

Kadam Jan Vikas Sanstha

Annual Report 2022-2023

1st April 2022 to 31st March 2023



Index

S.No	Subject	P.N.
1.	- Introduction of organization	3
2.	- Project :- "EK KADAM", General Information , Project Area Details	4
3.	- Summary of the Report :-	5
4.	- Activitis : -- Mental Health Programme	6
5.	- Team Training on Sessions with Educational Institutions:- - Community sessions - Mental health awareness fortnight	6
6.	- Suicide Prevention Awareness Fortnight :- - Orientation programme on Mental Health with Aaganwadi Worker,Asha Worker and A.N.M. worker -	7
7.	- Training for Capacity building on Domestic Violence and gender with (Gwalior staff+Pichhore Staff) - Intensive training of staff on mental health and mechanisms to achieve certification for mental health patients	8
	- Staff Training on Mental health programme --- - Exposure Visit on Mental Health ----	9
8.	- Suicide Prevention helpline ---- - Operation of helpline for providing free counseling on suicide and mental health— - Mental Health Awareness Programme in School ---	10
9.	- Mental Health Awareness and Counselling/testing camp --- - Training on Community Leader on Mental Health ---	11
10.	- Man Samvad Meeting in Communities, Man Samvad Meeting in Schools, Corner meeting ---	12
11.	- Poster Exhibition --- - Collection of secondary data on Suicide and its analysis--	13
12.	Community Institution --- - Trainings of CBOs - Training on Self care with Yuva samooh (nutrition, physical and mental health):-	13
13.	- Meetings of CBOs - Folloup and Review Meeting With Grain Bank Samooh :- - Awareness camp on Family Planning: -- - Capacity Building- Skill and Livelihoods:- Adolescent Training - Undertaken or accessed:-- - Life Skills and other Trainings:- - Training on domestic violence with Kishor samooh leader	14
14.	- Training on new ideas for eco farming With Grain Bank - Capacity Building of Staff on Gender	15
15.	- Exposure Visit on Gender ---- - Awareness Programme- - Meetings with Men and Boys Gender discrimination and Patriarchy	16
16.	- Meetings with Women and Girls on Gender discrimination and Patriarchy – - Celebration of Women Day, Meeting at Legal Clinic --	17
17.	Seminar on health and Nutrition counseling Camp for preservation of scientific aspects of traditional nutrition.	18
18.	Other major institutional activities:-- Labour Day Date :-	18
19.	Awareness meeting on the occasion of Mother's Day Organization of awareness program on the occasion of World Menstruation Day. Inauguration of awareness program and Save Environment Week under World Environment Day	19
20.	Doctor's Day World Justice Day	20

INTRODUCTION

- **Introduction of organization:** -- Kadam Jan Vikas Sanstha has been working as a voluntary organization since 2004. The organization is registered under the Madhya Pradesh Society Registration Act 1973. The organization was registered in the year 2004. Its registration number is 8575. The organization has been working for the development of extremely backward and poor communities of Gwalior division since 2004.

- A. Organization

- **Evolution/Establishment:** -- The organization has been formed by people who are committed to rural development. The organization has been working in Khaniyadhanna development block of Shivpuri district since 2010. The organization was registered in the year 2004 under the Madhya Pradesh Society Registry Act 1973.

- **Overall Goal &** The aim of the organization is to strengthen the livelihood of the tribal community in the area. For which they have to be made aware of their rights, promote local community organizations, control resources and increase the participation of women and children.

- Major Concern

- To provide empowerment by building public organizations and increasing their capacity.
- Empowering and organizing women and raising leadership at the local level.
- To increase women's access to resources by increasing their capacity.
- To ensure participation of community and women in Panchayat.
- To ensure participation of the community in all the schemes run in the village.
- To sensitize the community on child labor and child rights.
- Highlighting community problems through advocacy.
- Organization of trainings, camps, campaigns.
- To increase the capacity of the community by making them aware on health, education and sustainable agriculture.
- To study issues like stress and suicide, develop people's understanding and make them aware.

- **Reference Community- working with whom &** the organization is working especially for the tribal and Dalit exploited class in 30 villages of the work area. Especially by creating awareness about health, education and organization of women and children, they can make them aware of their rights and government schemes so that they can raise their voice for their rights. They can have their own access to local resources.

So that their social, economic, political development can be achieved and their participation in village development can be ensured, so that tribal women also get respect in the society.

To collect information regarding cases of stress and suicide in district Gwalior (MP) and analyze the said information for research and also to make the people of the community aware about the above mentioned topic.

