹2,760,000.00	\$33,994.08
Stage 2 Total (36 months)	₹8,280,000.00	\$109,097.28
SUM STAGE 2 RUNNING EXPENSES		
Monthly	₹462,000.00	\$5,861.86
Annual	₹5,544,000.00	\$70,342.27
TOTAL STAGE 2 (36 months) RUNNING EXPENSES	₹16,632,000.00	\$219,861.73
CAPITAL EXPENSES		
TOTAL STAGE 2 (36 months) CAPITAL EXPENSES	₹8,550,000.00	\$113,024.16
TOTAL STAGE 2 NET EXPENSES	₹25,182,000.00	\$332,885.89

**as per projected estimations: March 26, 2020*

SOURCE OF FUNDS

- 1/ **Personal Funds and Community Support:** private donations, group donations, etc.
- 2/ **Social Entrepreneurship:** sale of upcycled products fabricated at Centre: approx. 2022 onwards.
- 3/ **International Grant-Funding:** 2023 onwards.

We are currently funding this work with limited personal funds. For ongoing funding, Prashant has registered the Centre of Resilience as a not-for-profit, charitable organisation, and Ben Reid-Howells is pursuing grants and other funding opportunities to bolster the Centre's social enterprise business model that will contribute to its running costs. We will be able to pursue international grant-funding after 3 years of operations, according to Indian law. Until that time, we will seek to support the Centre with its own social entrepreneurial programs and private donations.

The Bihar Project--Stage 1 of the Centre's creation--was the most ambitious project of the Vasudhaiva Ride. We are deeply thankful to everyone who has come forward and supported us in this endeavour.

We call out now for solidarity and support in completing Stage 2 of the Centre of Resilience.

While Bihar is currently a global example of ecological destruction and vulnerability, it also has incredible potential to be a global model for innovation and regeneration, and thus a resource not only for Bihar, but communities around the world working to overcome systems of destruction and grow resilient, just futures.

**Change
towards a
more
sustainable,
resilient form
of development
and livelihood
in Bihar is not a
choice, it is a
necessity.**

Seeing the success of our prior work in Bihar, we believe that this change is possible. The Centre of Resilience is a way to harness Bihar's historic capacity for transformative change and collective action for a much needed revolution in thinking, design, and resilient models of living.

To move forward in Stage 2, we aim to crowdfund 50K USD by July 2020, approximately 1/6th of total costs. This will allow us to continue our work until the time we can apply for grants and other sources of funds. Please consider making a donation of \$500/1,000/5,000, and in doing so joining us in this work towards resilience and regeneration in the face of adversity.

**Thank you for your support!
-Kumar Prashant**

MAKE A DONATION TO THE CENTRE

Transfer your donation to one of our international fundraising teams.

INDIA

KUMAR PRASHANT

Account Number: 24541000003516

IFSC code: HDFC0002454; Swift code: HDFCINBB HDFC Bank

CANADA

BENJAMIN REID HOWELLS

Account Number: 00182 004 0524956

International Transfer Swift Code: TDOMCATTOR; TD Canada Trust

UK

LAYLA SAWFORD

Account Number: 87-34-5179420860

FRANCE

VICTOR JEAN

IBAN (Account Number): FR76 1831 5100 0004 0423 8719 184

BIC: CEPAFRPP831

Or contact us directly to support: centreofresilience@gmail.com

SUGGESTED METHODS OF TRANSFER

 TransferWise

<http://transferwise.com/>

 PayPal

<https://www.paypal.com/>

 AZIMO

<https://azimo.com/>



THANK YOU!