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SANKALP

Quarterly Newsletter
By Chhattisgarh Agricon Samiti

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Community based awareness program on Mental Health and wellbeing of children and prevention of Substance Abuse launched



YUVODAY 2.0 LAUNCHED

After successful completion of Yuvoday's first term Yuvoday program is marching ahead towards Yuvoday 2.0

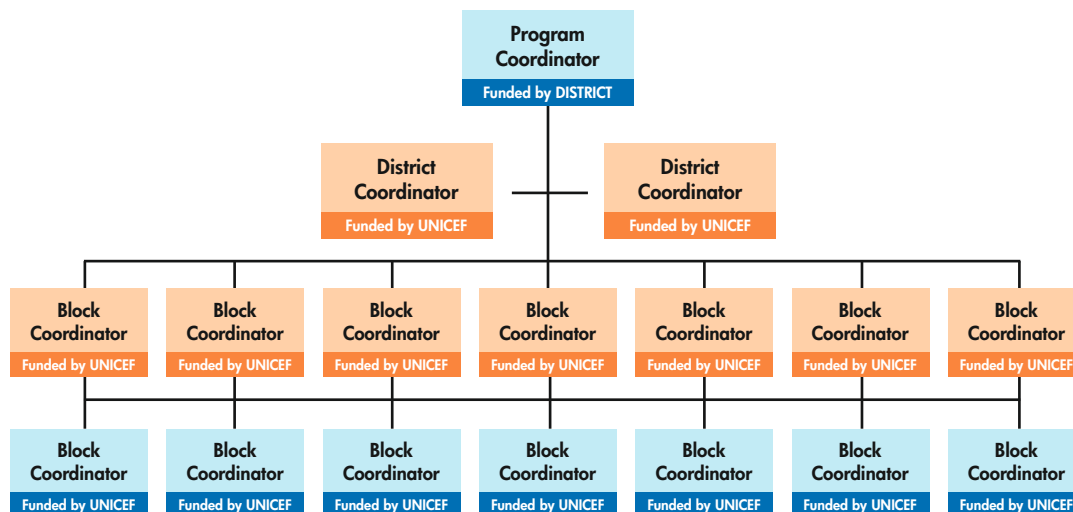
Along with implementing all the objectives of Yuvoday program, consolidation will be done in following two aspects:

- All block coordinators will be upgraded as master trainers
- All the volunteers will be trained and capacitated to lead block offices and day to day activities.

District level support to Yuvoday is being provided in the form district coordinator Mr. Bhola Ram Shandilya. There are 14 Block coordinators for 7 blocks of Jagdalpur and 1 MIS officer for monitoring & reporting of work being carried out at Yuvoday. This support staff of Yuvodaya is provided with insurance for their safety. There are 5 cluster coordinators for each block for support and implementation of activities at cluster level.



Work Flow Chart of "YUVODAY"





AAO BAAT KARE

Stop wobbling, start speaking- AAO BAAT KARE

People hesitate while speaking of their mental health. Nobody is ready to accept that one can be mentally weak too. As we need medicines when we are sick, we may also need someone to talk when we are feeling low. So, for mending minds - AAO BAAT KARE

Community based awareness program on Mental Health and wellbeing of children and prevention of Substance Abuse launched- "AAO BAAT KARE"

Chhattisgarh Agricon Samiti works on Mental Health with help from Bapu Trust, Pune, and

fundings from Paul Hamlyn Foundation has been partnered by UNICEF, Chhattisgarh for this project's implementation on the ground. Awareness on Mental Health is the current aim of the project and is being carried out in four districts of Chhattisgarh.

We are working in, 3 blocks of Bijapur, 3 blocks of Bilaspur and 4 blocks of Kondagaon, 7 blocks of Jagdalpur.

There is 1 District coordinator for each district and 1 block coordinator for each block. Accidental as well as health insurance is provided to all the staff.

Identification of Gram panchayats & Baseline

We began this project with a lot of hope and intention of bringing about awareness in society on Mental Health. In the first two weeks of the program Agricon's team focused on building rapport and conducting a baseline so that smooth implementation of project activities can be carried out further. During this baseline 50-gram panchayats were identified from each block for carrying out awareness on Mental Health. Information on population of village, number of SHGs, mitanins, aanganwadi workers etc. was collected so that volunteers for working on Mental Health Awareness can be identified. 20-gram panchayats were selected from each block during the first quarter of project.

