



# **Kadam Jan Vikas Sanstha**

Annual Report

2021- 2022

**Period: - 1<sup>st</sup> April 2021 to 31st March 2022**

## Contact

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<b>Index</b>		
S.No	Subject	Page no.
1.	Introduction of organization	3
2.	Project Area Details	4
3.	<b>Project -- “EK KADAM”</b> Community Institution :--	5
4.	Trainings of CBOs	5
5.	Meetings of CBOs	6
6.	Survey on Malnutrition:-	9
7.	Camps -- Awareness camp on Vocational Education –	7
8.	Awareness Camp on Eco Farming	7
9.	Awareness Camp on Govt. scheme	8
10.	Awareness camp on skill development	9
11.	Awareness camp on Family Planning: --	10
12.	Capacity Building- Skill and Livelihoods:- Adolescent Training - Undertaken or accessed:--	11
13.	Life Skills and other Trainings:-	12
14.	Legal clinic Meeting :--	14
15.	Work on Mental Health :-- Support from NGO working in Mental Health:-	14
16.	Sessions with Educational Institutions And Team Training on Sessions with educational Instituions:--	15
17.	Community Sessions	16
18.	Suicide Prevention Week:-	17
19.	Mental Health Awareness fortnight	18
20.	Additional Seminars/Meetings/Events on Mental Health	19
21.	International Women day Celebration –	20
22.	<b>Project :- Vidyalay Vidyarthiyon ka Vigyan Evam Swasthya Saksharta Hetu Vaigyanik Dristikon Vikas</b>	20
23.	Lecture Session on Covid -19, Health and Science Literacy	20
24.	Story Writing and Reading Skill Competition	21
25.	<b>Other Activities of Organization</b>	23
26.	Key Achievement of Organization	28

## INTRODUCTION

**- Introduction of 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 registration number 8575, obtained in the same year of its inception. The organization is dedicated to the advancement of highly marginalized and impoverished communities within the Gwalior division since its establishment in 2004.

### - A. Organization

**- Evolution/Establishment:** -- The organization was founded by individuals dedicated to rural development. Since 2010, it has been actively involved in the Khaniyadhanna development block of Shivpuri district. Registered in 2004 under the Madhya Pradesh Society Registry Act of 1973, the organization remains steadfast in its commitment to uplift rural communities.

**- Overall Goal &** The organization's objective is to enhance the livelihoods of the tribal community in the region. This entails raising awareness about their rights, fostering local community organizations, managing resources sustainably, and amplifying the involvement of women and children.

### - Major Concern

- To empower communities by establishing public organizations and enhancing their capabilities.
- Empowerment and mobilization of women, fostering local leadership.
- Enhancing women's access to resources through capacity building.
- Ensuring community and women's participation in Panchayat affairs.
- Ensuring community participation in all village-level schemes.
- Raising awareness in the community about child labor and child rights.
- Advocating for addressing community issues.
- Organizing training sessions, camps, and campaigns.
- Increasing community capacity by educating them on health, education, and sustainable agriculture.
- Conducting research on issues like stress and suicide, enhancing public understanding, and promoting awareness.

**- Reference Community- working with whom &** The organization primarily focuses on empowering the tribal and Dalit marginalized communities across 30 villages within its operational area. Through initiatives aimed at raising awareness about health, education, and the organization of women and children, the organization seeks to empower them with knowledge of their rights and government schemes, enabling them to advocate for themselves. This approach facilitates their access to local resources, fostering their social, economic, and political development, and ensuring their active participation in village development. Moreover, it aims to elevate the status of tribal women within society.

Additionally, the organization undertakes the task of gathering information concerning cases of stress and suicide in the Gwalior district of Madhya Pradesh. This data is then analyzed for research purposes, and the findings are used to educate the local community about these issues, promoting awareness and understanding.

## B. GENERAL INFORMATION

1.1 Name of organisation:	Kadam Jan Vikas Sanstha, Gwalior
1.2 Physical Address:	Reti Fatak, Lohamandi, Gwalior(M.P.) 474003
1.3 Postal Address:	Reti Fatak, Lohamandi, Gwalior(M.P.) 474003
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1.8 Website:	<a href="http://www.Kadamjanvikas.org">www.Kadamjanvikas.org</a>
1.9 Reporting Period :	1st April 2021 to 31 st March 2022

### • Project area details

#### - Operational Area –

- **Operational Area** - The organization operates in 30 villages within the Khaniyadhana development block of Shivpuri district. Among these villages, there are 2385 target families, with a total population of 15799 individuals (8009 males and 7790 females). Out of these families, 2013 possess Jove cards, while 1865 families are categorized as below the poverty line (BPL) and hold ration cards associated with MNREGA.

Most of these families originate from Abdhaj, where government schemes face challenges due to the villages' remote location from the block and district centers. Lack of transportation further compounds these issues. The organization is deeply committed to enhancing the capacity of tribal and Dalit women and children within this context. Notably, the Khaniyadhana development block is situated 120 km away from Shivpuri district.

**1- Geographical Location of shivpuri district** - Shivpuri district is situated in the northeastern part of Madhya Pradesh, bordered by Gwalior district to the north, Jhansi district of Uttar Pradesh to the east, Kota district of Rajasthan to the west, and Guna district of Madhya Pradesh to the south. The district is encompassed by the Khaniyadhana development block at a distance of 115 km.