B. GENERAL INFORMATION

1.1 Name of organisation:	Kadam Jan Vikas Sanstha, Gwalior
1.2 Physical Address:	Reti Fatak, Lohamandi, Gwalior(M.P.) 474003
1.3 Postal Address:	Reti Fatak, Lohamandi, Gwalior(M.P.) 474003
1.4 Telephone:	--
1.5 Contact Person (With cell phone no.):	Mrs. Anupam Sahu (Secretary) Mob. No.- 9826561423
1.6 Fax:	
1.7 E-mail:	kadamgwalior@yahoo.co.in
1.8 Website:	www.Kadamjanvikas.org
1.9 Reporting Period :	1st April 2022 to 31 st March 2023

- **Project area details**

- **Operational Area –**

- **Operational Area** - The organization is working in 30 villages of Khaniyadhana development block of Shivpuri district. There are 2385 target families in 20 villages, whose population is 15799 (Pu 8009 M. 7790). Out of 2385 families, 2013 families have Jove card. Those who are associated with MNREGA, 1865 families below poverty line (BPL) have ration cards. Most of these families come from Abdhaj, due to the long distance of these villages from the block and district, government schemes are not implemented properly.

There are no transportation facilities, the organization is working intensively to increase the capacity of tribal Dalit women and children, Khaniyadhanna development block is 120 km from Shivpuri district. Is at a distance of.

1- Geographical Location of shivpuri district && Shivpuri district is situated in the north-eastern part of Madhya Pradesh. Shivpuri is surrounded in the north by Gwalior and district, in the east by Jhansi district of Uttar Pradesh, in the west by Kota district of Rajasthan and in the south by Guna district of Madhya Pradesh. Shivpuri district is surrounded by Khaniyadhana. Development block 115 km. Is located at a distance. The district has pebble and rocky land, mostly small hills, which are covered with forests, but due to continuous drought and illegal cutting of forests, the forests are decreasing rapidly. Due to lack of proper management of water in the work, low yield is produced. This district is a tribal dominated district, there is more problem of drinking water and irrigation, the tribal community here is illiterate.

2- Geographical Location of Gwalior district &&Gwalior is a major city in the state of Madhya Pradesh, India. Geographically Gwalior Madhya Pradesh. Located in the north of the state. This city and its famous fort have been the center of the ancient cities of North India. This city has been the capital of Gurjar Pratihara dynasty, Tomar and Baghel Kachhwahas. The ancient signs left by them will be found in the form of monuments, forts and palaces. The grand souvenirs of the past preserved make this city important from tourism point of view. Today Gwalior is a modern city and a well-known industrial centre. Gwalior is also

known as the holy place of Galav Rishi. Gwalior has been selected as one of the hundred Indian cities to be developed as a smart city under the flagship Smart Cities Mission of PM Narendra Modi.

--: Summary of the Report :-

- Mental health awareness sessions were organized in 25 schools in which 1881 students were directly made aware about mental health.
- Mental health awareness/testing camps were organized at 24 public places. In which 59 cases related to mental health were reported.
- 20 mental health trainings were organized for community leaders in 20 communities in which 428 community leaders were trained.
- 206 members of 20 Grain Bank Groups participated in the Follow up and Review meeting and understanding of the group members on progress and operations was developed. ,
- 40 teen group leaders benefited from training on the topic of domestic violence.
- 293 adolescent group members benefited from training on self-care.
- 200 women got the benefit of tailoring training.
- 13 cases of domestic violence were identified.
- Information was provided to 118 women through their legal clinic by holding meetings on topics like domestic violence and violence against women.
- Depression Prevention Committee was formed in 24 schools. In which 135 students and 42 teachers were directly associated with this campaign.
- 164 people were made aware of issues like stress and suicide through community sessions and their understanding was developed.
- Two awareness fortnights were conducted on mental health in which 1669 people participated.
- Data of 130 suicides in a year were collected through newspapers and surveys.
- 79 cases came up for consultation.

Number of beneficiaries in figures -

S.no.	Name of the program /connection with the scheme	Application	Completed	Female	Male	Concerned department/office
1.	government housing scheme	480	126	89	37	Benefits of Panchayat/Government scheme to Sarpanch, CEO. Benefit received through.
2.	ration slip	250	215	190	25	Received ration in ration slip from the fertilizer safety department.
3.	tap connections in homes	660	450	216	225	Households in villages received tap connections through the PHE department. Veerpur, Garetha Durgpur etc. received through PHE.
4.	well, tap	14	8	2	6	Received through PHE.
5.	Ayushman Card	980	855	470	385	Ayushman cards were received by the health department.
6.	MNREGA	700	674	400	274	Work received from Sarpanch, Panchayat, District Office, 181.
7.	pensioner, disabled, old lady, old lady	62	48	28	20	Family Welfare Department.
8.	tricycle handicapped	7	7	1	6	Received by the Social Welfare Department of the district.
9.	health services	1243	1237	858	379	health Department.
10.	maternal safety	270	120	120	0	Maternal protection benefits received from the health department.
11.	women violence case	75	48	48	0	Women and Child Development were presented in Khaniyaghana, Pichor and court.
12.	toilet	140	85	61	24	Received with the cooperation of the organization by the head, secretary and CEO.

