



KADAM
jan vikas sanstha

Annual Report

2023-2024



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Our Vision

To establish a progressive, peaceful and just society based on the values of equality, liberty and mutual help.

Our Mission

Kadam Jan Vikas Sanstha mission is to empower and organize the downtrodden, women, tribal and poor segment of the society by making them capable of demanding their rights and include them in the main stream of developmental process.

Genesis

A group of like-minded individuals dedicated to the development of the weaker sections of society began their voluntary efforts in 2002, focusing on the slum dwellers of Gwalior. They aimed to explore new ways to create a sustainable and equitable society. In 2004, Kadam Jan Vikas Sanstha (KJVS) was legally established with the goal of providing sustainable livelihoods to marginalized communities and uplifting socially vulnerable families. The organization empowers these families to demand their rights and raises awareness to enable them to advocate for their own well-being. Currently, KJVS addresses various issues, including women's empowerment, violence against women's, gender discrimination, food security, livelihoods education, and public health (Physical, Mental and Social).

Acknowledgement

We would like to express our heartfelt gratitude to the Paul Hymlyn Foundation, NCSTC division of the Department of Science and Technology, Government of India, Jiv Daya Foundation, and Aditya Birla Education Trust (ABET). We also extend our thanks to the Department of Women and Child Development, the Department of Health and Family Welfare, and the police departments.

Additionally, we are especially grateful to all stakeholders, including ASHA, ANM, and Anganwadi workers, as well as Sarpanch, Parshad, and the hospital authorities of Gwalior Mansik Arogyashala. Their recognition of the significance of our work and their unwavering support has been invaluable to our efforts.

*Thank
You!*

Director's Note



I hope this note finds you in good health and high spirits. I am pleased to present the annual report for 2023-2024 of Kadam Jan Vikas Sanstha, which stands as a testament to our collective efforts and achievements.

First and foremost, I am happy to inform that this year our organization has completed 20 years in the field of social Work. This is a significant achievement for us, and we take pride in this journey. Over the past two decades, we have assisted various segments of society through numerous important projects and initiatives. This accomplishment is a result of our dedication and hard work, and we are committed to continuing our service in the same manner in the future.

Reflecting on this year's accomplishments, I am filled with gratitude for the unwavering support of our stakeholders and the dedication of our team. This year has been significant for our mission, which aims to address critical issues affecting underprivileged communities, including health, education, livelihood, gender discrimination, mental health, and the challenges faced by struggling women.

Our "Ek Kadam" program has made substantial progress in raising awareness about mental health and suicide prevention, providing essential information, guidance, and support to those in need. The Ujaas initiative has empowered women by promoting menstrual health and hygiene, ensuring their right to a dignified and healthy environment through education.

We have also introduced the hidden knowledge and science of traditional livelihood practices, which has enhanced the community's understanding of crucial subjects such as health, education, living conditions, and nutrition. Our efforts to empower women and enhance livelihoods have seen remarkable progress, with women engaging in income-generating activities by joining self-help groups, thus promoting economic independence.

Through these programs, we demonstrate our commitment to building a healthier, more aware, and equitable society. As we move forward, I am confident that our collective efforts will continue to inspire change and transform lives. Thank you for being an integral part of this journey.

With hope and determination,

Anupam Sahu
Director/Secretary,
Kadam Jan Vikas Sanstha



Summary

This report provides a comprehensive overview of our diverse programs designed to enhance community well-being and empower individuals, particularly women and children. Our most significant initiative, "Ek Kadam," focuses on mental health awareness and suicide prevention, aiming to educate the community about mental health issues and reduce the stigma and discrimination surrounding them. In this context, we have emphasized promoting early intervention. Through awareness workshops, sessions, counseling programs, and other initiatives, we have provided essential support and established crisis intervention strategies, including helpline numbers, to assist those in need. This year, we have raised awareness about mental health among over 18,300 individuals through this initiative. Addressing gender-based violence is a cornerstone of our work. Our legal clinic provides free legal assistance to individuals facing domestic violence and other forms of abuse, handling over 150 cases this year. This service is complemented by counseling and support.

In the realm of livelihoods, we have implemented various programs to support economic empowerment. Self-Help Group (SHG) meetings have provided over 225 women with financial literacy, savings opportunities, and access to new livelihood options such as small industries and agricultural innovations, facilitating the establishment of small businesses and improving economic stability. Our entrepreneurship awareness and training programs have equipped individuals with vital business skills, fostering sustainable income and independence.

Health and environmental hygiene have been promoted through community workshops on waste management, recycling, and sustainable practices, encouraging the adoption of science-based activities. These efforts aim to engage the community in environmental conservation and enhance overall environmental health.

Our pre-nutrition and education program provides free milk, biscuits, and basic education to 100 tribal children daily, addressing their nutritional needs. This initiative aims to improve health outcomes and promote healthy eating habits among vulnerable populations. Additionally, the Ujaas program has raised awareness about menstrual health and hygiene management for over 3,000 women and adolescent girls.

Overall, these initiatives work collectively toward building a healthier and more empowered community. By addressing critical issues such as mental health, violence, economic stability, environmental conservation, and education, we are laying a solid foundation for sustainable positive change. Continued support and collaboration are essential as we strive to improve the quality of life for all individuals in our community.



