

SANKALP

Quarterly Newsletter
By Chhattisgarh Agricon Samiti



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Transforming Bastar Yuvodaya 2.0

Team of Yuvodaya is working with the aim of transforming Bastar into a healthy, malnutrition free and covid resistant district. To support education and to provide learning opportunities for all, sports are organized every Saturday at community level in which villagers are informed about government scheme. Mohalla class is taken by Yuvodaya in all villages of the district under the Seekh program, a total of more than **50000** classes have been taken. For financial & social security, after identifying the eligible people, documents were submitted by Yuvodaya Volunteers for making **1000** new ration cards and for getting more than **2000** pensions.





Bastar Dist. Collector Mr. Rajat Bansal with children during Mohalla Class

8 7628 people were induced to vaccinate and were immunized by volunteers. **261** children were admitted to the Nutrition Rehabilitation Center by visiting the homes of malnourished children, more than **372** nutrition gardens were constructed and taken care of in Anganwadi centers and in the homes of children who came back from nutrition rehabilitation centers for the purpose of making Bastar malnutrition free. Awareness regarding vaccination of pregnant women was done, **1539** pregnant women were vaccinated, and **1223** women were motivated for institutional delivery. Home to home visits were done and **4163** families were made aware about malaria and suggestions were given to maintain cleanliness.



PAANI

Drinking Water Made Available

Panchayat Mutanpal faced acute shortage of water for households and agriculture activities. The water which was available was not fit for drinking. It was told through villagers that they had submitted many applications to the PHE Department, but no help was provided. After few days a volunteer of Yuvoday, came to know regarding this problem and filed an application regarding this and sent it to district administration and within 10 days the water problem was solved. Borewell was constructed in the village, today the whole village is very happy that now they will get potable water and their health will also be fine due to clean drinking water.



District level two-day workshop “AAO BAAT KARE”

Under the joint aegis of District Administration, UNICEF, and Chhattisgarh Agricon Samiti workshop was conducted on 12th and 13th January 2022. Agenda of this workshop was to increase awareness of community as well as 'Yuvoday' Kondanar Champ' volunteers on community Mental Health and child protection.



In this workshop, Chhattisgarh Agricon Samiti's Program Coordinator Danish Khatoon Hussain, District Coordinator Yogesh Purohit {Bilaspur}, and our team on Mental Health were present as trainers. The workshop was attended by Volunteers, front line workers/aanganwadi workers/teachers/mitanins. Total 167 people participated in this training programme, of which 60% were females and 40% males, they were trained on various aspects of Mental Health. Discussion was held on difference between physical health and Mental Health & identification of people with Mental Health issues was explained. During this, the volunteers were also motivated to work for the development of their own community. Various activities such as shammi dance, blow your stress in Red Ballon, Udan Choo Tali etc were also conducted.



Collector Pushpendra Kumar Meena participated in the closing ceremony of this workshop, encouraged all the volunteers, and said “for the first time in the district such a platform has been prepared by UNICEF, through which youth and citizens of the village become volunteers and work shoulder to shoulder with the administration to solve various problems of the village people”



Kondagaon Collector Mr. Pushpendra Kumar Meena
In closing ceremony of workshop “AAO BAAT KARE”

Volunteers Registered (Oct 2021- March 2022)

Bijapur

792

Bilaspur

838

Kondagaon

870

Marching Towards +ve Mental Health

“**M**ental Health is not only absence of Mental Illness, but far more than that” with an approach to spread awareness on this we arranged all beneficiaries in different population groups: Mother and child, Children, Adolescents & Youth, Adults & Elders. To reach out all these population groups and to ensure community involvement, people were selected based on their interest and registered as volunteers to work as village level Mental Health group. These Groups consists of front-line workers (Teachers, Mitanin, Aanganwadi workers), PRI members and community influencers, traditional healers, and volunteers. Volunteers are further sub divided into youth, women, and adults.



Ham Honge Kamyab



Due to Covid-19, the worst affected sector was education, which had a worse effect in rural areas due to lack of facilities. Children were living either with minimum or no education in rural areas and were giving online exams from home. After 2 years, offline examinations were going to be held in schools, due to this, children were stressed, and this was even more clear after having a discussion with community. The focus of “Ham Honge Kamyab” workshop was mainly on 10th and 12th class students who appeared for board exams this year. There has been a drastic change in their study pattern and lifestyle which was making it even more difficult for children to appear for boards. To reduce stress and to support Mental Health of children to face examinations "Hum Honge Kamyab" was implemented in the higher secondary & high schools of project area.