After visiting the Department of Health, District Panchayat, Jan pad Panchayat, necessary data was collected.

Meeting was organized with the departmental officers, for sharing the purpose of mental health work being carried out by UNICEF and Chhattisgarh Agricon Samiti and made for departmental cooperation and support was expected.



Youth Towards a Change

B I J A P U R

After selection of gram panchayats and building rapport one day workshop Was organized on mental health awareness on 9.11.2021. It was conducted in the District Panchayat meeting hall, Bijapur, in which health department, women and child development officers, mitanins trainers and Anganwadi workers along with Bijadutir volunteers were present. Workshop was organized, mainly for understanding basics of mental health in detail. For this Program coordinator Ms. Danish K. Hussain, and Yogesh Purohit District coordinator, Bilaspur were present as trainers on Mental Health.

Further training on Mental health in Bhopalpatnam and Bhairamgarh block was conducted on 17/11/2021 and 18/11/2021.

After establishing a base on Mental health in the project area volunteer registration process started.

A link was prepared for registration of volunteers, a WhatsApp number (7898987848) was setup, as well as a QR code was generated so that registration of volunteers can be done with ease. For the development of their own village self-motivated volunteers started registering themselves. These volunteers are known as Bijadutir volunteers.

Awareness Meetings and discussion sessions were conducted with mitanins members, aanganwadi workers, school students and teachers, farmers, etc.

Grounding on Mental Health

425 Volunteers have been registered till 31/12/2021. By end of the 1st quarter (oct-dec 2021).
45 out of 60 selected gram panchayats were covered for awareness on Mental Health

Stress buster “Red Balloons”

District level two-day workshop

Workshops on community mental health under the "AAO BAAT KARE"

program by UNICEF & Chhattisgarh Agricon Samiti was held on 29 & 30 December 2021. The workshop was conducted in playful manners in Zila Panchayat's conference hall.

The workshop focused on the mental health of not just adults but right from infants, children, adolescents to old age people along with special concerns on pregnant women in rural areas also. Through examples, it was explained how to detect a person suffering from poor mental health.

Various playful activities, such as **Shammi dance**, **stress buster red balloon**, **communication activity** etc. were conducted, the steps to be taken to take care of mental health and how it can help in building a better society were told. A huge audience comprising of Bijadutir volunteers, schoolteachers, villagers, Anganwadi workers, and Mitans all participated in this workshop enthusiastically. They mentioned never having any discussion on mental health but as they know now what it is, they understood its importance and different aspects. Danish Khatoon Hussain, Manisha Motwani, Yogesh Purohit, and other field staff working on mental health were present as trainers. Chhattisgarh Agricon Samiti's Secretary Manas Banerjee also shared words on mental health during this. District Collector Rajendra Katara, Women & Child Development Officer Lupendra, District Child Protection Officer Rahul Kaushik, CMHO R K Singh, District Administration Chief Executive Officer were also present in the



Stress buster “Red Balloon” activity conducted during the workshop



BILASPUR

To start the work, first the basic information of selected Gram Panchayats was taken by the Block Coordinator. This information was collected from the villagers like Sarpach, Panch, Mitnin, Anganwadi workers, teachers, youth etc., so that the information about the social, economic, physical, and geographical resources available in the village can be obtained, as well as the villagers can get acquainted with the Block Coordinator and get to know about the program “Aao Baat Kare”

A target of 9 volunteers was set in each gram panchayat, in which 2 youths, 2 girls, 3 active women and 2 active men were selected. Before the selection of volunteers, they were given brief knowledge about mental health, and they were motivated to contribute for their society through their work in creating awareness on mental health. After selection, the volunteers were registered through link, QR code and WhatsApp.



Selection and Registration of volunteers

UNICEF Team Visit

On 08 December 2021, UNICEF team visited Kota block of district Bilaspur, in this Ms. Chetna Desai (Child Protection Specialist) and Ms. Snehil Rathore (Child Protection Consultant) along with team of Chhattisgarh Agricon Samiti met Mitani Anganwadi workers, employment assistants in Panchayat Bhawan of Jogipur Gram Panchayat. After discussing mental health with the village sachiv and schoolgirls, team went to Kota's Government Girls School, where they discussed on various aspects of mental health.

The examples given by team made it easier for the villagers and girl students to understand mental health and their understanding on the subject increased. Children ended the program with activities like "Bajra Geet" and "Sahi Sampark" in Kanya Shala.