A glance of Quantitative impact and Major achievements

**TOTAL REACH OUT
OF THIS YEAR**

58251

S No	Activity	Total Activity	Participants / Beneficiaries	Boys	Girl	Male	Female	Other Stack holder
	<i>(list all activities in this column)</i>							334
1.	Mental Health Awareness programme in School	60	4628	2749	1744			
2.	Mental Health Awareness and counseling/testing camp	62	6027			2717	3310	
3.	Training of Community leader on mental health	40	413				413	
4.	Man Samvad Group (School+Community)	625	7623	2487	1672	00	3399	
5.	Awareness Fortnight Mental Health awareness Fortnight Suicide Prevention weak Women Violence Awareness Fortnight:	35	2183			856	1327	
6.	Collection of secondary data on suicide and its analysis	1	165			105	60	

7.	Ujaas (a program for menstrual health awareness and hygiene maintain)	141	3068		1952		1116	
8.	"M Power" Mental Health Awareness Program	125	4037	1173	1156	109	1599	
9.	Helpline for Providing Free Counseling on Suicidal and Mental Health issues	1	496			291	205	
10.	Jan jaatiya mahila swayam sahyata samooch or vigyan media: vigyan Media sarhana ke sath chhamta nirman	16	11000			4355	6645	
11.	Preschool Nutrition and Education initiative and RAHAT	2	250	48	52	55	95	
12.	"Indian Army" National Quiz 2023	325	14975	7245	7405	187	138	
13.	Peer Group of Young men and boys	120	425	210		215		
14.	Peer Group of Adolescent Girls	120	437		437			
15.	meetings with Men and Boys Gender discrimination and Patriarchy	120	470	283		187		
16.	Meeting with Women and Girls on Gender discrimination and Patriarchy	120	510		165		345	
17.	Legal Clinic and Case Follow Up -	24	305				305	
18.	Preparation of Business Plan and Documentation for Linkage with government schemes	1	40			40		
19.	Training of Groups and Entrepreneurs on preparation of Business Plans	3	122			74	48	
20.	Federation of SHGs Training to Entrepreneurs of SHG Members	30	436			211	225	
21.	Labor Day:	1	30					
22.	Save Water campaign	1	62					
23.	Environment day	1	15					
24.	Yoga day	1	27					
25.	Republic day	1	60			10	50	
26.	Hand Washing Day	1	30				30	
27.	Doctor's Day	1	15			12	3	
28.	International women's day	2	402			20	382	
	Total	1980	58251	14195	14583	9444	19695	334

Major achievements

S.no.	Name of the program /connection with the scheme	Application	Completed	Female	Male	Concerned department/office
1.	government housing scheme	180	70	128	52	Benefits of Panchayat/Government scheme to Sarpanch, CEO. Benefit received through.
2.	ration slip	126	95	23	103	Received ration in ration slip from the fertilizer safety department.
3.	tap connections in homes	440	440	228	212	Households in villages received tap connections through the PHE department. Veerpur, Garetha Durgpur etc. received through PHE.
4.	Ayushman Card	468	465	370	98	Ayushman cards were received by the health department.
5.	MNREGA	500	485	295	205	Work received from Sarpanch, Panchayat, District Office, 181.
6.	pensioner, disabled, old lady, old lady	42	32	18	24	Family Welfare Department.
7.	tricycle handicapped	3	3	1	2	Received by the Social Welfare Department of the district.
8.	health services	845	845	653	193	health Department.
9.	maternal safety	230	120	230	0	Maternal protection benefits received from the health department.
10.	women violence case	48	48	48	0	Women and Child Development were presented in Khaniyaghana, Pichor and court.
11.	Family planning	272	245	220	52	health Department.
12.	aadhar card correction	42	28	19	23	Aadhar Enrollment Office

❖ Mental Health Awareness Camps -

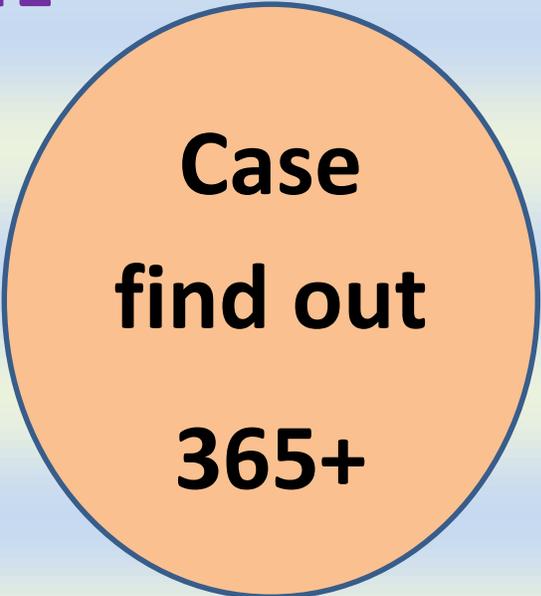
The organization conducted mental health awareness camps in Gwalior city under the "Ek Kadam" a program for Mental Health Awareness and suicide prevention. The primary objective of these camps was to make people aware of their mental health so that they do not hesitate to seek solutions for any mental health issues they may face.

Just as individuals take care of their physical health, it is equally important to pay attention to mental health. The mental health camps provided information about common and affected mental conditions, helping participants develop an understanding of mental health issues. This understanding enables them to seek timely help for deteriorating mental health and assist others in need.

In addition to raising awareness about mental health, the camps included assessments conducted by counselors to evaluate individuals' mental well-being. Participation in these assessments was voluntary. During the camps, confidentiality was maintained for any mental health cases that arose, ensuring that no information was shared with others or external organizations. This approach allowed individuals to openly discuss their issues and receive free counseling without any hesitation.

QUANTITATIVE DETAIL

Total camp	62
Participants	6027
Male	2717
Female	3310



**Case
find out
365+**



❖ Mental health Awareness sessions in school

This year, awareness sessions were conducted for students in 50 schools (both government and private) across Gwalior district to raise awareness about mental health, and the participants of these session are 3960 (male- 2387, female-1573). In the Khaniyadhana block, 10 schools participated, benefiting 533 students (362 boys and 171 girls) through sessions focused on topics like mental health and gender equality.