13.	Prime Minister Road Scheme RCC	20	13	0	0	The organization applied for RCC through Sarpanch. Were cast.
14.	Family planning	300	245	200	45	health Department.
15.	CM Helpline	28	20	18	2	Complaint was lodged on 181.
16.	aadhar card correction	25	25	11	14	Aadhar Enrollment Office
17.	Medvandi	80	80	60	20	in MNREGA
18.	disability certificate	5	5	2	3	Certificates were received from the Social Welfare Department. applications were made

-: Activities:-

5- Mental Health Programme

1- Team Training on Sessions with Educational Institutions:-

Training on 17.08.2022, 22.08.2022 and 08.09.2022 at Community Hall, Laxmibai Colony, Gwalior. 1st training was organized at Engineering High School, Khedapati Colony, Gwalior. In this training, 24 schools in Gwalior city were selected and depression intervention committees were formed in them and the work of these committees is to find out the cases related to stress arising at the school level and solve their problems. To enable the members of the committees to recognize a person suffering from stress and depression, training was provided to the members by forming a cluster of 8 schools each. A total of 3 trainings were provided.



2- Community Sessions 6 community sessions were organized in selected settlements in work area Gwalior. There was participation of 164 people in these community sessions in which 157 women and 7 men participated.

3- Mental Health Awareness Fortnight

Activities were conducted as per the agenda decided in the community sessions. Whose brief description is as follows? In the first session, all the participants who attended the session were registered one by one by the organization's worker

To stop the increasing trend of issues like stress and suicide in the community, Mental Health Awareness Fortnight was organized under the Kadam campaign being run in the city by Kadam Jan Vikas Sanstha in collaboration with Paul Hamlin Foundation. In which some major activities were organized extensively to make people aware.

Under which, awareness meetings were organized at Anganwadi centres, community halls in 20 settlements in which 687 people participated and became aware on issues like stress, depression and suicide. In this sequence, to make people aware, street plays were performed at 7 selected public places in the city, in which people were made aware on issues like stress, depression and suicide through drama.

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4. Suicide Prevention Awareness Fortnight :-



To stop the increasing trend of issues like stress and suicide in the community, Suicide Prevention Week was organized under the Kadam campaign being run in the city by Kadam Jan Vikas Sanstha in collaboration with Paul Hamlin Foundation. In which some major activities were organized extensively to make people aware.

These activities are as follows - Awareness meetings were organized at 20 selected Anganwadi centers in which 982 people participated and became aware on issues like stress, depression and suicide. To make children aware, a painting competition was organized with 200 students in selected schools.

In this sequence, to make people aware, street plays were performed at 7 selected public places in the city, in which people were made aware on issues like stress, depression and suicide through drama.

5- Orientation programme on Mental Health with Aaganwadi Worker, Asha Worker and A.N.M. worker -



Keeping in mind the serious consequences of mental health and stress such as homelessness, mental illness, and suicide, orientation programs were organized on such topics. 213 people participated in the program. In which 104 women and 9 men were included. Program workers and subject experts explained what mental health is. What are its symptoms and how can it be reduced? It was told in the program that if you find someone around you or in your family who is stressed. Listen to his words, if the person feels alone and helpless, ask him to be patient. Make the person understand that every problem can be solved.

6- Staff Capacity Building --

1- Training for Capacity building on Domestic Violence and gender with (Gwalior staff+Pichhore Staff) :-



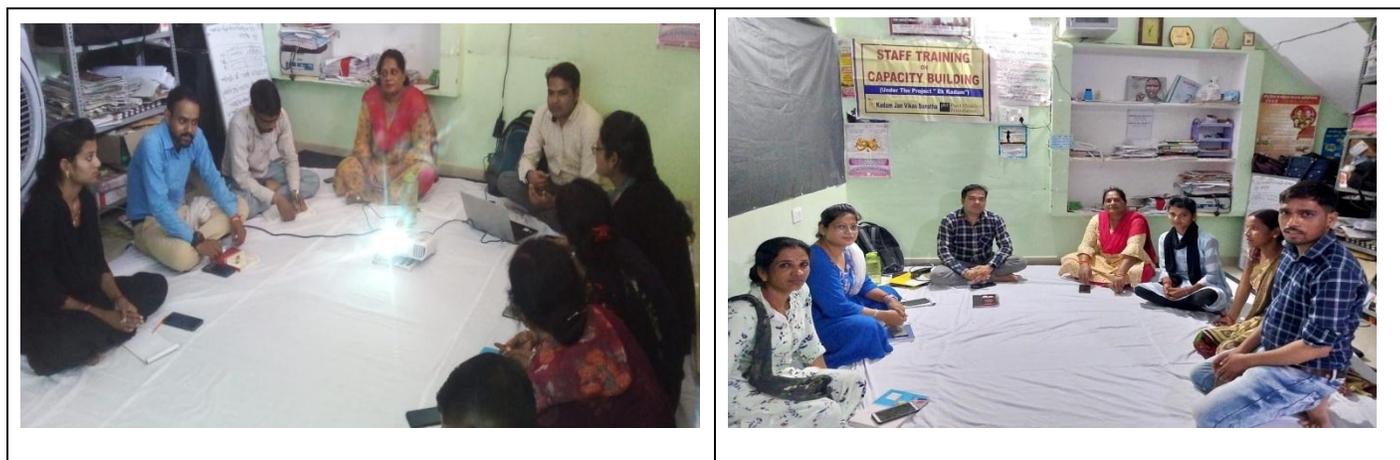
Date - 24-08-2022 and 25-08-2022

Subject - Domestic Violence and gender

Staff training took place today on 24.08.2022 on the topic "Gender". The training started with everyone's introduction. The introduction started through an activity in which one had to draw the claw of one's own hand and write different things on each finger like: name, what you like, how long have you been working in the organization, what position you hold, what is your education and what image is formed in your mind after hearing the name of the institution on the middle of the palm. That image had to be created. Along with this, all

