

KADAM JAN VIKAS SANSTHA  
**ANNUAL REPORT**  
2024-2025

**MENTAL WELLNESS  
& GENDER EQUITY**

BUILDING A BALANCED FUTURE



EMPOWERMENT THROUGH UNDERSTANDING

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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 Hamlyn 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 note

It gives me immense pleasure to present the Annual Report 2024–2025 of Kadam Jan Vikas Sanstha, a reflection of our collective efforts and achievements. This year holds special significance as our organization proudly completes 20 years of dedicated service in social work. Over the past two decades, we have reached diverse sections of society through meaningful projects and initiatives. This remarkable journey has been shaped by our commitment, perseverance, and the unwavering support of our well-wishers.

Throughout the year, our focus remained on addressing the most pressing issues faced by underprivileged communities, including health, education, livelihood, gender equality, and mental health, as well as empowering women in distress. Our flagship program “Ek Kadam” continued to raise awareness about mental health and suicide prevention, offering vital information, guidance, and support. Likewise, the “Ujaas” initiative empowered women by promoting menstrual health and hygiene, ensuring their right to a dignified and healthy life through education.

We also revived the traditional knowledge and practices of livelihoods, enhancing community understanding of health, nutrition, education, and living standards. Women’s participation in self-help groups has strengthened their economic independence and confidence.

As we mark this milestone year, I extend heartfelt gratitude to our team, stakeholders, and partners for their unwavering support. Together, we reaffirm our commitment to building a healthier, more aware, and equitable society, and I am confident that our collective efforts will continue to inspire change and transform lives.

  
Anupam Sahu  
Director/Secretary,  
Kadam Jan Vikas Sanstha

## Summary

This year, our organization continued its mission to strengthen community well-being, dignity, and resilience by addressing some of the most critical challenges faced by vulnerable populations—mental health, gender-based violence, livelihood insecurity, health, education, and environmental sustainability. Our programs are designed to not only respond to immediate needs but to create long-term, systemic change that empowers individuals, especially women and children, to lead safer, healthier, and more confident lives.

A major focus of our work has been mental health, where our flagship initiative “**Ek Kadam**” has played a transformative role. Through awareness campaigns, counseling services, capacity-building sessions, and crisis support mechanisms, we reached **over 27,392 people**, equipping communities with knowledge, emotional support, and access to help. By encouraging early intervention and reducing stigma, the program has strengthened mental health awareness and suicide prevention efforts in a meaningful and measurable way.

Addressing **gender-based violence** remains a core pillar of our efforts. Our legal aid and counseling services provided essential support, advocacy, and protection to survivors, handling **128 cases** during the year. These interventions ensured not only justice but emotional recovery and confidence-building for affected women and families.

Alongside these initiatives, we conducted community programs promoting **health, hygiene, and environmental responsibility**, encouraging behavior change and sustainable practices. Our **pre-nutrition and education program** supported **100 tribal children daily**, providing nutritional supplements and foundational learning to strengthen their health and development. Additionally, our **Ujaas program** educated **5,564 women and girls** on menstrual health and hygiene, helping reduce taboos, improve health outcomes, and enhance self-confidence.

Collectively, these initiatives have contributed to creating safer environments, stronger support systems, and empowered communities. Our work continues to demonstrate that with the right support, awareness, and opportunities, individuals can transform their lives and futures.

We deeply value the trust and partnership of our donors and stakeholders. Continued collaboration will enable us to expand our reach, strengthen program impact, and sustain meaningful change. Together, we are building a healthier, more equitable, and empowered society.

## 1- Mental Health Awareness Program in School

The KJVS conducted mental health awareness sessions for students across **50 government and private schools** in the Gwalior district. These sessions reached a total of **4,286 students**, including **2,545 boys and 1,740 girls**, with the aim of promoting mental health awareness and addressing challenges faced by adolescents during their school years. The sessions targeted students from **Classes 9 to 12**, a critical age group for emotional and psychological development.

The primary objective of these sessions was to enhance students' understanding of mental health, help them identify common mental health concerns, and encourage healthy coping mechanisms. Students were provided with comprehensive information on **ideal mental well-being**, as well as signs and symptoms of **affected mental conditions** that may arise due to academic pressure, social stress, or personal challenges.

Facilitators from the organization also guided students on practical strategies to strengthen their mental health. Key focus areas included **effective time management, healthy dietary habits, building positive routines, and expressing emotions in constructive ways**. Interactive discussions enabled students to openly share experiences and seek guidance in a supportive environment.

The organization believes that these awareness sessions will empower students to better handle future life challenges, maintain a healthy balance between their **physical, mental, and social well-being**, and move confidently toward achieving their personal and academic goals.



## 2- Mental Health Awareness Camps

Under the “Ek Kadam” Programme, the organization conducted **80 Mental Health Awareness Camps** across **Gwalior city**, reaching a total of **6,379 participants**, including **2,887 males and 3,492 females**. The primary objective of these camps was to promote mental health awareness, prevent suicide, and encourage individuals to seek timely support for mental health–related concerns without fear or stigma.

The camps emphasized that mental health is as important as physical health. Participants were sensitized about common mental health conditions and educated on recognizing early signs of mental distress, stress, anxiety, and depression. This knowledge also enabled participants to support family members and community members who may be experiencing mental health challenges.

In addition to awareness sessions, **voluntary mental health assessments** were conducted by trained counselors to assess participants’ mental well-being. A total of **388 mental health cases were identified** during the camps and were provided with counseling, guidance, and referrals for further support where required. Strict confidentiality was maintained throughout the process, and no personal information was shared with any external agency. The camps created a safe and supportive environment, allowing individuals to openly discuss their concerns and access **free counseling services**, contributing significantly to early identification and intervention of mental health issues in the community.