The primary objective of these sessions was to develop an understanding of mental health and to address mental health-related issues that students may face during their school life. During the sessions, students received detailed information about ideal mental states and affected mental conditions. Participants included students from grades 9 to 12.

Facilitators from the organization also discussed ways for students to pay attention to and strengthen their mental health. Suggestions included time management, healthy eating, developing good habits, and positively expressing emotions. We believe these sessions will help students find solutions to challenges they may encounter in their future lives, enabling them to establish a balance between their physical, mental, and social well-being and achieve their life goals.

QUANTITATIVE DETAIL

Total Sessions	60
Participants	4628
Girls	1744
Boys	2749
Teachers	135



Training of Community Leaders on Mental Health

The organization conducted training sessions in the community to raise awareness about mental health. The primary objective of these training sessions was to select community leaders (volunteers) and develop their understanding of mental health, emphasize its importance for a healthy community, and encourage them to reduce the stigma associated with mental health issues prevalent in the community.

A 45-minute PowerPoint presentation was prepared by the organization's staff to train 20 selected leaders on various aspects of mental health. The presentation covered questions such as: What is mental health? What are its different types? How can mental health issues be addressed? Through these discussions, the leaders were educated about mental health.

During the training, the leaders were engaged through games that illustrated mental health concepts. Inspirational songs were sung to boost their morale and enhance their interest in the training. Films related to mental health were also shown, which enriched the leaders' knowledge on the subject. Additionally, traditional games such as rope jumping, kabaddi, and kho-kho were played, promoting camaraderie among community members and facilitating the sharing of emotions.

The training sessions included a detailed discussion on the symptoms of common mental stress, enabling leaders to identify individuals struggling with mental health issues in a timely manner and provide assistance before the situation worsens.

QUANTITATIVE DETAIL

Total Training	40
Participants	413



- **Man Samvad Group**

The Man Samvad Group organizes 20 community and 60 school meetings each month across 20 communities in Gwalior district, focusing on mental health awareness. These sessions educate both men and women on maintaining good mental health and address personal concerns. Activities include film screenings and interactive games, providing insights into issues like stress and emotional well-being.

In schools, monthly meetings engage students on topics like concentration, excessive screen time, and anger management. The sessions promote mental health benefits and time management strategies, encouraging students to practice yoga and seek help for stress-related issues. Participants also receive pamphlets and contact information for further support.

QUANTITATIVE DETAIL

Total meeting	625
Participants	7623
Female	3399
Girls	1672
Boys	2487
Teachers	65



- Mental Health Awareness Fortnight & week on Mental Health Awareness and Suicide Prevention –



QUANTITATIVE DETAIL

Total Fortnight	3
Total Activity	35
Participants	2183
Male	856
Female	1327

Suicide Prevention Week

The organization held a Suicide Prevention Week to address the rising incidents of suicide in the community. Through various awareness programs in communities and schools, our staff discussed the seriousness of suicide and ways to prevent it. Key activities included drama competitions, corner meetings, and hands-on campaigns, aimed at fostering understanding and promoting mental health awareness among participants. The initiative encouraged open conversations about mental health challenges and emphasized the importance of seeking help and support within the community.

On September 10, 2023, the successful conclusion of Suicide Prevention Week was marked by the observance of Suicide Prevention Day.



Mental Health Awareness Fortnight:

The organization organized a Mental Health Awareness Fortnight to address rising stress and suicide trends in the city. From May 15 to May 31, 2023, various activities were conducted, including awareness meetings, sports activities, and poster exhibitions to educate the community about mental health. The event concluded on October 10, 2023, at Kilaget Gwalior, featuring a mental health awareness camp. Volunteers also placed awareness posters on vehicles to further spread the message and encourage open discussions about mental health issues within the community.



✚ Women Violence Awareness Fortnight:

To address the rising incidents of violence against women and domestic abuse in the community, the organization organized a Women Violence Awareness Fortnight, as it does every year. This initiative aimed to empower both women and men by enhancing their understanding of increasing crimes against women and encouraging them to speak out against these issues in society. Through discussions and activities, participants were motivated to take a stand and promote a safer environment for women in the community.



- **Ujaas (a program for menstrual health awareness and hygiene maintain)**

A comprehensive project aimed at promoting menstrual health and hygiene has been successfully implemented in the districts of Gwalior, Shivpuri, Morena, and Bhind, Madhya Pradesh. This initiative was carried out in collaboration with Kadam Jan Vikas Sanstha and Ujaas, a program supported by the Aditya Birla Education Trust, which assists in conducting awareness programs related to menstrual hygiene and health.

As a result of this initiative, **3067** women and adolescent girls directly developed an understanding of menstrual hygiene and health. Through interactive and effective awareness sessions, the organization's workers educated women and girls in the community about the importance of menstrual health. Additionally, training sessions were organized for ASHA workers, Anganwadi workers, and ANM workers to provide them with information on menstrual hygiene and health, enabling them to promote menstrual hygiene within their communities.

To further raise awareness within the community, street plays were organized, engaging audiences in an entertaining manner and helping women and girls, as well as men, to easily access information and enhance their understanding.

At the conclusion of the project, an end-line survey was conducted with beneficiaries to collect quantitative data for assessing the impact of the awareness efforts.

QUANTITATIVE DETAIL

Total session	141
Beneficiaries	3068
girls	1952
women	1116



● "M Power" Mental Health Awareness Program

From January to March 2024, a mental health awareness program was conducted in collaboration with M Power, an initiative of the Aditya Birla Education Trust. The main objective of this program was to raise awareness about mental health among school children and the community.