the staff introduced themselves. In the second day of the staff training on Gender and Domestic Violence, what was told in the first day's training was repeated and through a snake-CD activity, the evils related to violence against women and its improvement were discussed. In which bad deeds were written when the snake came and corrections were written when the stairs came, thereby encouraging him to move forward. And it was taught how this game can be played in the community.

2 - Intensive training of staff on mental health and mechanisms to achieve certification for mental health patients:-



To develop understanding on topics related to mental health, mental health training was organized in which everyone was first introduced by Pankaj Sharma Sir. After this, the work being done on mental health was discussed. Work progress and challenges were discussed and pre-test forms were filled by all the staff. So that we can understand what the staff knows and what we need to learn. Such as: Socio-demographic and economic conditions in the project area, what the participants understand about mental health interventions and the challenges they face in implementing the activities. For example, immediately after the activity, you people start talking about yourself or someone you know who is mentally ill. It is not necessary to go. How to connect with youth and men. How to make children more participants?

3- Staff Training on Mental health programme ---



First of all, organization workers and training provider Sukriti Ma'am was introduced to everyone. After this, the agenda of the training on mental health was discussed. Socio-demographic and economic conditions in the project area What participants understand about mental health interventions and their own challenges in implementing the activities It is important that you start talking about yourself or someone you know with mental illness immediately after the activity. No. How to connect with youth and men. How to make children and youth more participants in the program. After this it was told what is good mental health? According to the World

Health Organization, mental health is a condition in which a person is aware of his own capabilities. And can withstand the normal stress of life. Can work with full productivity. And be able to contribute to your community. After this, we talked about the risks and protective factors affecting mental health, in which we talked about 4 factors like biological factors, social factors, psychological factors and childhood events can also be the reason for the deterioration of our mental health. Protective factors of good mental health were discussed.

4- Exposure Visit on Mental Health ----

A visit was made to the local office of Buransh organization in Dehradun (Uttarakhand), which has been working on mental health since last 2014. After going there, on the first day, I got an introduction to how work is done in the office of the organization and their activities and programmes, as well as understood in detail the operating procedures of the program and saw the way work is done on mental health. First of all, we reached the office of the organization and were introduced to all the workers of the organization. Atul Sir, coordinator of Buransh organization, introduced the organization and also introduced all the workers present among themselves. He also told that Buransh is the first AC organization of this district which started working on mental health in Uttarakhand.



Atul Sir gave information about the format of the programs being run in the organization. In which it was explained how different types of forms are filled. How does the organization handle its documents? To organize its work properly, e-register has also been created by the organization. In which the report of how much work has been done by which field worker and how much is left is written in the e-register. In this way, the progress report of the workers of the organization and the organization is also prepared. The workers of Buransh explained their respective activities.

(7) Suicide Prevention helpline--

Operation of helpline for providing free counseling on suicide and mental health---

यदि आप चिंता/तनाव/डिप्रेशन अथवा मानसिक समस्याओं से परेशान हैं तो
निःशुल्क परामर्श के लिए संपर्क करें ।
0751-3510051
(सोमवार से शनिवार) (सुबह 11:00 बजे से सायं 5:00 बजे तक)
नोट : आपकी पहचान पूर्णतः गुप्त रखी जायेगी ।
कदम जन विकास संस्था ग्वालियर (म.प्र.)
ईमेल : Kadamgwalior@yahoo.co.in वेबसाइट : www.kadamjanvikas.org

Kadam Jan Vikas Sanstha is operating a free helpline number since 2020 to solve mental health related problems. Whose time is from 11:00 am to 05:00 pm. In which a person suffering from mental problems can contact the organization through phone and tell his problems to the organization workers. The person's views are

heard by the counselor of the organization. If his problem is solved through counselling, then the person is given counseling over phone. If he is seriously troubled by mental problem, then he is motivated by the organization workers for treatment in a mental hospital. If the person has serious problems then he is also admitted to a mental hospital. In this way, people are connecting with the organization through the helpline and getting solutions to their problems.

1- Mental Health Awareness Programme in School ---



Mental health awareness programs were organized by Kadam Jan Vikas Sanstha in collaboration with Paul Hamlin Foundation in selected schools of the city in which 1881 (boys - 922, girls - 959) students participated. The program started with introduction in which the workers of the organization introduced all the organizations and everyone among themselves. Before explaining in detail about mental health to children in schools, the importance of mental health awareness in life was explained to them as per the agenda. They were told that a mentally healthy person is a person who is able to cope with the everyday stresses and problems of life. Is capable of finding a solution. One who believes in himself? Children were also told about mental health through stories.