In this, Various topics related to examination and studies were discussed and various activities such as Meditation, Udan Choo Taali, Shammi Dance were performed to cheer up children and to increase their coping capacity to strengthen their Mental Health. We reached approx. 130 schools, 9000+ children and 250+ parents through “Ham Honge Kamyab”

Failure Is An Event Not a Person



An online session to cheer up children and to strengthen their Mental Health was conducted with CEO jila panchayat (Kondagaon) Mr. Prem Prakash Sharma which was joined by 1105 students of 23 schools. In “Ham Honge Kamyab” campaign as well as in the online session, Taboos were cleared that “failing in exams is not equal to failing in life”, “good marks do not mean you will get a good job”, “Success in exams does not mean success in life”. Exams, failures, success all these are events of life, and we should focus on performing our best and not worry about the result.

Schools Reached

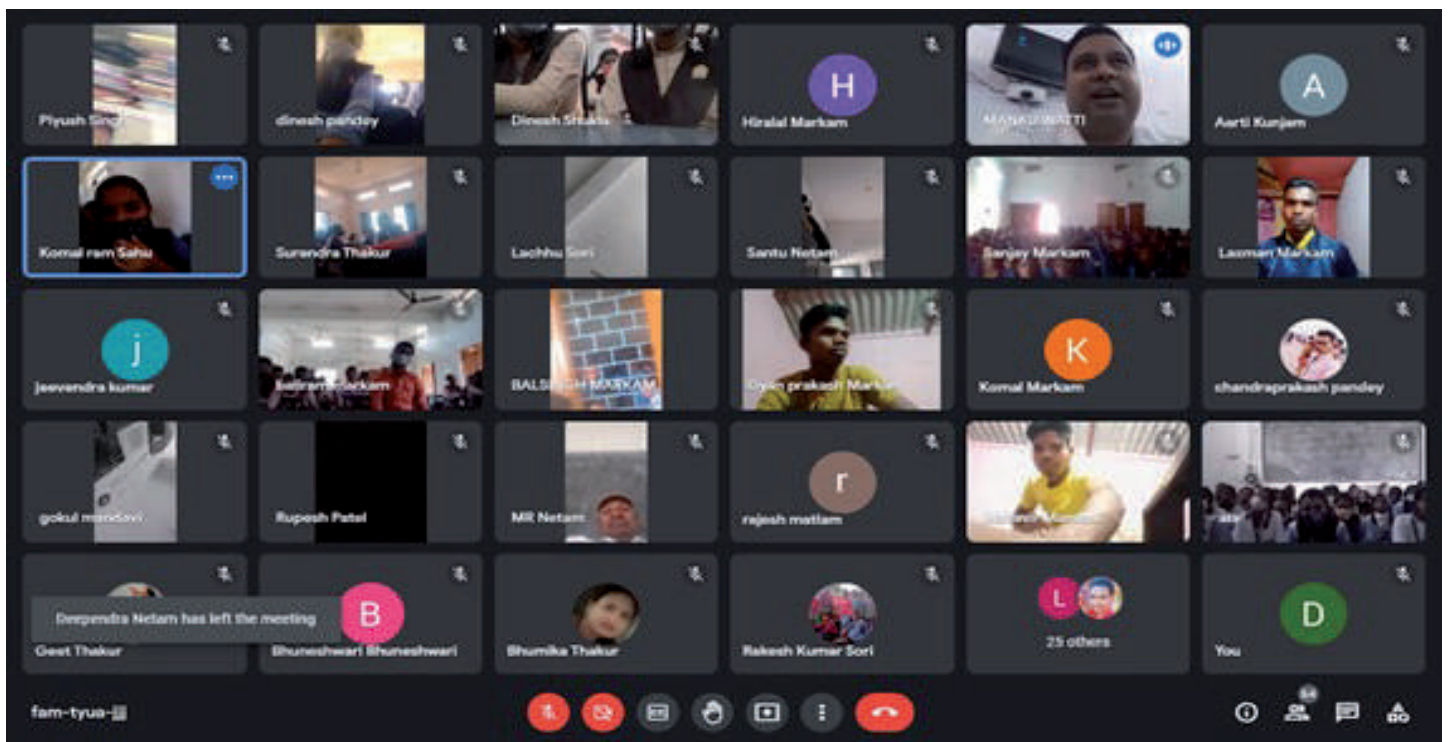
130

Students Reached

9428

Parents and Teachers Reached

286



Panthak

The word Panthak Means “guide” in Hindi, the one who shows the path. So as a guide for working with teachers, parents, and community on Mental Health of children a guidebook “PANTHAK” has been developed. This book has been developed in easy understandable language keeping in mind the stakeholders and their understanding. This book establishes a relation between education system and Mental Health.

School is a place where children spend their maximum time after home. It is a place where they are getting prepared for future, for society, here they face issues like bullying, they make friends, they learn social emotional learning, so it is a place where maximum work can be done for Mental Health of children.