### 3- Man Samvad Group – Mental Health Awareness Initiative

The **Man Samvad Group** implements structured mental health awareness sessions across **20 communities and schools in Gwalior district**, conducting regular community and school-based meetings to promote mental well-being, reduce stigma, and encourage timely help-seeking behavior. Under this initiative, a total of **238 meetings** were conducted, reaching **3,070 participants**, including **189 men, 1,338 women, 266 boys, and 630 girls**.

At the community level, **20 community meetings** were organized for men and women, focusing on understanding mental health and adopting healthy coping strategies. Through **film screenings, interactive games, and open group discussions**, participants explored common mental health concerns such as stress, emotional difficulties, and day-to-day challenges. These sessions provided a safe and supportive space for individuals to openly share their concerns and seek guidance.

In schools, **60 monthly meetings** were held to engage students on age-appropriate mental health topics, including concentration difficulties, excessive screen use, anger management, and academic stress. Students were encouraged to follow healthy routines, practice **yoga, mindfulness, and stress-management techniques**, and were guided on available mental health support services.

As part of the programme, participants received **informational pamphlets and helpline contact details** to ensure continued access to support beyond the sessions. Through these sustained and interactive engagements, the Man Samvad Group has significantly strengthened **community- and school-based mental health awareness** in Gwalior district.



#### 4- Training of Community Leaders on Mental Health

The organization conducted **40 community-based training sessions** to build awareness on mental health and reduce stigma, reaching a total of **886 participants**. The objective of these sessions was to identify and train community leaders (volunteers) to understand mental health concepts and promote a healthy, supportive environment within their communities.

During the training, selected leaders were provided with a **PowerPoint presentation** covering key topics such as the meaning of mental health, types of mental health issues, and ways to address them. The sessions included **interactive games, inspirational songs, film screenings, and traditional sports** to enhance engagement and allow participants to express emotions constructively.

Community leaders were trained to **identify symptoms of common mental stress** and provide timely guidance and support to individuals facing mental health challenges. Through these trainings, the organization strengthened the capacity of local volunteers to serve as mental health advocates, creating sustainable community-level support systems.



## 5- Awareness Fortnight

- **Mental Health Awareness Fortnight**

To address rising stress levels and suicide trends in the city, the organization organized a **Mental Health Awareness Fortnight** from **20 May to 31 May 2024**. During this period, a series of awareness meetings, sports activities, and poster exhibitions were conducted to educate community members about the importance of mental health and emotional well-being.

The campaign concluded on **10 May 2024** at Lakshman Taliya , **Gwalior**, with a Mental Health Awareness Camp that provided information, guidance, and referrals. Volunteers further amplified the outreach by displaying mental health awareness posters on vehicles, ensuring wider visibility and encouraging community-wide discussions on mental health issues.

- **Suicide Prevention Week**

In response to the increasing incidence of suicide within the community, the organization observed **Suicide Prevention Week** with the objective of raising awareness and promoting preventive action. The initiative focused on encouraging open dialogue around mental health, reducing stigma, and emphasizing the importance of seeking timely support.

A range of participatory activities such as **drama competitions, corner meetings, and hands-on awareness campaigns** were organized to engage participants effectively. Through these platforms, staff members discussed the seriousness of suicide, identified warning signs, and highlighted available support systems. The initiative successfully encouraged open conversations and community-based support for individuals facing emotional distress.

The program concluded with the observance of **World Suicide Prevention Day on 10 September 2024**, reinforcing the organization's commitment to suicide prevention and mental well-being.

- **Women Violence Awareness Fortnight**

As part of its ongoing efforts to address **violence against women and domestic abuse**, the organization conducted the **Women Violence Awareness Fortnight**, an annual initiative aimed at building awareness and promoting collective action.

The program sought to empower both women and men by increasing their understanding of the growing incidents of violence against women and encouraging them to raise their voices against injustice. Through interactive discussions and awareness activities, participants were motivated to challenge harmful social norms and contribute toward creating a **safer and more equitable environment for women** within the community.

Over a period of **three fortnights**, the organization conducted **42 awareness activities** across communities and schools, reaching a total of **2,423 participants**. These included **1,338 females and 189 males**, along with **266 boys and 630 girls** who actively participated in various sessions and campaigns.



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

A menstrual health and hygiene awareness project was successfully implemented in the districts of **Gwalior, Shivpuri, Morena, and Bhind** in Madhya Pradesh in collaboration with **Kadam Jan Vikas Sanstha** and **Ujaas**, a program supported by the **Aditya Birla Education Trust**. The initiative aimed to improve awareness, reduce stigma, and promote safe menstrual hygiene practices among women and adolescent girls.

Through **161 interactive awareness sessions**, the project reached **5,564 beneficiaries**, including **3,528 women and 2,036 adolescent girls**. As a result, **3,067 women and girls** developed a better understanding of menstrual health and hygiene. Training sessions were also conducted for **ASHA, Anganwadi, and ANM workers**, strengthening their capacity to promote menstrual hygiene within their communities.

Community engagement was further enhanced through **street plays**, which helped disseminate key messages in an accessible and engaging manner. An **end-line survey** was conducted at the conclusion of the project to assess its impact and collect quantitative data.



## 7- "M Power" Mental Health Awareness Program

From July 2024 to February 2025, the organization implemented the "M Power" Mental Health Awareness Program in collaboration with M Power (Aditya Birla Education Trust) to promote mental health awareness among school children and community members.

The program involved structured school-based and community-based sessions. Schools and communities were identified in advance, and sessions were conducted with prior consent and scheduling. Information was delivered through PowerPoint presentations and interactive activities. Pre- and post-session assessments and feedback from students, teachers, and principals were used to evaluate program effectiveness.