An activity was conducted for the children by the workers of the organization in which the children had to name 4 people from their family or friends, seeing whom you feel happy and whom you trust. You have to include yourself among those people. Many children did not name themselves among the 4 people. Children were told that if you do not think about your happiness then no one else will think about you. Apart from this, different types of faces were shown to the children through other activities like emoji. In which activities were conducted with the children through faces of some crying, some laughing, some singing etc.

(9) Mental Health Awareness and Counselling/testing camp ---



Mental health awareness and counselling/testing camp was organized by Kadam Jan Vikas Sansthan in collaboration with Paul Hamlin Foundation. In these health camps, 2314 (female - 1188, male - 1126) people in 20 communities were contacted and made aware and 4 workers participated in these camps. What are the symptoms of mental health and how they can be overcome; it was explained to the people present in the camp. To make people aware about mental health, posters related to mental health were designed by the workers of the organization. People were informed to come to the camp through loudspeakers and pamphlets. Counselor Rashmi Mandam, present in the camp, listened to the mental health related problems of the people coming to the camp and counseled them. No. 15 created by the organization of those people who are more troubled. The question form was filled.

In which the form was filled by asking questions related to the person's sleeping, waking up, eating and drinking habits, his health and behaviour. After filling this form, it is known to what extent the person has mental health related problems. After that the person was counseled and he was given the number of his organization. Also given so that he can contact the organization through phone also.

(10) Training on Community Leader on Mental Health ---

20 leaders selected by the organization workers were provided training in which what is mental health? How many types are there? How can this be removed? Community leaders were trained through all these questions. During the training, the leaders were told about mental health through sports. Chetna sang songs during the training, which boosted the morale of the leaders and they participated in the training with more thoughtfulness. Films related to mental health were also shown during the training so that the leaders could understand better. During the training, traditional games were played among women to promote traditional games to the leaders. The leaders were entertained with games like rope jumping, kabaddi, kho-kho etc. 428 (female-377, male-51) people participated in the community leader training.



(11) Man Samvad Meeting in Communities ---



20 leaders selected by the organization workers were provided training in which what is mental health? How many types are there? How can this be removed? Community leaders were trained through all these questions. During the training, the leaders were told about mental health through sports. Chetna sang songs during the training, which boosted the morale of the leaders and they participated in the training with more thoughtfulness. Films related to mental health were also shown during the training so that the leaders could understand better. During the training, traditional games were played among women to promote traditional games to the leaders. The leaders were entertained with games like rope jumping, kabaddi, kho-kho etc. 428 (female-377, male-51) people participated in the community leader training.

(12) Man Samvad Meeting in Schools ---

50 Man Samvad group meetings were organized every month in the 50 schools selected in the work area, in which the boys and girls were discussed about their minor issues like not being interested in studies, using mobile or computer too much, not managing time, difficulty in Problems like getting angry, being irritable etc. are discussed in interesting ways and how all these topics are related to mental health is also discussed in detail and the students' understanding is developed. What are the benefits of good mental health and how can we keep our mental health good? Children were given information about this. At the time of examination, children are not able to concentrate on their studies, how to concentrate on their studies? Was informed about this. Children were told to do yoga for 15-20 minutes in the morning and do concentration exercises, which will help you concentrate in studies.

(13) Corner meeting ---



Discussions were held with people in the community or in public places. In which the organization was introduced and a brief description was provided regarding the campaign mental health awareness program being run by the organization. Also, people were told that if you or any person in your family or neighborhood is suffering from problems like stress, anxiety, sadness or depression, then you can avail the free counseling provided by Kadam Jan Vikas Sanstha. Encourage to join the service.

(14) Poster Exhibition --- 18 poster exhibitions were organized by the workers of the organization at different places in the project area from October to March in Gwalior district. The objective of the poster exhibition was to convey information related to stress, anxiety and suicide within the community to the people through posters. So that if those people show stress related symptoms in themselves or the people around them, then that person can be cured at the right time through proper advice and treatment and his life can be saved from coming to an end.



(15) Collection of secondary data on Suicide and its analysis--

Kadam Jan Vikas Sanstha, with the cooperation of Paul Hamlin Foundation, has collected data regarding the incidents of suicides that occurred in the project area Gwalior district in the last 48 months from April 2019 to March 2023. The organization has completed the process in two phases.

Step-1:-Through news published in newspaper

Step-2:- Through survey in the workplace

According to which, in the last 48 months from April 2019 to March 2023, about 1014 suicide cases have been reported in Gwalior district and the news of some cases does not come in the newspapers.

Data of 1014 suicide cases were collected in Gwalior area of work (this data is for 48 months.) This data was obtained through newspapers, surveys etc.