Characterized by pebble and rocky terrain, Shivpuri predominantly features small hills covered with forests. However, due to persistent drought conditions and illegal deforestation, the forest cover is rapidly diminishing. Inadequate water management exacerbates agricultural challenges, resulting in low crop yields.

As a tribal-dominated district, Shivpuri faces significant issues related to access to drinking water and irrigation. Illiteracy among the tribal community further compounds these challenges.

**2- Geographical Location of Gwalior district** - Gwalior, a prominent city in the state of Madhya Pradesh, India, is situated in the northern region of the state. Historically, Gwalior and its renowned fort have served as significant centers in ancient North Indian cities. It has been the capital of various dynasties including the Gurjar Pratihar, Tomar, and Baghel Kachhwahas, whose architectural legacies endure in the form of monuments, forts, and palaces. These remnants of the past contribute to the city's significance as a tourism destination.

Today, Gwalior stands as a modern city and a notable industrial hub. Additionally, it holds religious significance as the abode of Galav Rishi. Gwalior has been earmarked as one of the hundred cities in India slated for development as a smart city under Prime Minister Narendra Modi's flagship Smart Cities Mission.

## --: Activities:--

**Project: -- Ek Kadam**

**Community Institution :- Trainings of CBOs**

**Training on income Promotion with Self-help group:-**



**Name of Activity: -** 1. Training with Self Help Group on Income Augmentation  
2. Training with Grain Bank Group on Income Augmentation  
From June 2021 to December 2021

Description of Activity: - Training on Aay Sarvadhan was provided to self-help groups by Kadam Jan Vikas Sansthan in collaboration with Paul Hamlin Foundation.

218 members of 20 self-help groups participated in these trainings. And 243 members of 20 grain bank groups fled. In the training, new sources of income were discussed for the members of the groups to increase their income. Also, the government schemes on Aay Sarvadhan were discussed and explained in detail by the organization's workers.

In the training, women were also told about small and cottage industries that the women of the group can together start the work of packing goods and spices with less expense, which will increase their income. Also, the workers said that the government is also giving a loan of Rs 10,000 without interest to those who are self-employed, so that they can do anything on their own. And you can also increase your income by doing animal husbandry and poultry farming at the local level. The workers also explained that if they provide the grains and seeds deposited in the grain bank to the needy people along with loans, they can also avail benefits and increase the income of the group.

❖ **Activity name :-** Training on Self Care with Kishori samooh (nutrition, Physical and Mental health)



Description of Activity:- Training on self-care was provided to adolescent groups by Kadam Jan Vikas Sansthan in collaboration with Paul Hamlin Foundation. 237 members of 20 adolescent groups and 4 workers participated in these trainings. In the training, self-care was explained in detail to the members of adolescent groups by the workers of the organization. Also, the workers were explained through the chart prepared by the organization for taking care of themselves. In these trainings, important issues like physical health, personal hygiene, mental health, awareness of diseases, balanced diet and physical development were explained in detail with interesting examples.

- **Meetings of CBOs**

**1- Meeting on Health and Nutrition with Self-help group and Kishori Samooh during Pandemic:-**

**2- Meeting on Gender Equality with Gam Vikas Samiti and Yuva Samooh:-**

**Name of Activity:** - 1. Meeting with Self Help Groups and Adolescent Groups on Health and Nutrition  
2. Meeting with Village Development Committee and Adolescent Group on gender equality.

Details of the activity:- A meeting on health and nutrition was organized with self-help groups and adolescent groups by Kadam Jan Vikas Sansthan in collaboration with Paul Hamlin Foundation.

382 members of 20 self-help groups and adolescent groups participated in these meetings. In the meetings, members of self-help groups and adolescent groups were told about good eating habits and nutritious food items that are easily available at home. Daily activities related to health like waking up on time, sleeping on time, eating on time, consuming seasonal foods and taking special care of physical cleanliness etc. were discussed and explained in detail by the workers.

Meetings were organized with village development committees and adolescent groups on gender equality. 463 members of 20 village development committees and 20 adolescent groups participated in these meetings. In these meetings, issues like gender-based discrimination against men, gender-based violence, gender-based discrimination and individual rights of individuals for gender equality were discussed and explained in detail by the workers of the organization.

**Survey on Malnutrition:-**



**Name of Activity:- Survey on Malnutrition.**

Description of the activity:- A survey was conducted keeping in mind the health of children in 20 villages of the area by Kadam Jan Vikas Sanstha in collaboration with Paul Hamlin Foundation, in which forms of 900 children were filled. And even at present the survey work is going on. A target was set to survey a total of 1000 children in 20 villages.

## Camps:--

### 1. Awareness camp on Vocational Education –



#### Name of Activity:- Awareness Camp on Vocational Education

Description of Activity:- Vocational education camp was organized by Kadam Jan Vikas Sanstha in villages Rupanwara and Hirapur of the work area.