Initially, schools were classified and identified for the program. Afterward, discussions were held with the school principals regarding the sessions. With the principals' consent, dates and times were scheduled for the sessions to take place in the schools. During the sessions, children were provided information through PowerPoint presentations, and they were asked to fill out pre- and post-session forms. Feedback forms were also collected from the children to assess their experience of the session. Additionally, feedback forms were gathered from the teachers and principals.

Similarly, sessions were organized within the community. Initially, community members were identified, and dates and times for the program were communicated to them. Subsequently, sessions were conducted in all the identified communities. Participants were provided information about mental health through PowerPoint presentations and other engaging activities.

QUANTITATIVE DETAIL

Total session	125
Beneficiaries	4037
Girls	1156
Boys	1173
women	1599
Men	109

Youth
(age 17-29)
2717

Adult
(age 30+)
1320



- **Helpline for Providing Free Counseling on Suicidal and Mental Health issues**

Kadam Jan Vikas Sanstha has been operating a free helpline since 2020 to address mental health issues. The helpline is available from 11:00 AM to 05:00 PM,

allowing individuals experiencing mental health challenges to reach out to the organization via phone and share their concerns with trained staff.

The organization's counselors listen to the callers' issues attentively. If the problems can be addressed through counseling, the individual receives support over the phone. For those facing more severe mental health challenges, the organization encourages them to seek treatment at a mental health facility. In critical cases, individuals may also be admitted to a mental hospital. This helpline has enabled many people to connect with the organization and find solutions to their problems.

QUANTITATIVE DETAIL

Total case	496
CMD	398
SMD	98
Male	291
Female	205
Follow-up	96
Successfully stop	38
Certificate of disabilities	12



- **Jan jaatiya mahila swayam sahyata samooh or vigyan media: vigyan Media sarhana ke sath chhamta nirman**

The project " Jan jaatiya mahila swayam sahyata samooh or vigyan media: vigyan Media sarhana ke sath chhamta nirman " aimed to foster a scientific mindset among tribal women in rural areas. It sought to enhance the capacity of women's self-help groups (SHGs) through science media appreciation, develop scientific competence, and raise awareness of scientific concepts.

Key activities included promoting scientific temper through dialogues, health workshops integrating science media, hands-on learning, and camps to address misconceptions related to science media among SHG members.

Upon completion, significant positive changes were observed in the target population. Members showed increased awareness of scientific concepts and media literacy, improved communication skills, and recognized the power of collective action. They became more actively involved in community initiatives, enhancing their confidence and economic status. Additionally, their problem-solving abilities improved, and they began participating more actively in local governance, thereby strengthening their voices and contributing to community development. Overall, the project successfully empowered these women, fostering a more informed and engaged community.

As a result, the targeted population emerged as a more informed, empowered, and active community, poised to enhance overall well-being.

QUANTITATIVE DETAIL

Activities (seminar, camp, workshop and hand on activity)	16
Beneficiaries (Direct)	1000
Beneficiaries (indirect)	10000+
Participants (Female)	1000



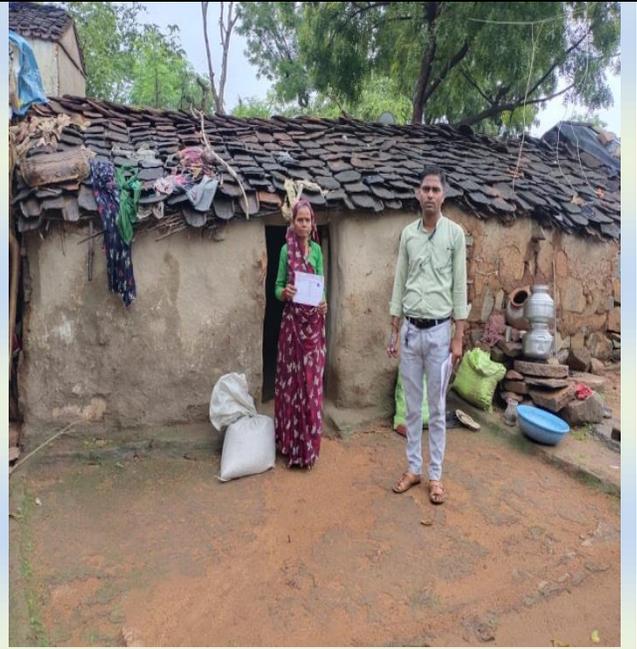
- **Preschool Nutrition and Education initiative and RAHAT**

The Preschool nutrition and education initiative and Rahat of JIV Daya Foundation, Project aims to improve malnutrition among preschool children and raise awareness among children and parents about healthy diets and hygiene providing dry ration to needy families of the community once a year. Before implementation, a survey was conducted in villages to assess malnutrition, sanitation, and living conditions, leading to the identification of 100 needy children for the Preschool nutrition and education program and select 150 families for dry ration distribution.

Currently, the program operates in three villages—Veerpur, Rupnawara, and Shalawadi, block Khaniyadhan Shipuri district of Madhya Pradesh—supported by local volunteers. Conducted six days a week, it provides children with milk and biscuits while also delivering educational activities through engaging games. The project has positively impacted the communities, enhancing understanding of hygiene and nutrition among both children and their parents. As a result, children are now more mindful of cleanliness, leading to improved living conditions and greater emphasis on hygiene within families.

QUANTITATIVE DETAIL

Total Beneficiaries	250
Children	100
Families	150



- **“Indian Army” National Quiz 2023**

From July 2023 to October 2023, an awareness session was organized in schools across five districts of Madhya Pradesh (Gwalior, Bhind, Morena, Datia, and Satna) as part of the "Indian Army National Quiz 2023" initiative. This initiative is conducted under Teach India, the CSR arm of the Times of India. The objective of the quiz was to educate school students about the Indian Army and its role in nation-building, as well as to inform them about the significant contributions made by the Indian Army in serving the country.