Ms. Snehil Rathore discussing mental health with schoolgirls



Girls performing "Bajra Geet" activity

By 31 December 2021

349

volunteers have been registered and are actively working on Community Mental Health

KONDAGAON

80-gram panchayats were selected for the first quarter of the project. The basic information of selected Gram Panchayats was taken by the Block Coordinator. This information was collected from the villagers like Sarpanch, Panch, Mitantin, Anganwadi workers, teachers, youth etc.

Trainings were conducted time to time with mitanins, aanganwadi workers, youth groups, school students and teachers on basic modules of mental health. People were motivated to work for development of their own village, these people who understood the importance of creating awareness on mental health were then registered using volunteer registration link and QR code.

"Yuvodaya Kondanar Champs"



On 10-12-2021, "Maya Madai" and "Yuvodaya Kondanar Champs" program was launched by UNICEF and District Administration, in which District Collector Pushpendra Kumar Meena, District Panchayat adhyaksh Devchand Matlam, Kondagaon MLA Chandan Kashyap, district officials, Mitantin trainer, Mitantin, Anganwadi worker and UNICEF state chief Job Zakariah, Manas Banerjee, secretary- Chhattisgarh Agriculture Samiti and Kondagaon team working on mental health were present in this program.

All the registered volunteers are a part of "Yuvodaya Kondanar Champs". These volunteers were provided with training on mental health and workshops were conducted for them. These workshops were focused on clearing all the doubts of volunteers on mental health and strengthening their knowledge on mental health.

230 *Volunteers have been registered by 31/12/2021.*

JAGDALPUR

Awareness work on mental health is being carried out in all 7 blocks of Jagdalpur. As a team of youth in form of “Yuvodaya” was already present there, awareness work was started with them. One day training program was organized for block coordinators of Yuvodaya. In this training they were explained various aspects of Mental Health so that this information can be carried forward to volunteers.

200 Volunteers are actively working on Mental Health. Covid response is being carried out in Jagdalpur. Yuvodaya volunteers are spreading awareness on covid and how mental health gets affected in times of covid. Suggestions on how to maintain good mental health are being given.



Lets do Shammi Dance for relaxation and better mental health

“AAO BAAT KARE” workshop was organized in Jagdalpur on 28th and 29th December 2021 at Krishi Vishwavidyalaya auditorium. What is mental health, Difference between mental and physical health, how mentally unhealthy people are different, what is to be done for them? etc., all were discussed and answered in the workshop.

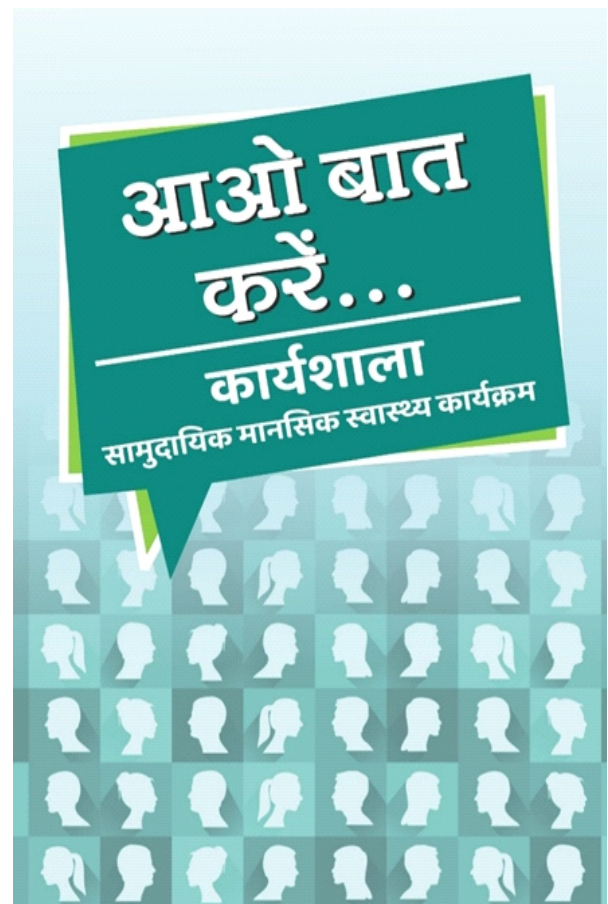
Various playful activities , such as Shammi dance, stress buster red balloon, communication activity etc. were conducted, the steps to be taken to take care of mental health and how it can help in building a better society were told. A huge audience comprising of Yuvodaya volunteers, block coordinators, school teachers, villagers, Anganwadi workers, and Mitans all participated in this workshop energetically. Following this, Bastar