In these camps, 312 people from 12 villages Janakpur, Amarapur, Ektapura, Durgapur, Shalawadi, Garitha, Bajrang Garh, Kalipahari, Bhagwantpura, Kishanpura, Davijagan and Bhitargunwa participated in these camps, in which number of women/teenagers - 96 and number of men/teenagers - The number was 216. In the camp, boys/girls were provided information about the current education system. To provide detailed information regarding vocational education to the people in these camps, subject expert Professor Arvind Kumar Lodhi, who is from Lakshya ITI, was present. Pichor is posted in Shivpuri and through him, the boys/girls who come to the camps are given ITI. Information was provided about the course. He said that in the present times vocational education is very much in trend. The main reason for which is that it is a system of education in which more emphasis is given on practical knowledge than bookish knowledge of the students. So that he becomes a person in the future who does his work efficiently. After doing these courses, students have many options like they can work in any small or big company. And nowadays, even in government departments, students who have done ITI are being given priority. Apart from this, students can also do self-employment related to their knowledge. On behalf of the government, Many types of schemes are also being run for T. students which are free and by taking advantage of which we can easily get professional courses. For those students who leave studies after 12th, this course is no less than a boon.

### 2. Awareness Camp on Eco Farming –



Name of Activity:- Awareness Camp on Organic Farming Description of Activity:- Awareness camp on organic farming was organized by Kadam Jan Vikas Sanstha in villages Rupanwara, Bhitargunwa and Janakpur of the work area. In these camps, 210 people from 8 villages Gajora, Manguli, Garitha,

Daviyazagan, Daviyakala, Kishanpura, Shalawadi and Hirapur participated in these camps, in which the number of women/teenagers was 86 and the number of men/teenagers was 124. In these camps, keeping in mind all the objectives of organic farming, reference person subject expert Mr. Dhaniram Lodhi Agricultural Extension Officer, Khaniyadhana Block discussed all the important topics and made people aware of the benefits of organic farming. Along with this, he also discussed the benefits of organic farming for the ecosystem.

He told the people that at present, chemical fertilizers are being used in agriculture in an unbalanced manner due to which it is having a very bad effect on the soil of the fields, the environment and the health of the people. Nowadays new diseases are arising due to excessive consumption of food items.

Due to which people are facing many problems physically, mentally and financially. If we want to prevent all these problems from taking a serious form in the future, then in time we should adopt such farming techniques which will cause minimal harm to nature and at the same time humans and other animals can also get proper benefits. Therefore all farmers should adopt organic farming.

At the end of the camp program, the project coordinator expressed his gratitude to all the guests and present participants for attending the program and making the program successful and with this the camp was successfully concluded.

### 3. Awareness Camp on Govt. scheme –



#### **Name of Activity:- Awareness Camp on Government Schemes**

Details of Activity:- Financial support from Kadam Jan Vikas Sanstha and Paul Hamlin Foundation. To provide information about government schemes to the people, an awareness camp on government schemes was organized at the community hall in Gajora village of the work area. 417 people from 16 villages (Bhitargunwa, Bhagwantpura, Kalipahari, Bajranggarh, Rupanwara, Veerapur, Nagarela, Salaura, Janakpur, Amarapur, Ektapura, Durgapur, Garitha, Manguli, Hirapur and Shalawadi) participated in the camp. In which the number of female members was 136 and the number of male members was 281. In these camps, keeping in mind all the objectives of government schemes, detailed information was provided to the people by reference person/subject expert Shri Harnam Singh Jatav Secretary Kalipahari, Gaurav Sharma Assistant Secretary Gajora, Shri Priyanka Gupta Hantane Khaniyadhana, Devendra Lodhi Assistant Secretary Khaniyadhana. Went. He told that many types of schemes are being run by the government for tribal women, men and children, by taking advantage of which the beneficiary is successful in connecting himself to the stream of development. Besides, he also supported government schemes like Ladli Laxmi Yojana, Sambal Yojana, Karmakar Yojana, National Family Benefit Scheme, Old Age Pension, Widow Pension Scheme, Disabled Pension Scheme, National Food Security Scheme, Study Abroad Loan Scheme, Maternity Scheme for pregnant women. Detailed information was provided on the scheme, Adolescent Health Scheme, Girls Education Scheme, Skill Development Scheme, Farming Improvement Scheme, Pond Scheme, Well Scheme, Ujjwala Scheme, MNREGA Scheme, Merhbandhi Scheme, Klyani Scheme etc.

And the doubts and misconceptions of the people about the schemes were also removed and the program was successfully concluded by the program coordinator Mr. Bhanu Pratap by expressing his gratitude to all the people and guests present in the program.

#### 4. Awareness camp on skill development –



#### **Name of Activity:- Awareness Camp on Skill Development**

Details of the activity:- Vocational education camp was organized by Kadam Jan Vikas Sanstha in village Rupanwara and Hirapur of the work area. In this camp, 100 people from work area 4 Kishanpura, Daviyajan, Daviyakala, and Shalawadi participated in which the number of women/teenagers was 25 and the number of men/teenagers was 75.

In the camp, boys/girls were provided information about the current education system and also they can take the help of government schemes to identify and hone their skills. Various types of government schemes are running in the field of skill development. Like- Madhya Pradesh Chief Minister Kaushalya Vikas Yojana and Prime Minister Kaushalya Vikas Yojana are the main ones. Under these, youth are given opportunities in Home Furnishing, Automotive, Beauty and Wellness, Capital Goods, Construction, Domestic Workers, Electronics and Hardware, Food Processing, Health Care, IT and ITES, Retail (Service Sector), Security, Telecom, Tourism and Hospitality and Banking. Financial Services and Insurance. For Tourism and Hospitality, talks have been held with IHM or IITM. ICSI for Banking Trade Will take help from. In these camps, subject expert Shri Deepak ji, who is from Lakshya ITI, was present to provide detailed information to the people regarding skill development. Pichor is posted as a teacher in Shivpuri. He provided information about the courses under the Pradhan Mantri Kaushal Vikas Yojana to the boys and girls who came to the camps. After doing these courses, students have many options like they can work in any small or big company. And nowadays even in government departments, already skilled people are being given priority. Apart from this, students can also do self-employment related to their knowledge. On behalf of the government, S.C., S. Many types of schemes are also being run for T. students which are free and by taking advantage of which we can easily get skill development courses. For those students who leave studies after 8th, 10th and 12th, this course is no less than a boon.