Community Institution ---

Trainings of CBOs

1- Training on Self care with Yuva samooH (nutrition, physical and mental health):-



Training on self-care was provided to adolescent groups by Kadam Jan Vikas Sansthan in collaboration with Paul Hamlin Foundation. 293 members of 20 adolescent groups and 4 activists participated in these trainings. In the training, self-care was explained in detail to the members of adolescent groups by the workers of the organization. Also, the workers were explained through the chart prepared by the organization for taking care of themselves. In these trainings, important issues like physical health, personal hygiene, mental health, awareness of diseases, balanced diet and physical development were explained in detail with interesting examples. Dr. Faizan, the guest expert for the training, also told the teenagers many ways to stay healthy, such as by eating well and changing the timing of their daily activities, they can protect themselves from many types of diseases. Dr. Faizan also provided information to the teenagers on balanced diet and personal hygiene

2- Folloup and Review Meeting With Grain Bank Samooh :--



10 meetings were organized in 20 villages involving members of 2 village groups.

206 members of Gran Bank groups and 4 workers walked away from these meetings. In the meeting, the activities of the previous session were discussed in detail with the members of the Grain Bank groups, in which mainly new sources of income were discussed to increase the income and also it was discussed that how many of the groups Members are adopting the new methods suggested for earning income. It was also discussed that how many members of the groups are adopting the new means suggested for earning income. And what challenges were faced in adopting other means of income and how many members are there who want to adopt new alternative means for increasing income? The upcoming action plan for them was discussed

and also the workers of the organization gave detailed information about the government schemes. It was explained by discussing with.

(17) Camps:--

1- Awareness camp on Family Planning: --

A family planning camp was organized by Kadam Jan Vikas Sanstha in village Garitha, Rupanwara, Gajora of the work area. Under which the people of the community were made aware on family planning - Ramdevi ji came as the chief guest in the program. N.M. Tribal women and men of the community and people from other communities were informed about family planning. Such as: Copper-T (IUCD) contraceptive pill, male condom, Chhaya contraceptive pill, male NSV sterilization, female sterilization, intrauterine injection were given to all those present in the meeting. Told the members that all these methods are methods adopted voluntarily.

2.Capacity Building- Skill and Livelihoods:- Adolescent Training - Undertaken or accessed:-- Area villages Manguli, Ektapura, Janakpur, Davijagan, Bhagwantpura, Bhitargunwa and Bajrang Garh have been developed with the financial support of Kadam Jan Vikas Sanstha and Paul Hamlyn Foundation. Tailoring trainings were organized to develop the skills of the people as per their proficiency. 20 sewing trainings were organized in these 6 villages of the work area. 200 women/teenagers participated in these trainings. Each training was kept for 5 days, in which as per the convenience, for the first three days, the trainer provided training to the trainees as per the daily agenda in which complete information about the topics of the agenda was included and then in the remaining 2 days, the trainees were given practical exercises. .

C. Life Skills and other Trainings:-

1.Training on domestic violence with Kishor samooh leader Bhanu Pratap, the executive of the organization conducting the program, told all the teenage leaders present in the program how to bring about a change in the thinking of men towards women. Domestic violence means any such act which endangers the health, safety, life, financial security and harm of a woman or child (boys and girls below 18 years of age) which is unbearable and in which the woman and child have to suffer pain and humiliation. . All these reasons come under domestic violence. Apart from this, there are other elements of domestic violence.

1. Physical (beating, slapping, biting, causing harm to health).

2. Mental (blaming on character and conduct, insulting, blaming on being a boy or a girl, threatening to commit suicide.)

3. Sexual (rape, forced sex, demand for body, etc.)

2. Training on new ideas for eco farming With Grain Bank



The organization organized training on new topics for organic farming with grain bank group leaders in which 50 women from 20 grain bank groups of 20 villages participated. In this training, grain bank group leaders were provided information about organic farming. Besides this, they were also motivated to do organic farming.

Guest expert present in the program was D.D. Srivastava Agriculture Rural told that the guest expert present in the program was D.D. Shrivastava Krishi Gramin told that organic farming is a way to increase the production capacity of the land. To increase the yield from agricultural land and to improve the quality of soil, it is necessary to use green manure. Green manure in the form of pure crop is used to increase the fertility of the field and replenish the nutrients

and organic matter of the soil. Shallow rooted crops are grown after deep rooted crops are harvested. After growing crops that require more water, crops that require less water should be planted.

(19) Violence on Women and Patriarchy in Men

Capacity Building of Staff--

Staff Training on Gender ---



Diya Welfare Foundation introduced all the workers to the women's organizations formed by them at the village level and also gave a brief description about the functioning of those organizations. After this, all the members of the Diya Mahila Manch organization presented their respective Introduction was given. After that the workers of our organization also introduced themselves. After this, Mamta Soni ji, head of the organization of Diya Welfare Foundation, started the training. During the training he told how the society has divided the society on the basis of gender. It was told by Mamta ji that whenever we go out on the field, we should make a strategy as to what we have to say in the field and how we have to explain our points to the people.