A total of 325 schools were selected from the five districts, which included both government and private institutions. Each school hosted a 40-minute awareness program that provided information about the quiz, along with details on how to participate. Students were encouraged to take part in the competition. After the awareness session, four students and one teacher from each school were selected to form a team and participate in the quiz, with their registration completed for the competition.

QUANTITATIVE DETAIL

Total Awareness Sessions	325
Participants in awareness sessions	14975
Participants in competition	1300
Teachers	325



- Peer group Sessions

- **Peer Group of Young men and boys**

The organization conducted 120 meetings in 20 selected villages, with 20 to 25 men and adolescents attending each session. During these meetings, participants engaged in regional sports activities that highlighted the importance of gender equality, emphasizing that there should be no discrimination between boys and girls. The message conveyed was that girls can perform tasks traditionally associated with boys.

The organization's workers explained how patriarchal thinking significantly influences society, often portraying men as superior. This mindset adversely affects women's perceptions, impacting their choices related to thinking, eating, dressing, and various other activities. To combat this entrenched thinking, the organization is working to promote equality for women, striving to elevate their status to that of men in society. The adolescents were encouraged to pursue education, as learning provides knowledge on various subjects, fosters critical thinking, and enables them to respond effectively to different issues.

QUANTITATIVE DETAIL

Total session	120
Beneficiaries	425
Boys	210
Men	215



Peer Group of Adolescent Girls

The organization conducted 120 meetings in 20 selected villages, with 20 to 25 adolescent girls attending each session. The purpose of these meetings was to raise awareness about child marriage, educate the girls about the changes that occur during adolescence, promote awareness of gender discrimination, and encourage the importance of education.

During the meetings, the girls were educated about child marriage through interactive activities. Visual aids were used, including illustrations combined with a folk song, to explain how gender discrimination affects them. The meetings aimed to reduce this discrimination and spread awareness among adolescent girls.

A "Snakes and Ladders" game was incorporated to engage the participants, attracting more adolescent girls to the sessions. The game began with a dice roll, and each number represented a specific issue related to adolescent girls. When a number was rolled, discussions were held on that particular topic. The girls were specifically advised against early marriage, emphasizing that they should wait until they reach adulthood before considering marriage. All meetings were successful, leading to a greater understanding among the adolescent girls regarding the issues of child marriage and gender discrimination.

QUANTITATIVE DETAIL

Total session	120
Beneficiaries	437
Girls	437



- **Meeting for capacity building on women violence and gender**

- ✦ **meetings with Men and Boys Gender discrimination and Patriarchy**

The organization conducted 120 meetings in 20 selected villages, with 20 to 25 youth and men attending each meeting. During these gatherings, participants engaged in regional sports activities that highlighted the importance of gender equality, emphasizing that there should be no discrimination between boys and girls. The message conveyed was that girls are equally capable of performing tasks traditionally associated with boys.

The organization’s workers explained how patriarchal thinking significantly influences society, often portraying men as superior. This mindset adversely affects women’s perceptions, impacting their choices related to thinking, eating, dressing, and various other activities. To combat this entrenched thinking, the organization is working to promote equality for women, striving to elevate their status to that of men in society.

Additionally, the youth were encouraged to pursue education, as it helps them gain knowledge on various subjects, fostering their critical thinking and enabling them to respond effectively to different issues.

QUANTITATIVE DETAIL

Total session	120
Beneficiaries	470
Boys	283
Men	187



Meeting with Women and Girls on Gender discrimination and Patriarchy

The organization conducted 120 meetings in 20 selected villages, with 20 to 25 women and adolescent girls attending each session. During these meetings, the attendees were educated about gender discrimination through interactive activities. Visual aids were used, including illustrations connected to a folk song, to convey the message that discrimination based on gender is prevalent.

To reduce this discrimination, awareness was spread among women and adolescent girls through these meetings, empowering them to fight for their rights. A "Snakes and Ladders" game was employed to stimulate critical thinking among participants, encouraging more women and girls to engage in the sessions. The game began by rolling a dice, with each number corresponding to a specific issue related to women. When a number was rolled, discussions were held about the relevant topic.

Adolescent girls were specifically advised against early marriage, emphasizing that they should wait until they reach adulthood before considering marriage.

QUANTITATIVE DETAIL

Total session	120
Beneficiaries	510
Women	345
Gils	165



✚ Legal Clinic and Case Follow Up -

Over the past year, the organization has conducted 24 legal clinic meetings at the regional office in Pichhore. These meetings aimed to provide information to women struggling with domestic violence about where to obtain legal assistance. An advocate was present to explain to all attendees that they could receive legal protection and support.

The advocate informed the women that they should first call the emergency number 100, or go to the police station to file a verbal or written complaint/FIR. They were also advised to approach the Department of Women and Child Development, the District Magistrate, One-Stop Centers, and first-class judicial magistrates at the tehsil level to register their complaints. This process would enable them to access legal assistance. For those women needing legal representation, they were encouraged to seek help at legal aid centers.

All the women who attended the meeting gained valuable information about legal assistance under domestic violence laws. Women with ongoing cases related to domestic violence received specific legal advice regarding their situations, making it easier for them to navigate their cases.

Total Meetings	24
Beneficiaries (Women)	305



- **Capacity Building of Entrepreneurs**

- **Training Preparation of Business Plan and Documentation for Linkage with government schemes**

The organization aimed to provide rural community members with information about government schemes for self-employment, the grant application process, proposal writing, and planning for self-employment to enhance their understanding.