## Camps:--

### 1. Awareness camp on Family Planning: --



#### Name of Activity:- Awareness Camp on Family Planning.

Description of the activity:- Family planning camp was organized by Kadam Jan Vikas Sanstha in village Garitha, Rupanwara, Gajora of the work area. Under which the people of the community were made aware on family planning - Ramdevi ji came as the chief guest in the program. N.M. Tribal women and men of the community and people from other communities were informed about family planning. Such as: Copper-T (IUCD) contraceptive pill, male condom, Chhaya contraceptive pill, male NSV sterilization, female sterilization, intrauterine injection were given to all those present in the meeting. Told the members that all these methods are methods adopted voluntarily. Explaining in detail about the means of family planning to the people of the community and motivating them to adopt appropriate means - Gave them information about how to use the means of family planning and told them that female sterilization can be done in the hospital at any time. If you are not pregnant, you can also undergo sterilization immediately after delivery or abortion.

**Capacity Building- Skill and Livelihoods:-  
Adolescent Training - Undertaken or accessed:**



**Name of Activity: - Sewing Training**

Description of Activity:- With the financial support of Kadam Jan Vikas Sanstha and Paul Hamlin Foundation, the work area villages Veerpur, Amarpur, Durgapur, Manguli, Davijagan, Kalipahari, Daviyaklan, Bhagwantpura, Shalawadi, Bhitargunwa, Salaura, Bajrang Garh, Kishanpura and Garitha. Tailoring trainings were organized to develop th 48 sewing trainings were organized in these 20 villages of the work area. 200 women/teenagers participated in these trainings.

Each training was kept for 5 days in which as per the convenience, for the first three days, the trainer provided training to the trainees as per the daily agenda in which complete information about the topics of the agenda was included and then in the remaining 2 days, the trainees were given practical exercises. Went. e skills of the people as per their proficienc

The day-wise agenda in the sewing training was kept as follows

## Life Skills and other Trainings:-



- Details of activity:-
1. Training on income enhancement was organized with self-help group leaders at Gajora on 05.06.2021 by Kadam Jan Vikas Sanstha in collaboration with Paul Hamlin Foundation, in which 20 self-help groups from 20 villages participated. 41 people participated in this training. Self-help group leaders were discussed and provided detailed information on new options for income enhancement.
  2. On date 12.06.2021, a training on gender equality was organized with Village Development Committee leaders at Gajora in which 42 members from Village Development Committee participated. On gender equality with the leaders, the workers of the organization and the guest expert, Women Child Development Supervisor Ms. Varsh Koli and Julie Tomar, Sub Inspector of Police Station Pichor, discussed gender equality in detail and provided training to the leaders of Village Development Committee.
  3. On 18.06.2021, a training on gender equality and adolescent health was organized with adolescent group leaders at Gajora in which 41 leaders from adolescent group participated. And on gender equality and health, the organization's workers and guest experts Dr. Jitendra Singh Dohre and A.N.M. Vinita Sirsaiya gave detailed discussion on gender equality and health and provided training to adolescent group leaders.
  4. On date 10.07.2021, a training on gender equality and adolescent health was organized with adolescent group leaders at Gajora, in which 40 leaders from adolescent groups participated along with the organization's workers and guest expert women on gender equality and health. Child development supervisor Surekha Sharma provided training to adolescent group leaders by discussing gender equality and health in detail.
  5. On date 17.07.2021, training on maintenance and storage of crops was organized with Grain Bank Group leaders at Gajora, in which 41 leaders from Grain Bank Group were trained on maintenance and storage of crops by the organization's workers and guest expert Vijayram Lodhi ( Training was provided by BSTATS by discussing in detail the maintenance and storage of crops.

## - Life Skills and other Trainings:-



### Activity Nam - (Training on income Promotion with new ideas (like pashupalan, sabji utpadan, packing work etc) and awareness about laghu udhog and kuteer udyog with SHG groups Leader )

#### ❖ & Details of activity

1. By Kadam Jan Vikas Sanstha in collaboration with Paul Hamlin Foundation on 30.12.2021 at Gayatri Mandir, Bijasen Road Pichor. Training on new topics of income enhancement was organized with Self Help Group leaders in which 41 people from 20 Self Help Groups of 20 villages participated. In this training, detailed information was provided to the self-help group leaders by discussing new topics of income enhancement like animal husbandry, vegetable production, packaging work etc. Besides, they were also provided information on small scale industries and cottage industries.

2. On date 29.01.2022, place Bijasen Road Pichor. Training on safe delivery and family planning was organized with the leaders of Village Development Committee in which 40 people from 20 Village Development Committees of 20 villages and 2 organization workers and 1 trainer participated. In this training, village development committee leaders were discussed and provided detailed information on safe delivery and family planning etc.