A total of 221 sessions were conducted, reaching 10,055 beneficiaries, including 3,148 girls, 3,586 boys, 2,042 women, and 1,279 men, strengthening awareness and understanding of mental health across diverse groups.



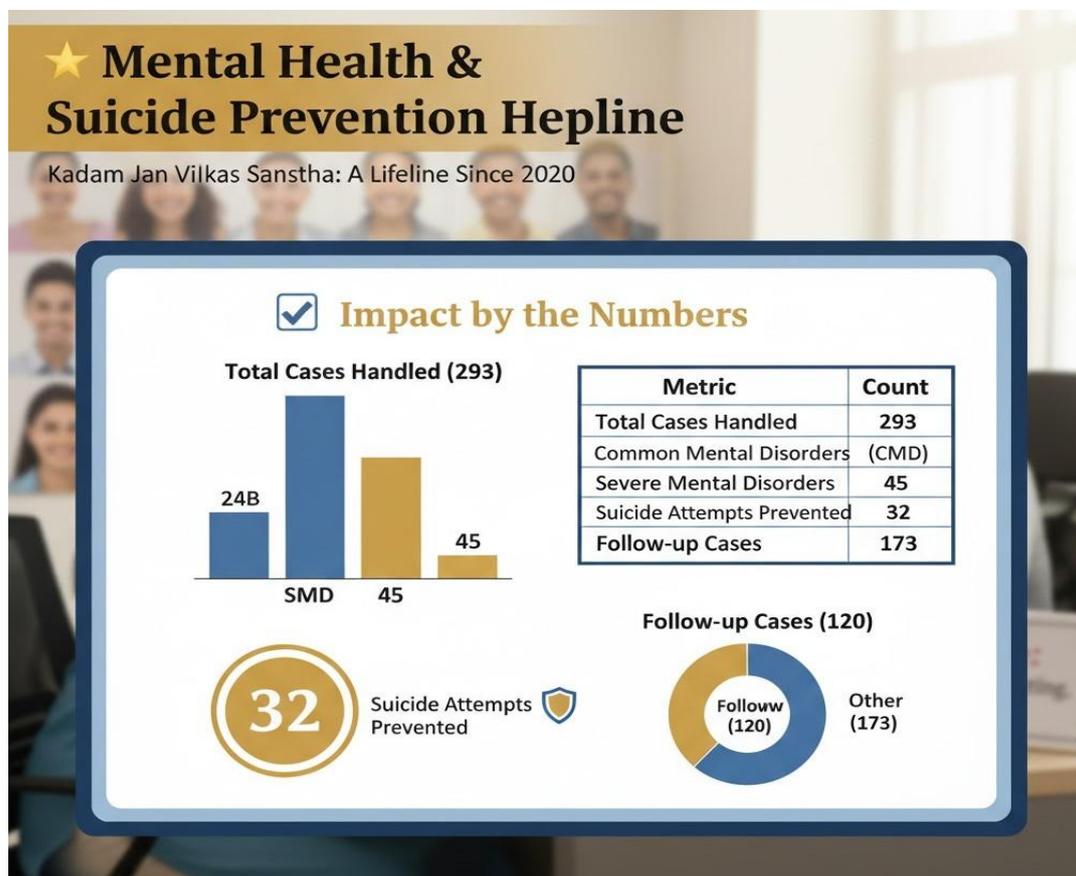
## 8- Free Counseling Helpline for Suicide Prevention and Mental Health Support

Kadam Jan Vikas Sanstha has been operating a **free mental health and suicide prevention helpline since 2020** to support individuals experiencing emotional distress, suicidal thoughts, and other mental health challenges. The helpline is available **Monday to Saturday, from 11:00 AM to 5:00 PM**, and can be accessed by calling **0751-3510051**.

Through this service, individuals are able to confidentially share their concerns with **trained counselors**. The counselors listen carefully and provide immediate emotional support and guidance. In cases where concerns can be addressed through counseling, support is provided directly over the phone. For callers experiencing **severe mental health disorders**, the organization facilitates referrals to appropriate mental health facilities. In critical situations, individuals are supported for admission to mental health hospitals to ensure their safety and well-being.

The helpline has played a crucial role in reaching individuals who may otherwise hesitate to seek help due to stigma or lack of access to services. Through consistent follow-up and compassionate counseling, many callers have been guided toward recovery and stability.

- **Total Cases Handled:** 293
- **Common Mental Disorders (CMD):** 248
- **Severe Mental Disorders (SMD):** 45
- **Male:** 192
- **Female:** 101
- **Follow-up Cases:** 120
- **Suicide Attempts Successfully Prevented:** 32



## 9- Preschool Nutrition and Education Initiative and RAHAT

The Preschool Nutrition and Education Initiative and RAHAT Program, supported by the JIV Daya Foundation, was implemented to address malnutrition among preschool children and to promote awareness of healthy nutrition and hygiene practices among children and their families. The project also included the annual distribution of dry rations to economically vulnerable families within the community.

Prior to implementation, a baseline survey was conducted in selected villages to assess the nutritional status of preschool children, sanitation practices, and overall living conditions. Based on the survey findings, **100 nutritionally vulnerable preschool children** were identified for participation in the nutrition and education activities, including **43 boys and 57 girls**, and **150 economically vulnerable families** were selected to receive dry ration support. In total, the initiative benefited **250 individuals and families** across the intervention area.

The program is currently being implemented in **Veerpur, Rupnawara, and Shalawadi villages** of **Khaniyadhana block, Shivpuri district, Madhya Pradesh**, with active support from trained local volunteers. The initiative operates **six days a week**, providing participating children with **milk and biscuits** to improve their nutritional intake. Alongside nutritional support, age-appropriate educational activities are conducted through games and interactive methods to promote early learning, healthy habits, and positive behavior development.