District's Deputy Assistant Director of Social Welfare Department, Vaishali Madarkal said “Stay healthy mentally is as healthy as staying healthy physically. We often forget to take care of our mental health and even we feel uncomfortable discussing about mental health, this needs to be changed and an aware community on mental health working towards development is needed. For this, an awareness campaign will be conducted in the entire Bastar district from now onwards”

IEC Material Development

A Training Module has been prepared for the Toolkit given in workshops. This training module has been divided into 2 days sessions. There are 4 sessions to be conducted on first day and 5 sessions on the second day. Various activities have been incorporated in between the sessions to explain mental health in a playful manner. These sessions cover various aspects of mental health such as:

- What is mental health
- Psychosocial disability
- Biomedical model & psychosocial model on mental health
- Pregnancy and mental health
- Children and mental health
- Adolescents and mental health





Manas Banerjee
Secretary
Chhattisgarh Agricon Samiti

YOUTH TOWARDS A CHANGE...

We all have a voice, and we can use that voice to speak out what we believe. We (Chhattisgarh Agricon Samiti) believe in the voice of Youth and power of youth. When it comes to talking about a change, we can do it very well, but the youth of our nation is the force who can execute it very well. With the energy, vitality, and new ideology of youth, there is a wider scope of transformation that can be achieved towards development. In a country like ours, despite much of the population being young, ambitious, and driven; development still seems farfetched, and this is simply because of the lack of channelizing the energy and allotting the resources to optimize and begin with.

“Yuvoday” in Jagdalpur district was a source of motivation for us to carry this idea of channelizing youth for change forward. We provided youth with this opportunity and resources and today they are working towards a change in form of Bijadutir, Yuvoday Kodanar champs, & Manobal volunteers. Youth are the building blocks in the economic and social development of a nation, and we believe they will be able to create an aware community on Mental Health and a community sensitive towards Child Protection. Also, Discussion on Mental Health can help in bridging the gap between community’s perception and proposed awareness on mental health. Just as we take care of our body, exercise, take nutritious food so that we stay away from various diseases, we also need to take care of our mental health so that we can live a healthy and happy life.

Together our voices are stronger. Together we can build a better world.

“AAO BAAT KARE”



Danish Khatoon Hussain
Program coordinator-Mental Health
Chhattisgarh Agricon Samiti

MENTAL HEALTH ≠ MENTAL ILLNES

When I asked people what mental health is, what comes in your mind when you hear about mental health, answers were symptoms of mental illness, such as insanity, violent behavior, or they talk about mental hospital, keeping the lunatics tied, giving electric shock, etc.

Then when I asked them what mental illness is, either they don't answer, either they get confused between mental health and mental illness. Mental illness and Mental Health are different. There is curiosity among people but no one to clear their doubts. Mental health is how you think, feel, behave in your day-to-day life, how you react to problems, how you cope with them, if you are mentally healthy, you will be able to help others, you will be able to do work well and live a happy and balanced life.

Listening to this, people said that till now they used to think of mental health as mental illness, now they have understood what the difference between mental health and mental illness is and said that with support and training under this Mental Health Program "AAO BAAT KARE" they will spread awareness on mental health in their community.



Manisha Motwani
Senior executive
Chhattisgarh Agricon Samiti

SAY, "WHAT'S APP!!!" TO MENTAL HEALTH

In today's digital world, social media emerge as a powerful weapon to discuss any public issue and sometimes people are interested to involve and give their opinion. Social media play a big role to develop an online community because with the social platform you can discuss all the issues on one platform. With the help of social media, you can know the perspectives of many people on any issue.

We decided to use this digital platform as a catalyst in our work. Volunteers are registered online through WhatsApp services; they are provided with a link as well as QR code for registration. This service even provides volunteers basic information on company's policy and information on mental health. It has helped us to create a community online in which we can share information brochures and videos.