3. On date 12.02.2022, place Gayatri Mandir Pichor. Training on domestic violence was organized with the leaders of adolescent girls group in which 43 people from 20 adolescent girls groups from 20 villages and 3 organization workers and 1 trainer (resource person) participated. Chief guest lady constable Smt. Uttam Raja present in the program told the teenagers about domestic violence that any kind of undesirable behavior happening with women and girls in homes comes under the category of domestic violence.

## Legal clinic:--

### Legal clinic Meeting:--



Date:- From April 2021 to March 2022, 22 legal clinic meetings were organized by Kadam Jan Vikas Sanstha in collaboration with Paul Hamlin Foundation in Khaniyadhana Block District Shivpuri (M.P.) at the organization's office Pichhore. In which 225 women participated

Details of Activity:- Workers of Kadam Jan Vikas Sanstha at Regional Office Pichhore for last 1 year 22 Legal Clinic meetings were organised. Through these meetings, women coming from the workplace were provided with desirable information about violence against women. Women were told what violence against women is and were provided with detailed information on topics like domestic violence. Through meetings, women were given information ranging from applications to FIRs. The entire process was explained through these meetings and women can also apply directly to the court. The entire process was also explained through these meetings. The questions asked by the women were answered satisfactorily by the lawyers present in the meetings.

Kadam Jan Vikas Sanstha, in collaboration with Paul Hamlin Foundation, organized visits and meetings in 20 villages of project area Khaniyadhana Block District Shivpuri (MP) from April 2021 to March 2022 to identify cases of violence against women. Through these visits, 25 cases of domestic violence and violence against women were identified in the villages of the area. Out of which legal proceedings are going on in 19 cases. And problem analysis of remaining cases is still going on.

## Work on Mental Health:--

### Support from NGO working in Mental Health:-



### **Name of Activity:- Orientation Session on Mental Health with Voluntary Organizations**

Details of the activity:- On 17.09.2021, an orientation session on mental health was organized by Kadam Jan Vikas Sanstha with the voluntary organizations to connect them with the Ek Kadam campaign. In which 45 people participated, first of all introduction of all the people was taken and organization secretary Mrs. Anupam Sahu ji introduced the organization and the work of the organization was briefly discussed. After that, the work done so far in the field of mental health by the organization was presented in detail through a power point presentation by the organization workers. After that, the topic of mental health was discussed in the program by Mr. Dharma Padalkar, an expert on mental health, in which he told that we can strengthen our mental health by keeping small things in mind, for which he talked about Artbase Therapy. I told the people and also showed them the activities through some physical exercises.

At the end of the program, feedback was taken from all the participants and the organization secretary expressed gratitude to all the participants and guest experts and concluded the program. Representatives of other voluntary organizations developed an understanding on issues such as stress and suicide. The members present at the event agreed to collaborate with the organization in further programs to spread public awareness on topics like stress and suicide.

### **Sessions with Educational Institutions and Team Training on Sessions with educational Institutions:-**



Name of Activity: - Formation of Depression Admission Committee and their training.

Description of Activity:- By Kadam Jan Vikas Sanstha and with the help of Paul Hamlin Foundation, Depression Intervention Committee was formed in 48 schools selected in Gwalior city and the work of these committees is to reduce the stress arising at the school level. detection of cases related And to solve their problems, along with this, the members of these committees were given training on how to identify a person suffering from stress and depression. A cluster of 8 schools each was formed and training was provided to the members. A total of 3 trainings were provided. For example, a person who talks a lot suddenly starts remaining silent, a person who reacts to everything becomes apathetic, cries excessively, laughs, talks to himself, appears scared, loses appetite and suffers from sleep problems. These are some common symptoms through which we can detect a person suffering from stress and depression. There can be many reasons for

stress but we have to pay more attention to their solutions than the causes. Only then can we get rid of the problems. He also said that if any case comes up then we can solve it by taking the help of the organization. Depression intervention committee formed in 48 schools Through training, students and teachers of the school developed understanding on topics like stress, depression and suicide. Through the Depression Intervention Committee, 390 students and 92 teachers were directly associated with the Ek Kadam campaign.

### Community Sessions:-



### Name of Activity: - Community Meeting (with Stress Relief Committees)

Description of Activity:- 16 community sessions were organized by Kadam Jan Vikas Sanstha in collaboration with Paul Hamlin Foundation in selected settlements in Gwalior. There was participation of 562 people in these community sessions in which 527 women and 35 men participated. Activities were conducted as per the agenda decided in the community

Sessions. Whose brief description is as follows? In the first session, all the participants who attended the session were registered one by one by the organization's worker.

After this, the participants were introduced by the workers and the organization was also introduced, after which a power point was prepared by the organization workers about the major works done by the organization like survey, awareness meetings, street meetings, poster display, street plays etc. Told through presentation. Mental health was discussed and explained in detail by the guest subject expert (resource person) Mrs. Divya Aggarwal who participated in the session. Lunch was served to all the participants in the afternoon. After the lunch break, to develop people's understanding on topics like stress and suicide, they were shown short films with examples related to these topics. Then after that the objectives and tasks of the Stress Prevention Committee were discussed again and then in the upcoming strategy it was decided that the main symptoms of stress and depression which have emerged in today's session, if you see these symptoms in yourself. Or if you see it in someone from your family or neighborhood, then with the help of Stress Relief Committee, tell those people about Kadam Jan Vikas Sanstha and about the helpline number of the organization (0751-3510051) in which the victim can call. Free counseling will be provided and the identity of the informant and the victim will be kept completely confidential.