The initiative has generated positive outcomes within the community. Both children and parents have demonstrated improved awareness of **nutrition, hygiene, and cleanliness**. Children have become more conscious of personal hygiene practices, while families are increasingly prioritizing clean and healthy living environments, contributing to the overall well-being of the community.



10- Peer Group Program for Young Men and Boys

The organization conducted a **Peer Group Program for Young Men and Boys** in **20 villages** to promote gender equality and address patriarchal attitudes. Through **286 interactive sessions**, including sports-based activities and group discussions, the program engaged **5,580 participants** (2,345 boys and 3,235 men).

The sessions focused on challenging gender stereotypes and promoting the belief that girls and boys are equal in ability and opportunity. Facilitators highlighted how patriarchal thinking negatively affects women's autonomy and social status. Adolescents were encouraged to value education and develop critical thinking skills to contribute positively to social change.



## 11- Peer Group Program for Adolescent Girls

The organization conducted a **Peer Group Program for Adolescent Girls** in **20 villages** to address issues related to child marriage, gender discrimination, and adolescent development. Through **286 interactive sessions**, a total of **437 adolescent girls** were engaged.

The sessions used creative and participatory tools, including visual aids, folk songs, and a **Snakes and Ladders-based learning game**, to encourage discussion and understanding. The program emphasized the importance of education and advised girls to delay marriage until adulthood.

The initiative successfully enhanced awareness among adolescent girls about their rights, health, and future opportunities, contributing to positive attitude change at the community level.



## 12- Peer Group Sessions in Schools

Kadam Jan Vikas Sanstha (KJVS) conducted mental health awareness sessions in **10 government and private schools** across the **Pichhore and Khaniyadhana blocks of Shivpuri district**. A total of **21 sessions** were organized, reaching **1,048 students**, including **456 boys and 592 girls** from **Classes 9 to 12**.

The sessions aimed to increase students' understanding of mental health, help them recognize common mental health concerns, and promote healthy coping mechanisms during adolescence. Students were informed about positive mental well-being and the signs and symptoms of mental health challenges caused by academic pressure, social stress, and personal issues.

Facilitators guided students on practical strategies such as **time management, healthy eating habits, developing positive routines, and expressing emotions constructively**. Interactive discussions created a safe and supportive space for students to share their experiences and seek guidance.

KJVS believes that these sessions will empower students to manage future challenges effectively, maintain overall well-being, and confidently pursue their academic and personal goals.



### 13- Legal Clinic and Case Follow-Up

During the reporting period, the organization conducted **32 legal clinic meetings** at the regional office in **Pichhore** and in the field area of **Khaniyadhana**, benefiting **425 women**. These clinics aimed to raise awareness among women affected by domestic violence about their legal rights, protection measures, and available support services. An advocate explained legal procedures, including contacting the emergency helpline **100**, filing verbal or written complaints/FIRs at police stations, and approaching authorities such as the **Department of Women and Child Development, District Magistrate, One-Stop Centers, and first-class judicial magistrates** at the tehsil level. Women were also guided on accessing legal aid centers. Participants gained practical legal knowledge, while women with ongoing cases received case-specific guidance to better manage their legal proceedings.



### 14- Training for Entrepreneurs among SHG Members

The organization, in collaboration with the **Paul Hamlin Foundation**, conducted **26 training sessions** to promote self-employment opportunities among SHG members at the local level. These trainings aimed to strengthen participants' understanding of **small-scale industries**, improve knowledge of **planning and operational processes**, and identify interested candidates for self-employment initiatives. A total of **485 participants** attended the sessions, including **238 men and 247 women**. The trainings helped participants explore viable livelihood options, build entrepreneurial skills, and gain practical insights into starting and managing small enterprises, contributing to economic self-reliance and sustainable livelihoods.



## 15- One Billion Rising Campaign – “Rise for the Uprooting of Patriarchy”

Kadam Jan Vikas Sanstha actively participated in the global One Billion Rising Campaign by organizing a series of awareness initiatives focused on dismantling patriarchy and promoting gender equality. The campaign aimed to build consciousness, challenge discriminatory systems, empower communities, and encourage collective action for a just and equitable society.

Under this campaign, KJVS conducted multiple awareness programs in schools, colleges, and communities, engaging participants in meaningful discussions about gender stereotypes, social biases, and the harmful impacts of patriarchy. An orientation program on patriarchy and gender further deepened understanding through expert insights, interactive discussions, and cultural performances centered on equality and human rights.

A poster exhibition was organized to creatively highlight issues of gender-based discrimination and advocate for equality, followed by community rallies that mobilized people to stand united against patriarchal oppression and raise strong public voices for change.

Through these combined efforts, the campaign successfully created widespread awareness, encouraged positive mindset shifts, empowered women and youth, and strengthened community solidarity. In total, **923 participants** took part in the campaign activities.

### Conclusion

The One Billion Rising Campaign implemented by KJVS significantly contributed to fostering awareness, empowering communities, and promoting gender equality. The organization remains committed to continuing its efforts toward building a society free from gender-based discrimination and patriarchal injustice.



## 16- Nagar/Gram Raksha Samiti Training –

- Police Parade Ground, District Shivpuri (M.P.) – 22 October 2024
- Auditorium, Office of the Superintendent of Police, Gwalior (M.P.) – 15 November 2024

During 2024, Kadam Jan Vikas Sanstha, in collaboration with the District Police Administration of Shivpuri and Gwalior, supported Community Police Training Programmes aimed at strengthening awareness and response towards violence against women and girls. The programmes were organized under the guidance of senior police officials including Superintendent of Police, Shivpuri, Shri Aman Singh Rathore, and Superintendent of Police, Gwalior, Shri Dharmveer Singh.