We were introduced to Phad by Mamta ji in which some pictures related to gender were made. It is easier to explain things to people in the field through pictures and along with the picture, a story was also made in which a folk song was presented.

During the training, it was told that we have to do something interesting to convey our views to the people so that they can listen to us and easily understand what we want to say. Meanwhile, people's regional sports should also be taken up so that more and more people can join us and our message can reach all of them.

(20) (Exposure Visit on Gender) ----

Before going to the field with Diya Mahila Manch Organization, a team of 3-3 people was formed. Which went to different villages and visited the field. We visited the following villages in the field:- Sangrampur, Bhambhai, Vyahar. A group of adolescent girls has been formed by Diya Mahila Manch in village Bhambhai in which adolescent girls are made aware about violence against women, domestic violence and gender discrimination. Gov's understanding of the girls is very good, she was putting her views in front of everyone without any restriction. A meeting was held with community leaders and other women in village Sangrampur to discuss what types of cases come up and what challenges they have to face. How to look at the case was also explained.

Got information about the cases from Sushila ji and Rampyari, a leader in the community and also met the woman with the case. The organization collects Rs 20

each in a year from those women who are able to pay. If any kind of violence happens to a woman, then the institution and organization provides help to the struggling woman with the money collected from her.

The women of the community also sang Chetna songs composed by themselves. All the women workers of Diya Mahila Manch are always ready to prevent any kind of violence against women and are always trying to take this work and their information forward.



(21) Awareness Programme--

Meetings with Men and Boys Gender discrimination and Patriarchy –

120 meetings were organized by the organization in the selected 20 villages of the area of work. 20 to 25 youth and men were present in each meeting. All the men and youth present in the meeting were given regional games in which they were taught about gender discrimination through games. It was told that we should not discriminate between boys and girls. Whatever work boys can do today, girls can also do it. People were told by the workers of the organization that patriarchal thinking in the society is having a huge impact on us. Only men are being shown as superior in the society. Patriarchal thinking is greatly influencing the thinking of women. Patriarchal thinking greatly influences every aspect of women's thinking, eating, drinking and wearing.



(22) Meetings with Women and Girls on Gender discrimination and Patriarchy –



120 meetings were organized by the organization in the selected 20 villages of the area. In each meeting, 20 to 25 women and adolescent girls were present. All the women present in the meeting were explained about gender discrimination through Phad. Pictures have been made in Phad in which a folk song was attached and all the women were told that they are discriminated against on the basis of gender. To reduce this discrimination, awareness was spread among women and adolescent girls through the meeting.

(23) Celebration of Women Day—

International Women's Day was organized in village Gajora. The program was conducted by organization worker Bhanu Pratap. In which the program was first started by the guests by garlanding Goddess Saraswati and lighting the lamp. After this, all the guests present introduced themselves. Chief guest Mrs. Kavita Pathak Municipal Council, TI Gabbar ji and Sarpanch ji were present in the program.

Organization Secretary Anupam ji told all the women participants present in the program why Women's Day is considered and why women should celebrate it. During the program, all the women relieved themselves from stress by dancing and playing games like chair race, Kabaddi. The contestant who won the game was honored by the head of the institution and the chief guests. Along with this, organization secretary Anupam ji honored the chief guests by presenting them shields.



(24) Legal Clinic--

Meeting at Legal Clinic --In the last one year, 12 legal clinic meetings were organized by the organization at the regional office Pichor. Where to get legal aid under the Protection of Women from Domestic Violence Act 2005. An awareness meeting was held on this. In which the advocate told all the women who had come that all of you can get legal protection help.



Advocate ji said that first of all call 100 numbers, go to the police station and lodge a verbal or written FIR, go to the Mahila Child-Vikas, DM, One-Stop Center and also go to the First Class Judicial Magistrate and register your complaint at the Tehsil level. Can. In which you will get legal aid and you will be taken to all the places by the workers of the organization.

(25) Project Title:-- “ Meri Rasoi Mahila Vigyan Sakshrta ki Prayogshala ”

Activity name :-- Seminar on health and Nutrition counseling



A seminar on nutrition and health counseling was organized at Saraswati Shishu/Vidya Mandir Pichor and Jamuna Marriage Garden and Guest House, Block Pichor, District Shivpuri (MP).

It was told in the seminar by Dr. Faizan that women should pay special attention to science literacy and nutritional health. You should make maximum use of green vegetables and seasonal fruits in your diet. Further, Dr. Faizan ji told that women should mostly use whole grains in their diet.

Like:- pulses, rice, millet, maize, wheat etc. Dr. Faizan ji said that women should use mixed flour in their diet. It is a nutrition-rich diet which fulfills the deficiency of nutrients in our body. Dr. Faizan ji

told that a healthy woman should drink 4 to 5 liters of water a day. Water can cure many diseases of our body and most of the diseases are caused due to lack of water. Therefore one should drink as much water as possible.

Activity Name :-- Camp for preservation of scientific aspects of traditional nutrition.

The program was conducted by the organization worker. At the beginning of the program, all the participants and guests present were welcomed and after that all the participants and guests were introduced. And the organization worker informed the participants about the outline of today's program.