We have also launched a Mental Health helpline WhatsApp number for BOT chat service. Generally, people are not comfortable in sharing their problems if the problem is related to mental health but through this number, they will be able to ask for help as well as they can get information on Mental Health. Our Mental Health counsellors will be available for help, through this community will be able to help its own people as and when needed. A person can text "HELP" OR "मदद" on our WhatsApp number. He/she will receive a message. A person may click on the number as per information desired by him. A YouTube video link will be sent to the person containing informational video and if a person requires help in emergency and he texts "6" a different set of questions be asked as to know who requires help and where? And help will be provided accordingly.

This is how at Chhattisgarh Agricon Samiti social platforms are being used as a step towards Mental Health awareness.



Gokul Mandavi
Volunteer - Kondagaon

COMMITTING TO MENTAL HEALTH

I am from a farmer's family, I am 12th pass, along with farming, I take training in the NSS camp and gives information related to NSS to the children once a week in the high school of village. I was selected as a volunteer by Makdi Block Coordinator and was given information about mental health. The people around us have been working to give information related to mental health and child protection to the youth and children of the school.

I decided to work as a volunteer and after joining "Yuvodaya Kodanar Champs" I got training on mental health. After this training, there have been a lot of change in me. I found mental health training helpful. It is very important to have good mental health, I work to make every information related to mental health accessible to the people. I donate time of my life to make people aware on mental health. I will help to connect the youth of my village along with me so that everyone can become aware and solve issues like domestic violence, unemployment, stress, suicide in our community.



Suryakant Jain
Block coordinator – Keshkal

I CANNOT BE EXCLUDED

My name is Suryakant Jain. A year after I was born, my parents came to know that I am physically weaker than other children. I was not able to walk and talk even after I was two years old, my parents got me treated in Dhamtari, after which I learned to walk slowly, but my treatment course couldn't be completed and I face problem in talking clearly, I stammer. Because of the way I used to talk, in school other children used to tease me and neither did they wanted to be my friend, I used to feel very bad. Facing similar situation, I completed my studies. I worked in Social Audit Unit (Panchayat and Rural Development Department) for 4 years as a Block Coordinator. After resigning from the job due to some personal reasons it was very difficult for me to find a new job. I was getting rejected at most of the interviews because of my problem of stammering, this affected my mental health badly. Then I got selected by Chhattisgarh Agricon samiti as block coordinator for Keshkal. I got training on mental health and understood what I was facing was exclusion. I understood that stammering was not a problem it was my strength which I discovered after getting trained on mental health. I decide that I will change the perception of my community towards any kind of exclusion. I will explain them how mental health is important and how community plays an important role in it. Today I take meetings in villages and panchayats and interact with people of every age group, and I try to explain them the importance of mental health in easy language.

Workshop - JAGDALPUR



Workshop - BIJAPUR



Media Publications

Workshops on community mental health organized

Under the 'Aao Baat Kare' program by UNICEF

Central Chronicle News

Jagdalpur, Jan 01: Take a red balloon, fill all your worries & tensions in it to the optimum, and just blow it in the air, do some Shamli Kapoor dance, clap & communicate. Simple and interesting isn't it? The team of the NGO, Chhattisgarh Agricon Samiti under the project called 'Aao Baat Kare' (Come Let's talk) by UNICEF, C'garh, in such playful manners conducted workshops on community mental health. It took place in Jagdalpur's Krishi Mahavidyalaya Auditorium and Bijapur's Zila Panchayat's conference hall from Dec 28-30.

The workshop focused on the mental health of not just adults but right from infants, children, adolescents to old age people along with special concerns on pregnant women in rural areas also. Questions ranging from what is mental health, difference between mental and physical health, how mentally unhealthy people are different, what is to be



done for them? etc, all were discussed and answered in the workshop. Through examples, it was explained how to detect a person suffering from poor mental health.

After that, with help of various playful activities mentioned above, the steps to be taken in order to cure it and how it can help in building a better society were told. A huge audience comprising of Yuwodaya and Bijaadur volunteers, school teachers, villagers, Anganwadi workers, and Mitans all participated in this workshop enthusiastically. They were elated by it and shared getting to know about mental health which they never knew before in any ways. They mentioned never having any discussion on mental health but as they know

the entire Bastar district from now onwards.