The key objectives of these trainings were to build awareness on sexual violence, domestic violence, gender discrimination, and to sensitize members of the Nagar/Gram Raksha Samiti on their roles in prevention, legal awareness, and community support.

Senior police officials, including Additional SP Shri Sanjay Mule, CSP Hina Khan, and Inspectors from the police departments, shared important legal information and processes related to women's safety laws. Secretary of Kadam Jan Vikas Sanstha, Smt. Anupam Sahu, along with her team, facilitated interactive sessions on gender equality, responsible masculinity, patriarchal mindsets, and safe public spaces, helping participants strengthen understanding and sensitivity.

Participants engaged in group discussions and took a collective pledge to ensure the safety and dignity of women and girls. Uniforms were also distributed to Nagar/Gram Raksha Samiti members.

More than **350 participants** across both districts actively participated. The trainings helped enhance legal understanding, strengthen community responsibility, and promote a safer and more gender-sensitive environment at the local level.



## 17- Cyber Suraksha Jagrukta Abhiyan (Safe Click Abhiyan)

Kadam Jan Vikas Sanstha successfully conducted the **Cyber Suraksha Jagrukta Abhiyan**, popularly known as **Safe Click Abhiyan**, in collaboration with the Police Department in the districts of **Gwalior and Shivpuri**. The campaign aimed to create awareness about increasing cyber-crimes and to educate citizens on safe and responsible use of digital platforms.

Through this initiative, **1,585 participants** were sensitized about various forms of cyber threats such as online fraud, identity theft, cyberbullying, financial scams, OTP frauds, fake links, social media misuse, and data security risks. Participants were informed about preventive measures, secure digital practices, importance of strong passwords, two-factor authentication, privacy settings, and ways to identify suspicious online activities. They were also briefed about the legal provisions related to cybercrime and the procedure for filing complaints.

The Police Department team shared real-life examples and guided participants on how to stay alert while using mobile phones, social media, and online banking services. Kadam Jan Vikas Sanstha facilitated interactive discussions, awareness sessions, and demonstrations to ensure practical understanding.

This campaign significantly enhanced cyber safety awareness at the community level and motivated citizens to adopt safe digital practices, thereby contributing towards building a secure cyber environment.



## 18- State-Level Consultation – “Mahila Suraksha Samvad: Uniting for Women’s Safety and Empowerment”

Kadam Jan Vikas Sanstha, Gwalior participated in the State-Level Consultation titled “Mahila Suraksha Samvad: Uniting for Women’s Safety and Empowerment,” organized by Sky Social in collaboration with the Women and Child Development Department. The event was held on 26 November 2024 at Minto Hall, Bhopal, in observance of the International Day for the Elimination of Violence Against Women and as part of the 16 Days of Activism Against Gender-Based Violence campaign.

As an invited exhibition participant, Kadam Jan Vikas Sanstha showcased its initiatives on women’s safety, gender equality, mental health support, community interventions, and youth engagement. The exhibition stall highlighted key programmes, success stories, case studies, IEC materials, and field-level achievements of the organization. The platform provided an excellent opportunity to interact with government officials, ministers, civil society representatives, NGOs, youth groups, and other stakeholders from across Madhya Pradesh.



## Other Programme

### Labour Day

The organization celebrated **Labour Day** on **1 May 2024** with workers at Ram nagar, near **Vicky Factory, Gwalior** to honor their contribution and raise awareness about their rights. Labour Day, also known as International Workers' Day, is observed every year to recognize the efforts of workers and to advocate for the protection of their rights and dignity.

The programme began with an introduction to the organization, followed by a brief session on the history of Labour Day in India. Participants were informed that Labour Day was first celebrated in India on **1 May 1923 in Chennai (Madras)**, marking the formation of the **Labour Kisan Party of India** and the first use of the red flag as a symbol of the labour movement.

Workers were informed about their constitutional rights, including **Article 14 (Right to Equality)**, **Article 15 (Prohibition of Discrimination)**, **Article 19 (Right to Form Associations and Unions)**, and **Article 21 (Right to Life and Livelihood)**.

### Menstrual Hygiene Day

The organization organized a **Menstrual Hygiene Day** awareness programme on **28 May 2024** at **Jati Ki Line** with the objective of creating awareness among women and adolescent girls about menstrual health, physical challenges during menstruation, and the importance of hygiene.

The programme began with an introduction to the organization, followed by an introduction of the participants. Organization staff member **Ms. Swetangini Srivastava** explained the process of menstruation and the physical changes that occur during adolescence, such as breast development, widening of hips, growth of underarm hair, and the appearance of acne. She also provided information about the female reproductive system, including the uterus and ovaries, and explained the menstrual cycle, which generally ranges around 21 days.

Further, **Ms. Renu Singh** provided guidance on proper nutrition during menstruation, emphasizing the importance of avoiding oily and fried foods and consuming iron-rich foods, dairy products, and foods rich in vitamins and minerals. Participants were also educated on the correct use of sanitary napkins, including the importance of changing them every **six hours** to maintain hygiene and prevent infections. The programme helped participants develop a better understanding of menstruation, break existing myths, and adopt healthy practices for improved menstrual hygiene.



### ENVIRONMENTAL AWARENESS CAMPAIGN

The organization organized an **Environmental Awareness Campaign** at **Gospura** from **5 June to 11 June 2024** to promote awareness about environmental protection and encourage community members to plant trees in their surroundings. The programme was conducted with the participation of **Anganwadi workers, helpers, and community members**.

Special sessions were organized for **adolescent boys and girls**, during which they were informed about the importance of World Environment Day and encouraged to take an active role in spreading environmental awareness in society. Participants were educated about the benefits of a healthy environment and the negative impact of pollution on present and future generations.