Topics covered in Panthak:

- >> Relation between Health & Education.
- >> Why Mental Health in schools is important.
- >> What Mental Health & Mental Unhealthiness mean in children.
- >> Multi-tiered Support System.
- >> Social Emotional Learning.
- >> Trauma, Fear, Bullying, Violence.
- >> Role of Parents and Teachers in Social-emotional learning.
- >> Safe space for children.



UNICEF's Odisha Team Visit

To observe working of Community Mental Health and Child Protection Program "AAO BAAT KARE" UNICEF's Odisha team visited "Kondagaon". Meeting was organized on **4th of March, 2022** in village Bhantgaon of block Makdi, district Kondagaon.

"How mental health awareness is being created in the community", "why mental health is important for us", "What is the understanding of mental health among the people" what works are being done under all these topics were discussed. Activities such as "Shammi dance", "Udan choo tali", "ludo on mental health" were conducted and interactive session was held in which village people shared their experience.


Feedback related to "Ham Honge Kamyab" was received from teachers and children. Children told that – "There was a lot of fear and stress in our mind regarding board exams, after the workshop we have gained confidence, we were explained how to handle fear and stress, now we are ready to face board examinations". Teachers said - "This workshop has proved to be very helpful during examination, children were able to keep their point during this workshop without hesitation .

People Present: Monica Nelson CFO from UNICEF Odisha, Ms. Neha Naidu Child

Protection Specialist, Ms. Radhika Srivastava CAP Specialist, Mr. Sugata Roy S.P.C. Specialist, Chetna Desai Child Protection Specialist from UNICEF Chhattisgarh, Mr. Abhishek Singh Communication Specialist, Manas Bannerjee, Secretary Chhattisgarh Agricon Samiti, Mental Health Program -State Coordinator Danish Khatoon, District coordinator Ashok Pandey, all block coordinators of Kondagaon - Baliram Markam, Kishore Kumar Pandey, Aarti Kunjam, Suryakant Jain along with volunteers of Kondanar Champs, village sarpanch, deputy sarpanch, panch, priest, active women, Mitantin, Anganwadi worker and other 225 people were present in the discussion session.



All about “Women’s Day”

 On Women’s Day 2022 our team working on Mental Health in Kondagaon, Bijapur & Bilaspur celebrated Women power. Discussions were held on Women’s Health, women’s safety, and their Mental Health. In day-to-day life women go through a lot of stress & problems, small gatherings and functions are a source of relieving stress for them. On this day our team organized various activities for women such as “Rassi kheech”, “Matki Phod”, “Rangoli Competition”, “Drawing Competition” etc., more than 100 women (mitanin, aanganwadi workers, teachers, SHG members, PRI members, panch, sarpanch) gathered in each block and participated in the activities. Small gifts such as pen, scarf was given to the winners.



Team Trainings to increase Productivity & Morale

Training staff as a team means they can fill in for each other better & on top of that, their productivity and morale will increase. So effective team training is an organizational necessity. Kondagaon, Bijapur & Bilaspur's team working on Mental Health Visited Raipur Head office for training and discussion. Various games and activities which have been finalised for being performed with community at field level were discussed and played with team first. Problems faced by the team in implementation of campaigns, activities and meetings were discussed.



Everything is possible with #Behavioural Change



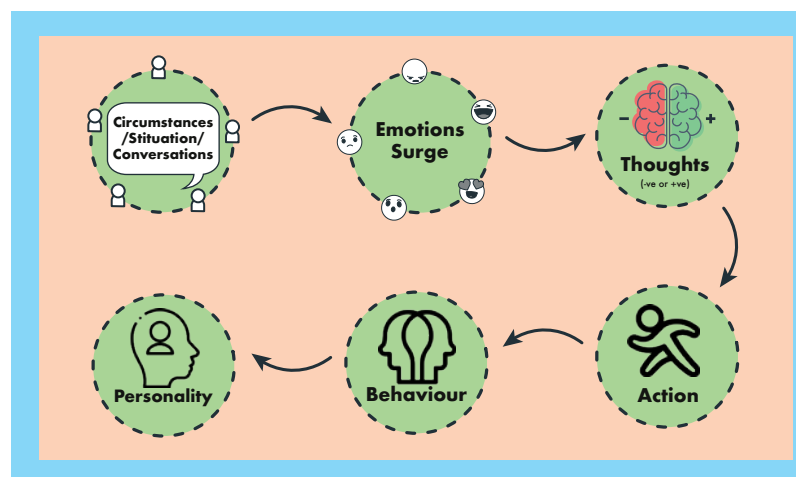
Manas Banerjee
Secretary
Chhattisgarh Agricon Samiti

We're often not aware of the impact our feelings and behaviours have on each other, and because of this relationship, changing our behaviours can have a very huge effect on our emotions. We experience some emotions such as happy, sad, mad, frustrated, surprised, anxious, etc, while facing different situations and circumstances in our lives and develop some thoughts. When we talk about thoughts, we're referring to a lot of different mental activities, including wishes, hopes, plans, predictions, judgments, and memories.