Dr. Faizan ji asked the women present what they eat in their meals. Do you know that you get complete nutrition from the food you eat? Further, Dr. Faizan ji told about the importance of traditional nutrition and said that in today's time we are forgetting our traditional nutrition which affects our health. The food that our parents and our grandparents used to eat is not cooked in our homes today. In his time, people used things like jowar, bajra, sattu, chaurai, dagri, judai, shama etc. for their nutrition. But in today's time we are not aware of these things, hence we are forgetting them and moving away from traditional nutrition. Therefore, we should adopt traditional

For example, earthen utensils, iron utensils, copper utensils should be used as much as possible and aluminum utensils should be used as little as possible because the food prepared in these is not beneficial for our health. Along with this, Dr. Faizan ji also answered the questions of the participants present in the camp.



Other major institutional activities :--

Activity Name :-- Labour Day Date :- 01.05.2022

A program was organized on the occasion of Labor Day at the colony behind Mandre Ki Mata. In the program, first of all, introduction of myself and the organization was given. All the women present at the program were told about Labor Day that every year May 1 is celebrated as International Labor Day. Every year Labor Day has a different theme. This year's theme is “Work together to create a positive safety and health culture”. It was told in the program that Labor Day is celebrated to celebrate the achievements of workers and to spread awareness about the exploitation and atrocities faced by them.



It was told in the program what are the rights of the workers and what should be done if their rights are exploited by someone? There is a separate law against exploitation of workers through which you can get your rights. Information about all these was given on Labor Day.

Activity Name :- Awareness meeting on the occasion of Mother's Day.

Date:- 14.05.2022

A community meeting on Lakshman Talaiya was organized on the occasion of Mother's Day in which all the members of the community were explained the importance of mother and told them how important mother is for the child, she celebrates all the festivals happily with the smile of the child.

Mother's Day was started by Anna Jarvis in West Virginia, who declared this day a holiday. Later this holiday became very popular and was called 'Hallmark Holiday'. Mother's Day is celebrated as a festival in Greece on 18 March.

In Europe and Britain, Mother's Day is celebrated on a special Sunday which is called 'Mothering Sunday'. Mother's Day is celebrated as International Women's Day on 8 March in many countries. In India, Mother's Day is celebrated on the second Sunday of May. In China, carnation flowers are given as a gift to mother on Mother's Day. This day was established in 1997 to help poor mothers.



Activity Name :- Organization of awareness program on the occasion of World Menstruation Day.

Location:- Pura Phoolbagh Gate of Chunni.

Date:- 28.05.2022

Awareness program organized on the occasion of World Menstruation Day at Pura Phoolbagh Gate of Chunni. In which it was said that menstruation is that part of the monthly cycle in which there is bleeding from the vagina of a woman for a few days. In most women this happens after every 28 days. It is normal for the cycle to be longer or shorter than this period, such as 24 or 35 days.



Activity Name :- Inauguration of awareness program and Save Environment Week under World Environment Day.

Date:- 06.06.2022, 09.06.2022, 10.06.2022, 11.06.2022, 21.06.2022,

Location:- Bhimnagar Marar, Hanuman Valley, Chunni Ka Pura, Laxman Talaiya, Gadde Wala Mohalla (Kampu), Jati Ki Line.

Awareness program under World Environment Day to make people aware.

- In which people are gathered and what information they need to have about the environment. What benefit do we get from this and what should we do so that the environment is not harmed?
- People were told that World Environment Day is celebrated on 5th June. They were given information on environment related issues.
- The true purpose behind celebrating Environment Day is to protect the natural environment on earth in every possible way. So that the possibility of healthy life always remains on earth.
- Told the students that when our environment is pure then we will also remain healthy, told the students to plant at least one tree from their side.



- It was told in the meeting that the smoke emanating from the chimneys installed in factories is entering the body through the breath we take, due to which we become victims of lung related diseases.

Activity Name :-- Doctor's Day

Date:- 01.07.2022 Location:- Civil Hospital Hazira and Mental Health School Gwalior.

Details of the activity:- On July 1, the organization met the doctors at Hazira Civil Hospital and Bahodapur Mental Health School on the occasion of Doctor's Day and was honored for their incomparable contribution in the field of health.



Organization Secretary Anupam Sahu talked about the work being done by the organization regarding mental health and suicide prevention. The Secretary told how people are not aware of their mental health. Due to which when they are under more stress, they take steps like suicide. Suffer from serious mental illness. Therefore, it is very important for them to be aware of mental health.

Activity Name :-- World Justice Day.

Date :- 17.07.2022

Location :- Madhauvpura Murar.

An awareness meeting was organized today on the occasion of World Justice Day. This day is celebrated on 17th July to strengthen the work of International Justice and International Criminal Court.

On July 17, 1988, many countries of the world came together and signed an agreement for the establishment of the International Criminal Court.

The ICC is the first parliamentary and independent international judicial body to prosecute those accused of serious violations of international humanitarian and human rights.



—: Our Partners :—



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