The sessions highlighted how rapid development and the pursuit of comfort are causing harm to the environment, emphasizing the need for collective responsibility. Community members actively participated, gained a better understanding of environmental issues, and expressed their commitment to protecting nature. The programme concluded with the organization's staff expressing gratitude to all participants and residents for their cooperation and involvement.



## INTERNATIONAL YOGA DAY

The organization celebrated **International Yoga Day** on **21 June 2024** at **Mandre Ki Mata** with active participation from women of the community. The programme aimed to promote awareness about the importance of yoga for physical, mental, and emotional well-being.

During the session, organization staff explained the concept of yoga and its various benefits, highlighting how regular practice helps keep both the body and mind healthy and calm. Participants were also informed that yoga and meditation



complement each other, as meditation enhances the benefits of yoga practice. Women were guided through simple and safe yoga postures, in which all participants actively took part with enthusiasm. The session was conducted in a joyful and positive environment. The organization's counselor, **Ms. Renu**, emphasized the importance of practicing yoga for at least **30 minutes daily**, even in a busy routine, to maintain good physical health, mental balance, and overall well-being. The programme concluded with encouragement to adopt yoga as a regular practice for a healthier and happier life.

## Doctors' Day

The organization celebrated **Doctors' Day** on **1 July 2024** at the **Mental Health Institute** to honor and appreciate the dedicated service of doctors. The objective of the programme was to recognize the valuable contribution of doctors to society, especially in the field of mental health.

During the programme, all doctors serving at the Mental Health Institute were felicitated by the organization's staff. Doctors were acknowledged as lifesavers who not only treat serious illnesses with dedication and compassion but also provide emotional support to patients and their families. Their commitment often gives hope and life even in the most critical situations.

As a mark of respect, doctors were honored with **garlands and coconuts**. The Dean of the Mental Health Institute, **Mr. Sanjay Lahariya**, appreciated the initiative taken by Kadam Jan Vikas Sanstha and stated that such recognition and community support for doctors can significantly reduce illness in society and help overcome the stigma associated with mental health. The programme concluded on a note of gratitude and mutual appreciation.



## World Mental Health Day

The organization observed **World Mental Health Day** on **10 October 2024** at **Satyanarayan Ki Tekri** with the objective of spreading awareness about the importance of mental well-being. During the programme, **Ms. Swetangini** explained the significance of World Mental Health Day and shared the theme, *"It is Time to Prioritize Mental Health in the Workplace."* She highlighted the growing psychosocial stress in workplaces due to increasing demands on employees and emphasized the need for a supportive and healthy work environment.

The organization's head, **Mr. Anupam Sahu**, addressed the participants and emphasized that mental health is as important as physical health. He explained that poor mental health directly affects overall well-being and that mental health disorders significantly impact young people, making focused and sustained efforts essential..

The session also discussed key goals of mental health, such as maintaining a balanced self-image, respecting others' emotions, building trust, and fostering healthy relationships. Participants were encouraged to stay self-aware, engage in activities that bring happiness, manage stress effectively, and share their feelings with friends or trusted individuals to prevent long-term mental health issues.



## WORLD HANDWASHING DAY

The organization observed **World Handwashing Day** on **15 November 2024** at **Purani Chhawani** with the objective of raising awareness about the impact of handwashing on overall health. The programme was inaugurated by the organization's Secretary, who introduced the participants and welcomed the chief guest, the **Project Officer from the Department of Women and Child Development**.

The event was organized with the participation of **women, men, and school-going children** from the community. The theme for World Handwashing Day 2024, *"Why Clean Hands Are Still Important?"*, was discussed in detail. The organization's President, **Ms. Mamta Gupta**, highlighted the importance of hand hygiene in preventing outbreaks and pandemics, especially in areas with limited access to healthcare. She also shared that **Dr. Ignaz Semmelweis**, a Hungarian doctor working at Vienna General Hospital, is regarded as the pioneer of hand hygiene.

The session included discussions on the impact of cleanliness on physical and mental health and the importance of maintaining hygiene at home and in the community. Community women actively shared their experiences, which encouraged open interaction. A practical demonstration of proper handwashing techniques was conducted, and participants enthusiastically took part in the activity.

## WORLD AIDS DAY

**World AIDS Day** on **2 December 2024** at the **Anganwadi Centre in Khedapati Colony** as part of the **16 Days of Activism against Violence against Women**. The objective of the programme was to create awareness about **HIV/AIDS**, its causes, prevention methods, and the importance of early testing.

The programme was attended by the **Supervisor from the Department of Women and Child Development, Ms. Sharmila**, and **Medical Officer Dr. Priya Baghel** from the Mari Mata Dispensary, Health Department. Women from the community and Anganwadi workers also actively participated.

The session was facilitated by the organization's Programme Manager, **Ms. Swetangini Srivastava**, who provided detailed information on HIV/AIDS, including its causes and prevention. Participants were informed that HIV/AIDS spreads mainly through **unsafe sexual practices, use of contaminated needles and syringes, transfusion of infected blood, and from an HIV-positive mother to her**



**child** during pregnancy or childbirth. Preventive measures such as practicing safe sex, using condoms, avoiding shared needles, and ensuring screened blood transfusions were emphasized.

## International Women's Day

The organization celebrated **International Women's Day on 8 March 2025** at the **Panchayat Bhawan of village Amarpur Devra** and the **Community Hall, Hanuman Ghati, Gwalior**, with the objective of creating awareness among women and adolescent girls about their rights, responsibilities, and entitlements. The programme witnessed the active participation of **182 women**, reflecting strong community engagement and interest in gender-related issues.