Most of the time we don't notice our thoughts – they go on in the background, helping us make decisions and carry out many tasks automatically. Behaviours are simply the actions we take based on our emotions. We choose how we are going to behave. Behaviour can be classified as right or wrong, healthy, or unhealthy, appropriate, or inappropriate. Our feelings create our thoughts, and our thoughts drive our behaviour.

Because of circumstances and situations, we feel some emotions and develop some thoughts, they can be positive as well as negative. Because of these we take some actions and behave in a certain way and develop our personality. So, if we want behavioural change in community we need to work in these aspects of a person. We can either work towards changing circumstances or understanding and controlling emotions, if these areas are worked upon, it may lead to a right

choice of actions. Once you can recognize your emotions and thoughts you can change your behaviour and Behavioural change is what can lead to Healthy Community in every aspect.



My Experience on Mental Health

There were many misconceptions among the people regarding mental health, like mental health means mental illness, it should be hidden from all or its treatment can be done only in the hospital, there were many such misconceptions. After attending awareness campaigns on Mental Health, they came to know that we deal with weak Mental Health every day, from waking up in the morning to going to sleep at night, many such moments come in our life when we lose our qualities and move towards a state of weak mental health, it is part of our daily life.

With awareness, people understood that how they can prevent themselves from being Mentally Unhealthy and maintain their Mental Health in a better. In this, not only youth, but women and men of every age group were seen coming forward, whether it was a youth of 18 years or an elderly woman of 80 years, there was a curiosity among them regarding Mental Health

I observed people's attitude towards mental health changing, people's behaviour has changed, now people are talking about mental health, and are eager to help each other. I have observed people in community becoming aware about Mental Health as well as spreading awareness on Mental Health.

“AAO BAAT KARE”



Danish Khatoon Hussain
Program Coordinator
Chhattisgarh Agricon Samiti



Mental Health is not only for English Knowing People

Individuals with limited English proficiency are a huge segment of our country, in LWE areas of Chhattisgarh people communicate in their native tribal language. Generations of people have grown up in societies that found terms like “psycho”, “schizo”, “loonie” and “crazy” perfectly acceptable. Speaking on Mental Health in Rural area in a language understandable by the people was a barrier. In today’s world when terms like anxiety, obsessive-compulsive disorder and depression have become common among all, it was difficult to explain what Mental Health is, what is psycho-social model & how **we are working on health and not illness.**

To overcome this barrier the IEC material which is being developed for communication was well thought and written in Hindi. In the context of mental illness, Mental Health, and well-being, negative words can be experienced as isolating and stigmatising, whereas positive words can convey dignity, empathy, and hope. It was difficult to find some words in easy Hindi but at last we were successfully able to express our thoughts into words. An effort towards explaining that **We are working with objective that prevention is better than cure.** We are working towards having an aware community on Mental Health.



Manisha Motwani
Senior Executive
Chhattisgarh Agricon Samiti

Changing “Pain to Power”



Yogesh Purohit
District Coordinator
Bilaspur

In our Program “AAO BAAT KARE” We talk about Mental Health, during this a question arrived in my mind that “Is there any difference between Mental Health of men and women?”

In my opinion, from a psychological point of view there is no difference but from a psychosocial point of view there is a difference. In our Indian society, women are brought up differently than men. “Women should not go out of the house at night, women should not talk loudly, should not share it with anyone if they have faced molestation, harassment or violence and continue to bear it” women continuously hear all these and so they are under a lot more mental pressure as compared to men.

Mental issues like stress, anxiety, and thoughts of self-harm are often seen in women and it has increased more these days because along with taking care of family and home they are also working to earn. Apart from this, it is also not easy to go through changes during pregnancy and post-delivery and to fulfil responsibilities of a mother.

Me and my team came through many such situations while working on mental health in Bilaspur district, where women are facing psycho-social problems. At the same time these **Women are the one who are participating maximum in the awareness campaigns and activities** that are being carried out. They are not letting pain come in their way towards progress & development. Our program “Aao Baat Kare” has created awareness regarding Mental Health among community. By preparing people from the community itself to provide primary support on Mental Health, we hope that women as well as entire community will take care of their own as well as each other’s Mental Health.