## Suicide Prevention Week:-



### Name of Activity:- Suicide Prevention Week

Description of the activity: - To stop the increasing trend of issues like tension and suicide in the community, Suicide Prevention Week was organized under the Kadam campaign being run in the city by Kadam Jan Vikas Sanstha in collaboration with Paul Hamlin Foundation. In which some major activities were organized extensively to make people aware. Awareness meetings were organized at 21 selected Anganwadi centers in which 425 people participated and became aware on issues like stress, depression and suicide. In this sequence, to make people aware, street plays were performed at 6 selected public places in the city, in which people were made aware on issues like stress, depression and suicide through drama. To create awareness among school children, a painting competition was organized with 200 students in selected schools. At the end of the Satpah, Suicide Prevention Day was organized in which the work done during the Suicide Prevention Week was presented. The suicide prevention day program was attended by chief guest Additional Superintendent of Police Mr. Hitika Vasal, Dr. Rajeet from mental health hospital Gwalior, psychologist Dr. Sanjay Saxena etc.



### Activity :- Mental Health Awareness Fortnight

Date/Duration:- 25 September 2021 to 10 October 2021

Description of Activity:- Mental Health Awareness Fortnight was organized under the Ek Kadam campaign being run in the city by Kadam Jan Vikas Sanstha in collaboration with Paul Hamlin Foundation to prevent the increasing trend of issues like stress and suicide in the community. In which some major activities were organized extensively to make people aware. These activities are as follows: Before running the week, first of all a volunteer meeting was organized in which the Mental Health Awareness Fortnight program was discussed with the volunteers, in which it was decided that all the volunteers present in the meeting would participate in the activities to be conducted during the week. Will provide support. Awareness meetings were organized at 20 selected Anganwadi centers in which 521 people participated and became aware on issues like stress, depression and suicide.

In this sequence, to make people aware, street plays were performed at 7 selected public places in the city, in which people were made aware on issues like stress, depression and suicide through drama. To create awareness among the school children, a painting competition was organized with 200 students in the selected schools. At the end of the Satpah, a closing program of Mental Health Awareness Fortnight was organized in which the work done during the Mental Health Awareness Fortnight was presented. In the closing program of Mental Health Awareness Fortnight, chief guest psychologist Dr. Sanjay Saxena, psychological counselor Mr. Pradeep Kashyap, Dr. Kuldeep Singh from Mental Arogyashala etc. participated prominently.

## Additional Seminars/Meetings/Events on Mental Health:--



### Name of Activity-Discussion on stress and increasing trend of suicide (with government departments)

#### Description of Activity:-

Keeping in mind the serious consequences of mental health and stress like homelessness, mental illness, and suicide, discussion programs were organized on such topics. The discussion was organized by Kadam Jan Vikas Sanstha with the financial support of Paul Hamlin Foundation. 203 people participated in the program In which 172 women and 31 men were included. In the program, it was told about the efforts made so far during the campaign being run by the organization, in which it was told that the organization has been running a campaign since 2018 to reduce the increasing trend of stress and suicide in the city, which is named “ “Ek Kadam” campaign, under which many types of activities are being conducted in the city since 2018, mainly surveys, Programs like awareness meetings, street meetings, publicity through poster display, awareness campaigns in schools and colleges etc. are being run mainly. These programs were discussed in detail by the organization secretary Mrs. Anupam Sahu. Dr. Sanjay Saxena, the keynote speaker at the program, explained the counseling to the Anganwadi workers and told them that the organization provides free counseling. So that you can solve problems related to your mental health. Anganwadi workers and ASHA workers are directly connected with the public, therefore, along with their work, Anganwadi workers and ASHA workers also have to take the programs run by the organization to the public so that the needy can get help at the right time. .

## Women day Celebration:--



### Name of Activity:- International Women's Day

Details of Activity:- International Women's Day was organized by Kadam Jan Vikas Sanstha in collaboration with Paul Hamlin Foundation at Panchayat Bhawan, Naya Village Khaniyadana District Shivpuri in which 104 (female - 91 and male - 13) people participated. The program started with the worship of Goddess Saraswati, after which the guests attending the program were welcomed. The secretary of the organization boosted the morale and enthusiasm of the participating women with interesting stories. UNICEF member Mr. Aarti Gupta highlighted the good health of women in the program. And the members present in the program addressed the women one by one about their interesting topics and rights. The program was arranged by the workers of the organization and the volunteers associated with the organization present at the local level. At the end of the program, community trainer Mr. Bhanu Pratap thanked everyone and expressed his gratitude and the program was successfully completed.

Project:- Development of scientific approach for science and health literacy of school students.

Collaboration:- Department of Science and Technology, Government of India.

Organizer :- Kadam Jan Vikas Sanstha

Area of work:- Gwalior, Datia and Shivpuri districts of Madhya Pradesh.

### Name of Activity:- Lecture on COVID-19 Health and Science Literacy.

Date: July-August 2021

Location:-In 20 schools of Gwalior, Datia and Shivpuri districts.

Description of Activity:- Kadam Jan Sanstha, in collaboration with the Department of Science and Technology, organized a lecture in four schools of Datia district to develop students' understanding on topics like Covid-19, health and science literacy. In which these lectures were organized by project coordination Anupam Sahu and project assistant Suraj.