The programme was conducted by the organization's staff member was attended by **Community Health Officer Ms. Anjana Rajput, Anganwadi Worker Ms. Kiran Jha, and Anganwadi Assistant Ms. Prabha Jha**. The event began with traditional lamp lighting and floral offerings to **Goddess Saraswati**, followed by the introduction and welcome of all guests. The organization's Secretary, **Mr. Anupam Sahu**, felicitated the guests by presenting garlands.

Addressing the participants, Mr. Sahu emphasized the importance of **gender equality** and highlighted how **patriarchal mindsets** restrict women's aspirations while also placing unfair social expectations on men. He stressed the critical role of **education, awareness, legal frameworks, and human rights** in promoting equality and ensuring equal opportunities for all members of society.

Women participants actively engaged in the programme by performing **folk songs**, participating in **games**, and joining a **rally** to spread awareness about women's rights. During the rally, participants raised slogans advocating for equality and dignity for women. **CHO Ms. Anjana Rajput** informed the participants about **free healthcare services available for women at government hospitals**, enhancing awareness of accessible public health facilities.

Prizes were distributed to winners of the games, and **sanitary pads were distributed** to promote **menstrual health and hygiene awareness** among women and adolescent girls. Participants were also informed about the organization's **mental health and domestic violence support helpline (0751-3510051)** and encouraged to seek support whenever needed.

The programme concluded with a vote of thanks, expressing gratitude to all guests and participants for their enthusiastic participation and valuable support in making the celebration meaningful and impactful.



## Quantitative Achievement's

S.No.	Activity	Total Activity	Participants / Beneficiaries	Boys	Girls	Male	Female	Other Stake holder
	<i>(list all activities in this column)</i>							
1.	Mental Health Awareness programme in School	50	4286	2545	1740	34	21	54
2.	Mental Health Awareness and counseling/testing camp	80	6379	00	00	2887	3492	12
3.	Training of Community leader on mental health	40	886	00	00	00	886	20
4.	Man Samvad Group (School+Community)	238	3070	220	338	00	2512	70
5.	Awareness Fortnight Mental Health awareness Fortnight Suicide Prevention week Women Violence Awareness Fortnight:	3	2423	266	630	189	1338	12
6.	Ujaas ( a program for menstrual health awareness and hygiene maintain )	161	5564	00	2036	00	3528	40
7.	"M Power" Mental Health Awareness Program	221	10055	3586	3148	1279	2042	242
8.	Helpline for Providing Free Counseling on Suicidal and Mental Health issues	1	293	00	00	192	101	00
9.	Preschool Nutrition and Education initiative and RAHAT	1	100	43	57	00	00	00
10.	Peer Group of Young men and boys	286	5580	2345	00	3235	00	2
11.	Peer Group of Adolescent Girls	286	5562	00	5562	00	00	3
12.	Peer Group Sessions in schools	21	1048	456	592	00	00	5
13.	Legal Clinic and Case Follow Up -	32	425	00	00	00	425	2
14.	Federation of SHGs Training to Entrepreneurs of SHG Members	26	485	00	00	238	247	5
15.	Labor Day:	1	32	21	11	00	00	2
16.	Save Water campaign	1	34	12	22	00	00	5
17.	Environment day	4	88	0	88	00	00	2
18.	Yoga day	1	23	0	23	00	00	4
19.	Republic day	1	40	2	38	00	00	00
20.	Hand Washing Day	1	34	2	32	00	00	5
21.	Doctor's Day	1	18	10	8	00	00	1
22.	International women's day	2	182	6	176	00	00	6
23.	One Billion Rising Campaign – “Rise for the Uprooting of Patriarchy”	15	923	00	00	00	923	00
24.	Nagar/Gram Raksha Samiti Training –	2	350	00	00	305	45	00
25.	Cyber Suraksha Jagrukta Abhiyan (Safe Click Abhiyan)	20	1585	00	00	658	927	00
26.	<b>Total</b>	<b>1495</b>	<b>49465</b>	<b>9514</b>	<b>14501</b>	<b>9017</b>	<b>16487</b>	<b>493</b>

## ➤ In Media and Newspapers

### मासिक धर्म के प्रति महिलाओं और किशोरियों को किया जागरूक, कहा- भ्रातियों से रहें दूर

भास्कर संवाददाता | पिछोर

कदम जन विकास संस्था एवं आदित्य विरला एजुकेशन ट्रस्ट के सहयोग से महिलाओं और किशोरियों के बीच मासिक धर्म के विषय में जानकारी और समझ को बढ़ावा देने के लिए समुदाय में जागरूकता कार्यक्रमों का आयोजन किया गया।



जागरूकता कार्यक्रम में शामिल महिलाएं व किशोरियां।

जागरूकता कार्यक्रमों को सुचारू रूप से चलाए जाने के लिए खनियाधाना ब्लॉक के सामुदायिक स्वास्थ्य कार्यकर्ताओं आशा कार्यकर्ता, आंगनवाड़ी कार्यकर्ता को प्रशिक्षण प्रदान किया गया। प्रशिक्षण में उन्हें मासिक धर्म स्वास्थ्य के प्रति महिलाओं में

व्याप्त भ्रातियों को दूर करने के लिए जानकारी दी गई। प्रशिक्षण में संस्था सचिव अनुपम साहू द्वारा कार्यकर्ताओं को उजास कार्यक्रम के उद्देश्य के बारे में विस्तार पूर्वक चर्चा कर जानकारी दी गई।

कार्यक्रम में संस्था के कार्यकर्ता श्वेतागिणी, भानु प्रताप, कल्पना शर्मा आदि को महत्वपूर्ण भूमिका रही। कार्यक्रम के अंत में भानु प्रताप, ब्लॉक जेडर कोऑर्डिनेटर के आभार व्यक्त किया।