“Aao Baat Kare” Inspires Sunita towards Positive Mental Health

When “Aao Baat Kare” Team and Yuvodaya Kondanar Champs volunteers discussed about mental health in the communi-

ty, people found this discussion a bit different. People of the community were already aware of physical health but not of mental health. Mental health was explained giving examples of daily life then people realized how we go through weak mental health every day. There was a change in the mindset of many people regarding this. The community learned about the 9 qualities of a mentally healthy person and started observing themselves regarding when they are maintaining those qualities and when they are losing them.

Awareness among community regarding Mental Health proved to be effective when People from a village of Kondagaon district told us that a woman in their village is mentally unwell and is reaching the symptoms of illness. The woman does not talk to anyone, gets irritated easily and starts mumbling. Then she was referred to Shanti Foundation and will also be supported by district hospital if needed. This is what we are expecting from “Aao Baat Kare”, If people start understanding the importance of Mental Health and start recognising symptoms of weak mental health at early stage, then a person can be saved from going towards illness.

Sunita (Changed Name)



Ashok Kumar Pandey
District Coordinator
Kondagaon

Compassion



Paul Kumar Nag
District Coordinator
Bijapur

Loneliness is a burden, when a person struggles with loneliness he is not in a right state of mind and there are chances that he might take a wrong step in that critical moment. Something

similar happened with Rukmani, a young woman living in Punem, Bijapur district. Rukmani lost her parents in a very young age, due to lack of a care giver and affection in her life she slowly started losing herself. She lost control over her mind, she felt lonely she felt there is nothing left for her in life, and she had thoughts of self-harm

Her mental health was deteriorating day by day, block coordinator Harshita and volunteer Lalita, recognised symptoms of weak Mental Health in Rukmani and shared this with me, Me and my team started meeting and talking to Rukmani. We started conducting some activities with her such as meditation and we explained her about mental health, and we motivated her towards life. Rukmani finally started responding towards our sessions and she showed interest in knowing about Mental Health as well as she wanted to get well for spending rest of her life happily. Her neighbours too have started visiting her so that she no more feels lonely. Today she is in progress towards getting mentally healthy, she no more speaks of self-harm and is getting better day by day. The importance of these small efforts which people are learning from “AAO BAAT KARE” are incredible according to me. There is strength in togetherness and that’s what this story of Rukmani taught us.



My wheelchair is not my Weakness

My name is Somaru Nag, I am a resident of Gram Panchayat Khamargaon Block Jagdalpur. There are four members in my family, my parents, one elder brother and me. I am physically handicapped. I do all my work with the help of a wheelchair. I like to study, and I have done my graduation in B.Sc. from Mahendra Karma University Jagdalpur. I want to do government job in future, and I am also preparing for it. I am a volunteer of Yuvodaya and working for my village since last 3 months. After joining Yuvodaya, I did a lot of work for the village like informing people about the guidelines made by the administration for the prevention of Covid, I induced people to get vaccinated.

Inspired women for proper nutritional diet and institutional delivery in association with village Mitnin. After working with Yuvodaya, I got to learn a lot. Earlier I was hesitant to talk to people, now I can talk without fear, my self-confidence has also increased a lot and my work efficiency has also improved a lot. Yuvodaya proved to be a great platform for me where I can work without feeling inferior due to my disability. Everyone supports me I even take Mohalla classes for children and I am proud of myself that I am not letting my physical disability come in my way towards working for my village, my people.

Somaru Nag
Yuvodaya



We won't stop

When the lockdown started due to covid, it seemed that the lockdown would end after some time, but gradually covid cases increased and there came a time when the schools had to be closed due to which education of children suffered a lot. “Aamcho radio” and “Sikh program” were started with the initiative of District Administration & UNICEF. In this program, the volunteers of “Yuvodaya” further started taking classes in the localities of their respective gram panchayats. Till now more than 2200 volunteers have taken more than 5 lakh classes in 624 villages of the district. After lockdown, when the schools opened again, result of our efforts was clearly visible. Due to this initiative in Bastar district, the children were saved from being school dropouts and efforts of volunteers kept the spirit of education in the minds of the children. Now through “Ham Honge Kamyab” we are working to reduce children’s fear of exams and to break taboos related to success and failure and we will continue helping our community at each step, whenever and wherever needed, we won’t stop.