In collaboration with the Paul Hamlin Foundation and the Rural Self Employment Training Institute in Shivpuri, Madhya Pradesh, the organization organized a 10-day residential training program. The primary objective of this training was to inform participants about government schemes for self-employment, the grant application process, and how to create effective project proposals.

During the training, experts provided detailed guidance on the entire process of goat farming, covering everything from applying for grants to selling products. A total of 40 participants successfully completed the training, enhancing their understanding of self-employment opportunities.

Total Training	1
Beneficiaries (Male)	40



✚ Training of Groups and Entrepreneurs on preparation of Business Plans

The organization, in collaboration with the Paul Hamlin Foundation, conducted three training sessions aimed at fostering understanding of self-employment opportunities at the local level. The primary objectives of these sessions were to develop participants' understanding of small industries for self-employment, enhance knowledge about planning and operational processes, and create a list of interested candidates for self-employment and small industries.

The training emphasized adopting small-scale industries for self-employment. It began with an introduction by the organization's worker, Bhanu Pratap, who introduced all participants and subject experts.

Subject expert Mr. Dheeraj Rai (Assistant Faculty, RSETI Center, Shivpuri District, Madhya Pradesh) guided the participants in understanding small industries for self-employment. He provided information on proposal writing for applications, necessary documentation, and suitable locations.

Following the discussions during the training, participants expressed interest in various self-employment opportunities, including goat farming, buffalo farming, cow rearing, milk dairy, fish farming, grocery stores, and sweet shops.

Total Training	3
Beneficiaries	122
Men	74
Women	48



- **Federation of SHGs**

- ✦ **Training to Entrepreneurs of SHG Members**

The organization conducted 20 training sessions aimed at promoting self-employment among local community members. The primary objectives of these sessions were to develop entrepreneurs' understanding of small industries, enhance knowledge about planning and operational processes, and highlight the crucial role of small industries in livelihood enhancement. Additionally, a list of interested candidates for self-employment and small industries was created.

The training emphasized adopting small-scale industries for self-employment. Participants were educated about small industries relevant to self-employment, and discussions included proposal writing for applications, necessary documentation, and suitable locations. Following the discussions during the training, a list of interested participants was compiled for various self-employment opportunities, including tailoring, mobile repairing, pickle and papad making, goat farming, buffalo farming, cow rearing, milk dairy, fish farming, grocery stores, and sweet shops.

Total Training	30
Beneficiaries	436
Men	211
Women	225



• Other organizational activities

Labor Day:

The organization celebrated Labor Day in the community by raising awareness about workers' rights.



Environment Day:

The organization organized Environment Day activities to inform the community about environmental protection and enhance their understanding. Tree plantation programs were also held in various communities on this occasion.



Yoga Day:

On June 21, 2023, a yoga program was conducted in the Gadde Wale Mohalla, Gwalior attended by project supervisors from the Women and Child Development Department and local council members. Organization staff led participants in Surya Namaskar and other yoga practices, emphasizing the importance of incorporating these exercises into daily life. A total of 27 community members participated.

Doctor's Day:

The organization honored doctors for their invaluable contributions to community health services on Doctor's Day.



International Women's Day:

On March 8, we celebrated International Women's Day in the community. Local leaders inaugurated the ceremony, focusing on women's empowerment. Discussions were held on literacy, health, and economic independence. Experts provided extensive information on menstrual health, and sanitary pads were distributed to participants, raising awareness and addressing women's health needs in the community. More 200 women were participated in the program.



• In Media and Newspapers

मानसिक स्वास्थ्य पर प्रभाव डालता है तनाव

ग्वालियर। तनाव व चिंता हमारे मानसिक स्वास्थ्य पर अत्यधिक प्रभाव डालते हैं जिसके कारण व्यक्ति अपने जीवन के लक्ष्यों को प्राप्त करने में कठिनाई का सामना करना पड़ता है व इस कठिनाई से बचने के लिए व्यक्ति को अपने मानसिक स्वास्थ्य के बारे में जानकारी का होना अति आवश्यक है। इसी उद्देश्य के साथ कदम जन विकास संस्था द्वारा आदित्य बिरला एज्युकेशन ट्रस्ट द्वारा संचालित एम पावर मानसिक स्वास्थ्य जागरूकता कार्यक्रम के सहयोग में फेमिली प्लानिंग एसोसिएशन ऑफ इंडिया मुख्य ब्रांच गोला का मंदिर में मानसिक



स्वास्थ्य जागरूकता कार्यक्रम का आयोजन किया गया। कार्यक्रम में भाग लेने वाले प्रतिभागियों को मानसिक स्वास्थ्य पर सामान्य जानकारी प्रदान की जा रही है। मानसिक अवस्था में बदलाव को लेकर प्राथमिक उपचार, परामर्श व थैरेपी इत्यादि के बारे में जानकारी प्रदान की जाती है। इसके साथ ही एम पावर द्वारा चलाई जा रही हेल्पलाइन 1800120820050 जो भी 24 गुणा 17 घंटे उपलब्ध रहेगी एवं एम पावर के एप्लीकेशन के बारे में जानकारी प्रदान की गई।

भयमुक्त समाज का निर्माण करने के लिए सोशल मीडिया सशक्त माध्यम

सम्मेलन में महिलाओं को दी आवश्यक जानकारियां

श्रीराम एक्सप्रेस, ग्वालियर

कदम जन विकास संस्था के तत्वावधान में अन्तर्राष्ट्रीय महिला दिवस के अवसर पर नगर निगम ऑफिस, जोन 12 चांदवाड़ी सामुदायिक भवन के पास, महिलाओं के सम्मान में महिला सम्मेलन का आयोजन किया गया। कार्यक्रम में मुख्य अतिथि ग्वालियर सीएसपी श्रीमति शुभा श्रीवास्तव, एफपीआई. शाखा प्रबंधक श्रीमती नीलम दीक्षित, एफपीआई प्रोग्राम मैनेजर अछेन्द्र कुशवाह, एडवोकेट श्रीमती नीरमा चौहान, जे.सी.आई. अध्यक्ष श्रीमती सोनम दुबे आदि ने अपने विचार रखते हुये कहा कि समाज में