In these lectures, the topic of health and science literacy was discussed in detail and explained to the students that in the present times we do different types of work in our daily behavior. Scientific aspects have to be included in all those works. For example, if you wash your hands, for how long should you wash them, should you wash them with soap or with soil? He also told that what things should be kept in mind while writing a story on these topics were discussed and explained in detail. Along with this, all the children listened to the entire dialogue carefully and whatever questions they had in their mind related to the dialogue, the children asked them and by answering their questions, the problems of the children were solved.



Name of the activity: Story writing and reading skills competition.

Duration:- July-August 2021 Activity Details: - The project being run by Kadam Jan Vikas Sanstha in collaboration with the Department of Science and Technology is to develop scientific temper of school students for science and health literacy, in which story writing and reading competition was organized with students in 20 schools of Gwalior. He also wrote that what are the types of creations, presentation of the story in reading style will be simple, the impact of the theme of the story will be popular, children also told us about freedom in the competition and cleanliness should be taken care of. Because by staying clean we can avoid diseases and for cleanliness we should wash hands clean, wear mask and use sanitizer. All the children participated well in the competition and understood things and developed their understanding.



**-: Other major institutional activities :-**

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

Date:- 02.06.2021

Place:- Satyanarayan's Tekri Parichalla Baba's Dargah.

Description of Activity:- Today a community meeting was organized at Sthan Satyanarayan on the occasion of Mother's Day in which the importance of mother was explained to all the members of the community. Told them how important mother is for the child, she celebrates all the festivals happily with the smile of the child. Is. Mother's Day was started by Anna Jarvis in West Virginia, who declared this day a holiday. Later this holiday became very popular and was called 'Hallmark Holiday'. Mother's Day is celebrated as a festival in Greece on 18 March.



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

Location:- Sh.Kanya Vidyalaya Kampu Lashkar Gwalior.

Date:- 04.06.2021

Activity:- Menstruation is that part of the monthly cycle in which there is bleeding from the vagina of a woman for a few days. In most women this happens after every 28 days. It is normal for the cycle to be longer or shorter than this period, such as 24 or 35 days.

When does menstruation begin:- The first menstruation in girls occurs after the beginning of adolescence. This can happen between the ages of 8 and 16, but most girls usually start menstruating around the age of 12. Your periods will continue until you reach menopause around the age of 45 to 55.

Problems occurring during menstruation:- Stomach ache, laziness, excessive sleep, nausea, vomiting may also occur. Fever is usually accompanied by pain in the pelvis, waist, thighs etc.

Remedy:- For back pain, heat water in a vessel, fill it in a bottle and apply it on your back, you will get relief.

If you feel nauseous, you can eat fennel, it will be beneficial.



**Name of the activity:- Awareness program under World Environment Day and Save Environment Week.**



Dates:- 05.06.2021, 07.06.2021, 08.06.2021, 09.06.2021,

10.06.2021, 11.06.2021

Activity:- Agenda of today's meeting: To introduce the organization.

An environmental awareness program was conducted by Kadam Jan Vikas Sanstha in its operational area of Gwalior on the occasion of World Environment Day, dated 05.06.2021.

During the event, attendees were informed about the importance of environmental conservation and the actions needed to protect it. Participants were educated on the significance of a clean environment for maintaining good health. They were encouraged, especially students, to contribute to environmental preservation by planting trees.

Furthermore, the detrimental effects of industrial emissions, particularly the smoke emitted from factory chimneys, were highlighted. It was emphasized that inhaling such pollutants can lead to respiratory diseases. Participants were urged to take steps to minimize pollution and safeguard the environment for a healthier future.

**Activity: - Organization of awareness program on World Child Labor Prohibition Day.**

Date: - 12.06.2021

Location:- S.U.M. Girls School Gwalior.

Description of Activity:- Today place S.U.M. A meeting of Child Labor Prohibition Day was organized in Girls School Gwalior.

A child is defined as an individual aged between 0 to 18 years. If children within this age range are employed in factories, workshops, or hotels, and are remunerated for their work, it constitutes a legal offense and falls under the category of child labor.

Child Labor Prohibition Day is observed on 12th June annually. Despite efforts to combat child labor, approximately 152 million children worldwide are still engaged in such activities. Child labor is pervasive across various sectors, with seven out of every ten children working in agricultural fields.



**Activity name :- Save water campaign**

Description of Activity:- A meeting of water savers was organized today.

Date:- 15.06.2021, 16.06.2021, 17.06.2021, 18.06.2021

Location:- Near New Silk Mile Kuti Temple, Chunni Ka Pura Phoolbagh, Ghosipura Shivnagar, Nimba Ji Ki Kho Patiram Ki Gali.

In the meeting, the women of the community were explained the importance of water and told them that we should save as much water as possible from wastage. Do not waste water when it is not required or use only as much water as necessary.

It was told in the meeting that if there is no water, our lives will be in great trouble, hence we will have to understand the importance of every drop.

It was told in the meeting that if we need one bucket of water then we should try to use only one bucket of water.



**Name of Activity:- Roko-Toko Campaign.**

Date:- 01.07.2021 to 10.07.2021

Location:- Cancer Pahari, near Gudha Sherawali Mata Temple, Gudha Gudhi Ka Naka, Gudha Pipri, Paan-Patte Ki Goth, Kanya Vidyalaya Fort Road.



Objective:- To make people aware about the prevention of Corona. Also giving information about the programs run by the organization.