Yuvodaya



Gallery



Figure 1: Stress buster "Red Balloon" activity at Kondagaon workshop



Figure 2: UNICEF's Orrisa Team Visit



Figure 3: Welcoming of Orrisa Team



Figure 4: Let's do some "Shammi Dance"



Figure 5: "Udan Choo Tali"



Figure 6: Discussion on Mental Health with Women

Gallery



Figure 7: Discussion on emotions with adolescents



Figure 8: Ham Honge Kamyab workshop at girls' high school Kondagaon

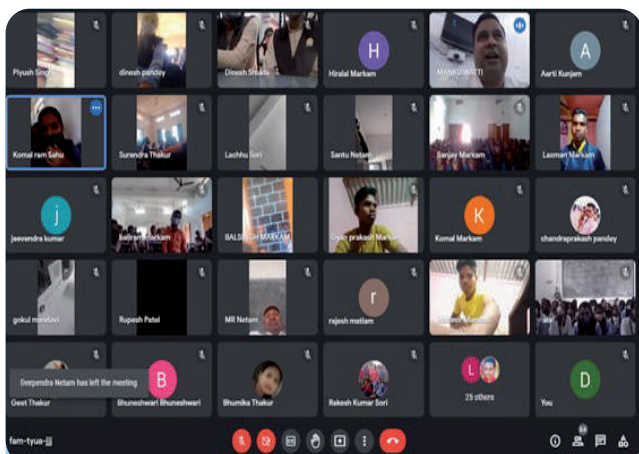


Figure 9: Online session of students with CEO jila panchayat to reduce stress during exam



Figure 10: Rangoli on Mental Health



Figure 11: Wall Painting on Mental Health



Figure 12: Rangoli with Mental Health Messages

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प्राणी काट दिया
जंगल में दौड़ा दौड़ा

180 ਸਾਹਸੀਆਂ ਨੇ ਪ੍ਰਤਿਬੱਧ
ਨੇ ਹਿੰਦੁਸਤਾਨ ਦਿੱਤਾ

[illegible]

सीकुर ही के. इस कार्यक्रम में जिला कार्यक्रम अधिकारी सीता भूष, सीकुरवाडी के कार्यक्रम अधिकारी राजेश्वर देवी भी उपस्थित थे।

मिडिलेन के साथ अन्य प्रतिस्पर्धी दुई, जिसमें सभी बच्चे काफी उत्साहित दिखे। इस कार्यक्रम के बाद बच्चे ने अंशदा हमारे मन में पौधा का भग्न नहीं है, जब उनका मुक लेखक कमलेश विष्णु का थी स्थिति बन के अतीत पदार्थ का कि अन्य कमजोर है। शिक्षा सम्पन्नक अतीत पदार्थ ने बताया कि पौधा 02 साल के बाद उत्पन्न होगे। वह रही है जिससे बच्चे काफी उत्साह में है। कोविड के समय ने बच्चे का रास्ता सही नहीं पड़े। का शिक्षा बच्चे अपने मन में

इस तरह, अधिपत्यवाद पश्चिम हीन के
कृपासे बर्बाद हो चला। पश्चिम को तोलना
हउ, तबना ही पश्चिम को बर्बाद हो
सकता है। अधिपत्यवाद दुनियाँ को
हारा है। इस तरह और तबना को
तबना करने के लिए तथा बर्बाद के
नर में पाने हेतु सभारणी का तबना
होने के निम्न रूप हीन अधिपत्य
बर्बादना का अधिपत्य किन्तु तबना
हउ है। किन्तु ये केसनातना,
तबनातना, तबनातना, कोतनातना
किन्तुतनातना के कुल 100
हउतनातना तबना तबनातना
तबना में तबनातना किन्तु तबना
अधिपत्य किन्तु तबना है।

[illegible]

महाराष्ट्र के मुख्यमंत्री देवेंद्र फडणवीस ने कहा कि महाराष्ट्र के लोगों को कोरोना वायरस से निवारित करने के लिए सरकार ने कई कदम उठाए हैं।

[illegible]

हामरा विवेकशील शत्रुता हातापुर्त हो १२वीं वर्षात की सातही रीत बंधावी. तानिमुल हाजीमखी से सवेदेवाला पोचन, हामरा विवेकशील शत्रुता बंदोखन से रीत प्रचलन, बंधन मारी, पंथिया मारी, बंधन दोखन, करीब बघेल और हाता मेकनशी शत्रुता साजाराखार से विपुल जित हो मुक्त।

सिलाय पंचायत समिती ने सारी बर्खास्त की सहजलाभकारी-कारी जमाक दोले दुरा सलाय बर्खास्त के पदने, एकलपथ निर्धारित करने हेतु सलाय नी नी लोक बर्खास्त केतना लोकि से अपरी पहाई कर सके। दुरा कार्यकास ने सारी बर्खास्त की जमाक का प्रस्ताव हुआ।

[illegible]