महिलाओं को सशक्त होकर महिलाओं पर बढ़ती हिंसा और भ्रूण हत्या के मामलों को रोकने के लिये आवाज उठानी होगी। ताकि भयमुक्त समाज का निर्माण किया जा सके। इसके लिये सोशल मीडिया एक सशक्त माध्यम है। कोई भी बिना जानकारी के दवाएं खाने से हमारे शरीर की हानि होती है जिससे कि आगे चलकर जो

बीमारी हमें है वह गंभीर रूप ले लेती है। इसलिए चिकित्सक की सलाह लेकर ही कोई दवा खाएं। कार्यक्रम में श्रीमती श्वेतागिनीश्रीवास्तव, सूरज, पूजा सिंह, रेनु सिंह, रजनी मीणा, शकुन्तला कुशवाह, एवं लोकेश सोनी आदि के द्वारा कार्यक्रम के संचालन में मुख्यभूमिका निभायी गयी।

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मानसिक स्वास्थ्य जागरूकता शिविर आयोजित

ग्वालियर। तनाव एवं आत्महत्या की बढ़ती प्रवृत्ति को रोकने एवं इस सम्बन्ध में जागरूकता के लिए कदम जन विकास संस्था द्वारा 'एक कदम' अभियान के तहत जागरूकता शिविरों का आयोजन किया। शिविर के माध्यम से संस्था के कार्यकर्ताओं ने समुदायों के लोगों को तनाव एवं अवसाद से उभरने के लिए जरूरी टिप्स दिए। संस्था ने बताया कि यदि किसी व्यक्ति की समय रहते मदद की जाए तो उसे आत्महत्या जैसे घातक कदम उठाने से बचा जा सकता है। शिविर में शकुन्तला कुशवाह, नाजरा बानो, होशियार सिंह, सूरज जाटव, लोकेश सोनी, एवं मनोवैज्ञानिक परामर्शदाता रश्मि कुशवाह, शबनम कुरैशी, राज प्रजापति की विशेष सहयोग रहा।

महिला दिवस पर बताए गए उनके अधिकार

भास्कर संवाददाता | शिवपुरी

जन विकास संस्था द्वारा गोशाला भवन ग्राम नगरेला में अंतरराष्ट्रीय महिला दिवस के उपलक्ष्य में महिला सम्मेलन का आयोजन किया गया। कार्यक्रम की मुख्य अतिथि नगर परिषद अध्यक्ष कविता - विकास पाठक ने अपने विचार रखते हुए कहा कि समाज में महिलाओं को सशक्त होकर बढ़ती महिला हिंसा और भ्रूण हत्या को रोकने में आवाज उठाना चाहिए। तभी हम भय मुक्त समाज का निर्माण कर सकेंगे। कार्यक्रम के विशेष सहयोगी मुकेश पाराशर ने बेटियों की पढाई पर ध्यान देने की बात कही, ब्लॉक एजुकेशन आफिसर खनियांधाना पीएन पुरोहित ने महिलाओं की शिक्षा व्यवस्था बेहतर बनाने की बात कहते हुए सहयोग करने का



आश्वासन दिया। कार्यक्रम में आदित्य बिड़ला एजुकेशन ट्रस्ट के सहयोग से मासिक धर्म, स्वास्थ्य और स्वच्छता के प्रति जागरूकता अभियान चलाया जा रहा है। संस्था सचिव अनुपम साहू ने महिलाओं को मासिक धर्म के संबंध में जानकारी देते हुए ऐसे मुश्किल दिनों में बीमारी से बचने की उपाय बताए। कार्यक्रम में श्वेतागिनी श्रीवास्तव, सूरज, पूजा सिंह, भानुप्रताप, कल्पना शर्मा, विलकेश लोधी, शोभा कोली, जया कुशवाह का विशेष सहयोग रहा।

महिलाओं से सेनेटरी पेड, स्मार्ट फोन व कंप्यूटर के उपयोग पर किया संवाद

भास्कर संवाददाता | पिछोर

ग्रामीण क्षेत्र में कार्य कर रही कदम जन विकास संस्था ने विज्ञान एवं प्रौद्योगिकी विभाग के सहयोग से शनिवार को ग्रामीण महिलाओं के साथ वैज्ञानिक स्वभाव उत्प्रेरण संवाद का आयोजन किया। जिसका मुख्य उद्देश्य महिलाओं को वैज्ञानिक पद्धति का उपयोग कर लाभ दिलाना है। कार्यक्रम में ब्लॉक पिछोर के ग्राम बदरवास, मुहर, ढला, कोटरा, खेरवास आदि ग्रामों से आदिवासी समुदाय की महिलाएं उपस्थित हुईं।

बैठक में सेनेटरी पेड का उपयोग, स्मार्ट फोन, कम्प्यूटर की जानकारी



कार्यशाला में शामिल ग्रामीण महिलाएं।

एवं उसका उपयोग आदि के संबंध में संवाद किया गया। कार्यक्रम में मुख्य रूप से अतिथि डॉक्टर सुनीता झाला द्वारा महिलाओं को मासिक धर्म पर सावधानी बरतने व वैज्ञानिक स्वभाव में दैनिक कार्य को करने आदि के

संबंध में बताया। कार्यक्रम में संस्था सचिव अनुपम साहू, ब्लॉक कोऑर्डिनेटर भानु प्रताप, सहयोगी ममता गुता, ज्योति लोधी, कल्पना, बिलकेश, शोभा, सूरज, लोकेश आदि उपस्थित रहे।

• Annexure -A

Legal information about Organization

Kadam Jan Vikas Sanstha has been operating as a voluntary organization since 2004. It is registered under the Madhya Pradesh Society Registration Act of 1973, with its registration completed in 2004 under registration number 8575. Since its inception, the organization has been dedicated to the development of extremely underprivileged and poor communities in the Gwalior division.