### शिवपुरी पुलिस द्वारा महिलाओं व बालिकाओं पर होने वाली यौन हिंसा की रोकथाम हेतु नगर रक्षा समिति के सदस्यों को प्रशिक्षित करने के लिये पुलिस परेड ग्राउंड में एक दिवसीय प्रशिक्षण का आयोजन किया गया

शिवपुरी से युसूफ खान की रिपोर्ट।

पुलिस अधीक्षक शिवपुरी श्री अमन सिंह राठी के निदेशन में नगर एवं शहरों में महिला तथा बालिका हिंसा के क्षेत्र में बढ़ते हुए अपराधों की रोकथाम में सामुदायिक पुलिसिंग का सहयोग लिये जाने के लिये नगर रक्षा समितियों के गठन व प्रशिक्षण के लिये शिवपुरी पुलिस द्वारा एक दिवसीय प्रशिक्षण का आयोजन किया गया है। आज दिनांक 22.10.2024 को पुलिस परेड ग्राउंड शिवपुरी में एक दिन के प्रशिक्षक कार्यक्रम का आयोजन किया गया, जिसमें अति. पुलिस अधीक्षक शिवपुरी श्री संजीव मुल्ले जी के द्वारा प्रशिक्षण का उद्घाटन करते हुये कार्यक्रम के विषयवस्तु पर प्रकाश डालते हुये कार्यक्रम के उद्देश्यों को समझाया। इसके बाद कदम जन विकास संस्था से अनुपम साहू मैडम एवं उनकी टीम द्वारा कार्यक्रम में आये सदस्यों को शहर की नगर एवं ग्राम रक्षा समिति के सदस्यों के कौशल विकास किया जाने के लिये जेन्डर बेस वायलेंस, महिला



सुरक्षा, बाल सुरक्षा एवं यौन हिंसा के खिलाफ जन जाग्रत विकसित करने हेतु तथा मोहल्ला व वार्ड स्तर पर गुड टच-बैड टच तथा यौन हिंसा के विरोध में लोगों को सचेत एवं प्रेरित करने का कार्य किया जाने के लिये प्रशिक्षित किया है। शिवपुरी पुलिस द्वारा जिला स्तर पर प्रशिक्षण कार्यक्रम आयोजित किया गया है जिसमें रक्षित निरीक्षक शिवपुरी श्री अनिल कवरैति एवं निरीक्षक श्री दीपक शर्मा द्वारा नगर रक्षा समिति के सदस्यों को नगर रक्षा समिति एवं ग्राम रक्षा समिति के अधिनियमों एवं कानूनों के बारे में जानकारी देते हुये उनके कर्तव्यों के बारे में व सामाजिक सुरक्षा हेतु जिम्मेदार मदनगिणी यौन हिंसा को रोकथाम विषय पर प्रशिक्षित किया गया है। प्रशिक्षण कार्यक्रम को आगे बढ़ाते हुये महिला थाना प्रभारी निरी. सोनम रघुवंशी के द्वारा सभी सदस्यों को महिलाओं से संबंधी अधिनियमों एवं नये कानूनों के बारे में जानकारी देते हुये प्रशिक्षित किया गया है।

### आत्महत्या रोकने मनोवैज्ञानिक परामर्श के लिए हेल्पलाइन नंबर किया जारी

श्रीराम एक्सप्रेस, ग्वालियर

शहर में बढ़ रही आत्महत्या की घटनाओं के प्रमुख कारण जैसे चिंता, तनाव और अवसाद आदि के प्रति लोगों को जागरूक करने के लिए मानसिक स्वास्थ्य जागरूकता पखवाड़े की शुरुआत की गई जिसके अंतर्गत गत दिवस विजयाराजे शासकीय कन्या पीजी कॉलेज के पास मुरार के पास मानसिक स्वास्थ्य जागरूकता शिविर का आयोजन किया गया।



विचार कार्यक्रम में अनुपम साहू ने कहा कि तनाव चिंता एवं मानसिक स्वास्थ्य को लेकर लोगों के मन कई प्रकार की भ्रांतिया होती है जिसके कारण लोग मानसिक स्वास्थ्य के बारे में बात करने से

हिचकिचाते हैं। जब हम मानसिक स्वास्थ्य के बारे में जागरूक हो जाते हैं तब हम इससे संबंधित मुद्दों पर बात कर समस्याओं का समाधान आसानी से खोज सकते हैं। संस्था द्वारा तनाव और मानसिक रूप से पीड़ित व्यक्तियों के लिए निशुल्क मनोवैज्ञानिक परामर्श हेतु हेल्प लाइन चलाई जा रही है जिससे लोगों को

अपनी परेशानियों के समाधान हेतु उचित मदद मिल सके। मनोवैज्ञानिक परामर्श हेतु हेल्प लाइन नं. 0751-3510051 है। इस कार्यक्रम को सफल बनाने में संस्था के कार्यकर्ता श्वेतागिणी श्रीवास्तव, शकुंतला कुशवाह, सुरज जाटव, लोकेश सानी, रेनु सिंह, पूजा सिंह, एवं रजनी मीणा आदि ने सहयोग किया।

## Facebook Link

- <https://www.facebook.com/share/v/18BAfrWrUa/>
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## • 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:	<a href="mailto:kadamgwalior@yahoo.co.in">kadamgwalior@yahoo.co.in</a>
Website:	<a href="http://www.Kadamjanvikassanstha.org">www.Kadamjanvikassanstha.org</a>

#### - 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

- **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.
- **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





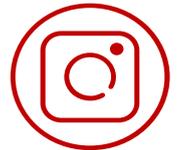
# KADAM

jan vikas sanstha

For more information

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**Website** : kadamjanvikassanstha.org



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