News Reports

वेबीनार

चैम्पस के अंतर्गत बोर्ड परीक्षार्थियों को तनाव मुक्ति का दिया प्रशिक्षण

परीक्षा के डर को कैसे करें खत्म पर हुई कार्यशाला

पत्रिका न्यूज़ नेटवर्क

patrika.com

कोण्डागांव, जिला प्रशासन, युनिसेफ एवं छत्तीसगढ़ एग्रीकॉन समिति के संयुक्त कार्यक्रम द्वारा 'युवोदय कौडानार चैम्पस' अंतर्गत जिले के सभी हायर सेकेंडरी स्कूलों में 'हम होंगे कामयाब' कार्यशाला प्रत्येक स्कूलों में किया जा रहा है। जिसके अंतर्गत कोरोना महामारी के कारण बच्चों का पढ़ाई के साथ उनके मानसिक स्वास्थ्य पर पड़े प्रभावों को कम कर ऑनलाइन माध्यम से कार्यशाला का आयोजन किया गया था। इस प्रशिक्षण



वेबीनार में शामिल वक्ता।

कार्यशाला में जिला पंचायत सीईओ प्रेम प्रकाश शर्मा के साथ शिक्षण संस्थानों एवं स्कूली बच्चों ने हिस्सा

लिया। जिसमें उन्होंने बच्चों से परीक्षा को लेकर चर्चा की। जिसमें बच्चों ने बताया कि, उनके मन में

परीक्षा को लेकर डर एवं तनाव है। इस तनाव के साथ हम परीक्षा कैसे दें? जब हम पढ़ते हैं तो भूल जाते हैं, हमें एकग्रता बढ़ाने के लिए हम क्या करना चाहिए? कठिन विषय की तैयारी कैसे करें? एवं पढ़ने के लिए समय का नियोजन कैसे करें? जैसे प्रश्नों को हायर सेकेंडरी स्कूल शामपुर से 12वीं कक्षा की छात्रा रीना मंडावी, हाईस्कूल हड्डागांव से गजेन्द्रलाल पोयाम, हायर सेकेंडरी स्कूल बड़ेडोंगर से रीना प्रधान, खंदना माली, गरिमा माली, चंचल दीवान, करीना बघेल एवं हायर सेकेंडरी स्कूल बाजारपारा से पिपुव

सिंह ने पूछा।

जिस पर जिला पंचायत सीईओ ने सभी बच्चों को सहजतापूर्वक बारी-बारी जवाब देते हुए शांत वातावरण में पढ़ने, एक लक्ष्य निर्धारित करने की सलाह दिया। ताकि बच्चे बेहतर तरीके से अपनी पढ़ाई कर सकें। इस कार्यक्रम से सभी बच्चों में उत्साह का प्रसार हुआ। कार्यक्रम के पश्चात बच्चों ने बताया कि, कार्यक्रम से उन्हें मानसिक सबलता प्राप्त हुई है। कार्यक्रम में बच्चों, शिक्षकों एवं प्रत्येक स्कूलों से 'युवोदय कौडानार चैम्पस' शामिल रहे।

मानसिक स्वास्थ्य एवं बाल संरक्षण पर युवोदय कौडानार चैम्प स्वयंसेवियों की कार्यशाला हुई सम्पन्न

'आओ बात करें' के अंतर्गत स्वयंसेवकों सहित आंगनवाड़ी कार्यकर्ताओं एवं मितानिनों को दिया गया प्रशिक्षण

श्रमविन्दु/कोण्डागांव।

जिला प्रशासन, युनिसेफ और छत्तीसगढ़ एग्रीकॉन के संयुक्त तत्वावधान में सामुदायिक मानसिक स्वास्थ्य एवं बाल संरक्षण पर 'युवोदय कौडानार चैम्प' स्वयंसेवकों हेतु 12 से 13 जनवरी तक कलेक्टर सभा कक्ष में 'आओ बात करें' के अंतर्गत दो दिवसीय कार्यशाला आयोजित की गयी थी। इस कार्यशाला के समापन समारोह में कलेक्टर पुष्पेन्द्र कुमार मीणा एवं जिला पंचायत सीईओ प्रेम प्रकाश शर्मा भी शामिल हुए जहाँ कलेक्टर ने सभी स्वयंसेवकों का उत्साहवर्धन किया।

इस कार्यशाला में छत्तीसगढ़ एग्रीकॉन की परियोजना समन्वयक दानिश खातून हुसैन, जिला समन्वयक विलासपुर योगेश पुरोहित, युनिसेफ कोण्डागांव जिला समन्वयक सिमरन भंजल, जिला समन्वयक अशोक पाण्डेय एवं विकासखंड समन्वयकों द्वारा स्वयंसेवकों को जानकारी देते हुए उन्हें



विभिन्न चुनौतियों के संबंध में बताया गया। इस प्रशिक्षण कार्यक्रम में 180 स्वयंसेवकों सहित आंगनवाड़ी कार्यकर्ताओं एवं मितानिनों ने भी हिस्सा लिया। जिसमें स्वयंसेवकों को सामुदायिक मानसिक स्वास्थ्य एवं बाल संरक्षण पर प्रशिक्षण दिया गया ताकि वे अपने क्षेत्रों में जा कर गांव एवं समुदाय के लोगों को मानसिक स्वास्थ्य के संबंध में जागरूकता प्रसार के