GENERAL INFORMATION

Name of organisation:	Kadam Jan Vikas Sanstha, Gwalior
Registered Address:	Reti Fatak, Lohamandi, Gwalior(M.P.) 474003
Correspondence Address:	C-109, New Saket Nagar, Tansen road,Gwalior(M.P.) 474002
Contact Person (With cell phone no.):	Mrs. Anupam Sahu (Secretary) Mob. No.- 9826561423
E-mail:	kadamgwalior@yahoo.co.in
Website:	www.Kadamjanvikassanstha.org

- **Overall Goal –**

The organization's goal is to raise awareness among community members on various welfare issues, including education, health, employment, and living standards. It aims to encourage the adoption of sustainable livelihood options to enhance their resilience. Additionally, the organization seeks to reduce incidents of violence against women by fostering community awareness and involvement.

Promoting awareness of rights, strengthening of local community organizations and ensuring control over resources. Enhancing the involvement of women and children in community activities and decision-making processes.

- Key Areas of Concern

- **Building and Strengthening Community Organizations:** Empowering local organizations to enhance their capacity.
- **Empowering Women:** Organizing women and fostering local leadership.
- **Enhancing Women's Access to Resources:** Increasing women's capacity and their access to resources.
- **Ensuring Participation in Panchayati Raj:** Ensuring community and women's involvement in local governance.
- **Community Participation in Village Schemes:** Guaranteeing community engagement in all local development initiatives.
- **Raising Awareness on Child Labor and Rights:** Sensitizing the community about child labor issues and children's rights.
- **Advocacy for Community Issues:** Highlighting and addressing community problems through advocacy efforts.
- **Conducting Training and Camps:** Organizing training sessions, camps, and campaigns.
- **Awareness on Health, Education, and Sustainable Agriculture:** Raising awareness in the community to enhance capacity in health, education, and sustainable agricultural practices.
- **Studying Issues like Stress and Suicide:** Researching these issues, developing community understanding, and raising awareness.
- **Promoting Mental Health Awareness:** Increasing awareness of mental health issues within the community.

Annexure -B

- Geographical Area of the Project/ Program

1. Geographical Location of Shivpuri District

Shivpuri district is located in the northeastern part of Madhya Pradesh. It is bordered to the north by Gwalior district, to the east by Jhansi district in Uttar Pradesh, to the west by Kota district in Rajasthan, and to the south by Guna district in Madhya Pradesh. The district headquarters is situated approximately 115 km from Khaniyadhana Development Block. The region is characterized by pebbly and rocky terrain, primarily consisting of small hills covered with forests. However, due to continuous drought and illegal deforestation, these forests are rapidly diminishing. Water management is inadequate, leading to low agricultural yields. Shivpuri is predominantly tribal, facing significant challenges related to drinking water and irrigation, and the tribal community in this area suffers from high illiteracy rates.

2. Geographical Location of Gwalior District

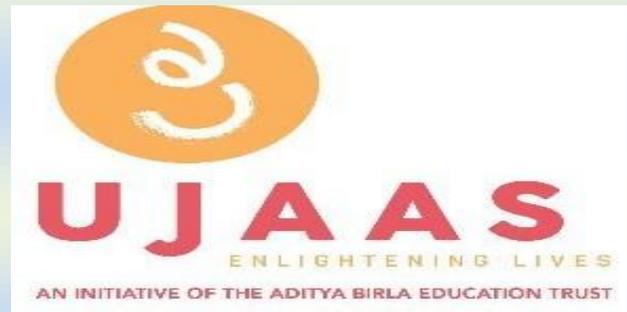
Gwalior is a major city in the state of Madhya Pradesh, India, located in the northern part of the state. Historically, Gwalior has been a center of ancient North Indian civilization, with its famous fort serving as a significant landmark. The city has a rich heritage, having been the capital of the Gurjar Pratihara dynasty, the Tomars, and the Baghel Kachhwahas, whose legacies are reflected in the form of monuments, forts, and palaces. These historical sites make Gwalior an important destination for tourism. Today, Gwalior is a modern city and a well-known industrial hub. It is also recognized as a holy site associated with the sage Galav. Gwalior has been selected as one of the hundred Indian cities to be developed as a smart city under the Smart Cities Mission initiated by Prime Minister Narendra Modi.

- Reference Community (Working With Whom)

The organization focuses on working with tribal and Dalit communities in 30 villages within its operational area. By raising awareness about health, education, and the empowerment of women and children, the initiative enables these groups to understand their rights and access government schemes, thereby advocating for their entitlements. This approach ensures their access to local resources and facilitates their social, economic, and political development while promoting their participation in village initiatives. Additionally, the organization aims to enhance the respect and status of tribal women within society.

Furthermore, the organization is committed to mental health awareness programs. We are conducting awareness sessions in the community to increase understanding of mental health issues and address the rising incidence of suicide in the Gwalior district (MP). Data collected from these efforts will be analyzed for research purposes, and further community awareness programs will be implemented to tackle these critical issues.

Our Funders & Partners





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For more information

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*Thank
You!*