Description -

The organization was introduced to all the attendees. After that, it was told that information was provided on how to prevent corona disease like: - Wash your hands after coming from outside. Cover your mouth and nose with a handkerchief while coughing and sneezing. Avoid going to crowded places. If you have symptoms of Corona virus, please call helpline number 104 and Government of India helpline 1075/01123978046.

**Name of Activity:- Organization of awareness program on World Justice Day.**

Date:-17.07.2021

Location:- Maihra Sahab's Talaiya Nehru Petrol Pump.  
Name of Activity:- Organization of awareness program on World Justice Day.  
Date:-17.07.2021

Location:- Maihra Sahab's Talaiya Nehru Petrol Pump.  
Activity:- A meeting on World Justice Day was organized today. This day is celebrated on 17th July to strengthen the work of International Justice and International Criminal Court.



**Name of Activity:- Organization of awareness program on Suicide Prevention Day.**

Date:-10.09.2021

Location:- Ghosipura Shivnagar  
Activity:- In the meeting, awareness was raised about suicide prevention on the occasion of Suicide Prevention Day.

It was started by IASP in 2003. According to World Health Organization data, one person commits suicide every 40 seconds. Every year more than 8 lakh people commit suicide. Whereas due to this, more and more people attempt suicide. There are more attempts at suicide by women in the society, in which evil practices like dowry are also a major reason.



**Name of Activity:- Organization of awareness program on World Mental Health Day.**

Date:-10.10.2021

Location:- Nimba Ji Kho Patiram Ki Gali.  
The first person to properly explain mental health was William Sweetzer in the mid-19th century.  
Name of Activity:- Organization of awareness program on World Mental Health Day.

Date:-10.10.2021

Location:- Nimba Ji Kho Patiram Ki Gali.  
The first person to properly explain mental health was William Sweetzer in the mid-19th century.  
An important figure for the field of mental health was Dorothea Dix, a schoolteacher who campaigned throughout her life for help for those who suffered from mental illness. This came to be known as the Mental Hygiene Movement.



**Name of Activity:- Anti-Violence Awareness Fortnight against Women**

Dates:-25.11.2021, 27.11.2021, 29.11.2021, 01.12.2021, 03.12.2021, 04.12.2021, 08.12.2021, 11.12.2021, 12.12.2021, 16.12.2021

Objective:- To make the people of the community aware about domestic violence.



Location: Dhobighat No. 2, Nehru Petrol Pump Maihra Sahab Ki Talaiya, Sanjay Nagar, near Kali Mata Mandir, Jati Line No. 1, Betel Leaf Ki Goth, Padma Vidyalaya Kampu, Gol Pahadiya, Gadde Wala Mohalla, Hindi Peeth Vidyalaya, Mandre Ki. Mother

An awareness meeting was held on domestic violence. In this meeting, the women of the community were explained what domestic violence is. Where can you file your complaint? If domestic violence happens to you, you can register your complaint on number 100 or 999.

The women of the community were told that if someone beats you or abuses you or blackmails you, then you can complain about that person on 100 without any fear.

**Name of Activity:- Human Rights Awareness Meeting**

Date:-10.12.2021

Location:- Sikandar Kampu Ajaypur Ward-65

Name of Activity:- Human Rights Awareness Meeting

Date:-10.12.2021

Location:- Sikandar Kampu Ajaypur Ward-65

Description of Activity:- In the meeting the community people were made aware about human rights. It was told in the community what rights you have as a human being, which are given to every person by law.

Objective:- The main objective of this meeting was that every person in the community should know all the rights of being a human being. So that no one's personal or human rights are violated by any other person.



## **Name of Activity:- International Women's Day Meeting.**

Date:-08.03.2022

Location:- Hanuman Ghati Shinde's Cantonment in front of Hawkers John

Objective:- This meeting has the following objectives.

To give information to women about Women's Day and to tell them on what occasion Women's Day is celebrated.

Name of Activity:- International Women's Day Meeting.

Date:-08.03.2022

Location:- Hanuman Ghati Shinde's Cantonment in front of Hawkers John

Objective:- This meeting has the following objectives.

To give information to women about Women's Day and to tell them on what occasion Women's Day is celebrated.

International Women's Day is celebrated every year on March 8 as a celebration to commemorate the relative economic, political and social achievements and difficulties of women, expressing respect, admiration and love towards women in different regions of the world.



## **Key Achievement in 6 Month :-**

- 243 members from 20 Grain Bank groups received training on income enhancement.
- 218 members of self-help groups benefited from training on new topics related to income promotion.
- 40 leaders of Village Development Committees received training on safe delivery and family planning.
- 43 teen group leaders received training on the topic of domestic violence.
- 463 males and adolescents were educated on gender equality and gender-based discrimination.
- 634 individuals were informed about various welfare schemes through awareness camps.
- Members of 237 adolescent groups received training on self-care.
- 200 women underwent tailoring training.
- 25 cases of domestic violence were identified.
- 225 women received information through legal clinics on topics such as domestic violence and violence against women.
- Depression Prevention Committees were established in 48 schools, involving 198 students and 44 teachers directly.
- 562 people were educated on stress and suicide issues through community sessions, enhancing their understanding.
- 102 individuals, primarily Anganwadi workers, ASHA workers, and A.N.M. Workers, were directly engaged in the organization's campaign to reduce stress and suicide cases through awareness sessions.
- Over the past year, data on 193 suicides were collected through newspapers and surveys.

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