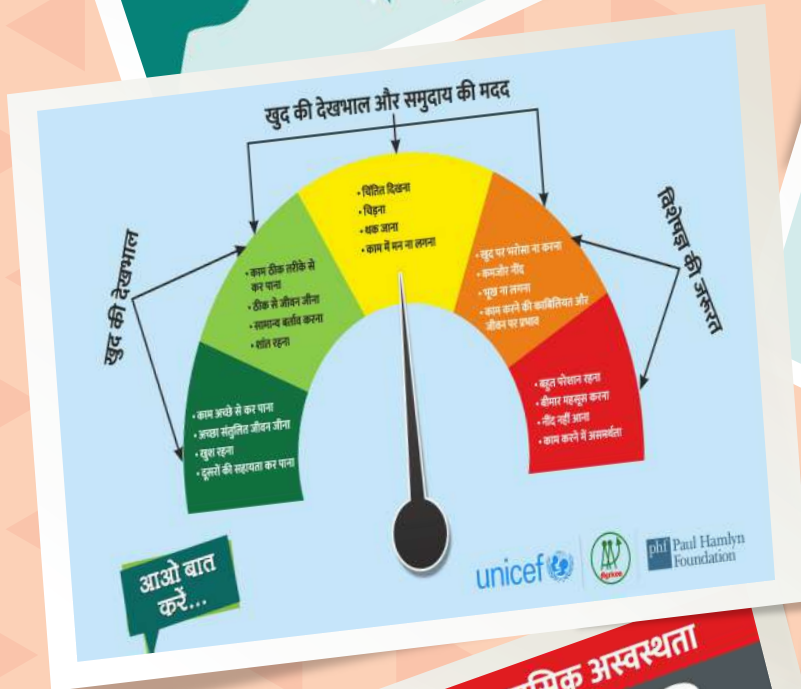
साथ मानसिक रोगियों की सहायता कर सकें।

इसके साथ उन्हें शारीरिक स्वास्थ्य और मानसिक स्वास्थ्य में अंतर एवं मानसिक स्वास्थ्य हेतु कार्य एवं रोगियों की पहचान की जानकारी देते हुए समुदाय को जागरूक करने को कहा गया। इस दौरान स्वयंसेवकों को मानसिक रूप से अस्वस्थ लोगों, बच्चों, युवाओं, महिलाओं एवं बुढ़

सभी वर्गों के लोगों के साथ व्यवहार, उनके उपचार के साथ स्वस्थ होने वाले लोगों के समाजीकरण के लिए कार्य करने को प्रेरित किया। कार्यक्रम जिले के 4 विकासखंड के विभिन्न गांव में किया जा रहा है। इस अवसर पर कलेक्टर पुष्पेन्द्र कुमार मीणा ने बताया कि युवोदय के द्वारा जिले में पहली बार एक ऐसा मंच तैयार किया गया है जिसके द्वारा ग्राम

के युवा तथा ग्राम के नागरिक स्वयंसेवक बनकर प्रशासन के साथ कंधे से कंधा मिलाकर गांव के लोगों की विभिन्न समस्याओं का समाधान गांव स्तर में कर सकेंगे। इसके साथ ही स्वयंसेवी लोगों को कोविड टीकाकरण, बुढ़ापेंशन, स्वच्छता, स्कूल शिक्षा, मानसिक स्वास्थ्य हेतु जागरूकता प्रसार आदि योजना से भी जोड़ने का कार्य कर सकेंगे। इन सभी के प्रयासों से गांव स्वस्थ एवं विकसित होंगे जिससे जिला भी स्वस्थ एवं विकसित होगा।

प्रशिक्षण में जिला पंचायत सीईओ प्रेम प्रकाश शर्मा ने बताया कि लोगों को मानसिक स्वास्थ्य पर जागरूक करने के लिये स्वयंसेवकों को यह प्रशिक्षण दिलाया जा रहा है। स्वयंसेवक जागरूकता के साथ-साथ लोगों को विभिन्न शासकीय योजनाओं से जोड़ने का कार्य करेंगे। लोगों के मानसिक स्वास्थ्य पर काम करने की जरूरत है ताकि लोग मानसिक रूप से स्वस्थ हों। इस कार्यशाला में जिला कार्यक्रम प्रबंधक सोनल ध्रुव, डीएमएफडी से कार्यक्रम प्रबंधक राजशेखर रेड्डी भी उपस्थित थे।







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आओ बात करें...

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