To be mentioned, the NGO, Chhattisgarh Agricon Samiti which works on mental health with help from Bapu Trust, Pune, and fundings from Paul Hamlyn Foundation has been partnered by UNICEF, Chhattisgarh for this project's implementation on the ground. In it, the active support of Yuwodaya and Bijaadur Volunteers and District Administration is being given. The NGO focuses on the 'Psychosocial Model' rather than the 'Biomedical Model' for the treatment of people suffering from mental health issues. The 'Biomedical model' supports to be the cure of the disease through medicines but the 'Psychosocial model' on mental health supports to be the cure of the cause through active involvement of the community's people as support. The NGO from the past four years is constantly putting efforts to motivate and aware the community's people for it.

Following this, Bastar District's Deputy Assistant Director of Social Welfare Department, Valsah Madarkal said that it is necessary for all people to be mentally healthy. For this, an awareness campaign will be conducted in

मानसिक स्वास्थ्य व बाल संरक्षण सामाजिक जागरूकता की ओर एक महत्वपूर्ण कदम

बीजापुर, 20 नवंबर (देशबन्धु)।

बीजापुर जिला प्रशासन एवं यूनिसेफ के सहयोग से छत्तीसगढ़ एग्रीकॉन समिति द्वारा जिला के तीन विकासखंडों में बीजापुर, भैरमगढ़, और भोपालपटनम में दिनांक 9/11/2021 से जागरूकता प्रशिक्षण कार्यक्रम आयोजित किये गये। जिसमें प्रशिक्षण देने के लिए मुख्य रूप से एग्रीकॉन समिति से राज्य समन्वयक दानिश हुसैन, जिला समन्वयक योगेश हुरीन, जिला समन्वयक पौल कुमर नाग, यूनिसेफ जिला समन्वयक भरत साहू, जिला स्वस्थ विभाग से जिला टीकाकरण अधिकारी डॉ गवेल, जिला बाल संरक्षण अधिकारी राहुल कौशिक उपस्थित रहे। एवं प्रतिभागी के रूप में आंगनवाड़ी कार्यकर्ता मित्रा निन कार्यकर्ता और बिजादुर के स्वयं सेवक सहित तीनों ब्लॉक में कुल 265 की संख्या में उपस्थित रहे।

बीजापुर जिले के प्रत्येक ब्लॉक में प्रथम जागरूकता बैठक में उपस्थित प्रतिभागियों ने बड़ चढ़कर हिस्सा लिया और जाना कि मानसिक स्वास्थ्य का



कितना असर सामान्य जीवन पर होता है। ज्ञात हुआ कि मानसिक स्वास्थ्य सभी आयु वर्ग के लोगों पर प्रभाव डालता है बच्चों पर इसका गहरा असर होता है जिससे बच्चों में एकता में रहना, चिंतित रहना, डरना आदि का आदत बन जाता है। जागरूकता कार्यक्रम में मानसिक अस्वास्थ्यता की पहचान उसके कारण एवं शुरूआत में ही इसके निदान के उपायों के

संबंध में जानकारी प्रदान की गई। कार्यक्रम के अंत में जिला बाल संरक्षण अधिकारी राहुल कौशिक जी ने कहा कि यह प्रथम कार्यशाला काफी कारगर था इससे कार्यकर्ता मानसिक स्वास्थ्य के विषय पर चित-परिचित हुए तथा भाग लिए कार्यकर्ता ग्राम स्तर पर जाकर अन्य लोगों को जागरूक करेंगे और निश्चित रूप से यह कार्यक्रम जिले में कारगर साबित होगा।

मानसिक स्वास्थ्य एवं बाल संरक्षण सामाजिक जागरूकता की ओर एक महत्वपूर्ण कदम

प्रसून शर्मा

बीजापुर (लोक

किरण)। जिला प्रशासन एवं यूनिसेफ के सहयोग से छत्तीसगढ़ एग्रीकॉन समिति द्वारा जिला के तीन विकासखंडों में बीजापुर, भैरमगढ़, और भोपालपटनम में दिनांक 9/11/2021 से जागरूकता प्रशिक्षण कार्यक्रम आयोजित किये गये। जिसमें प्रशिक्षण देने के लिए मुख्य रूप से एग्रीकॉन समिति से राज्य समन्वयक दानिश हुसैन, जिला समन्वयक योगेश पुरोहित एवं एग्रीकॉन से

बीजापुर के जिला

समन्वयक पौल कुमार नाग,

यूनिसेफ जिला समन्वयक

भरत साहू, जिला स्वस्थ

विभाग से जिला टीकाकरण

अधिकारी डॉ गवेल, जिला

बाल संरक्षण अधिकारी

राहुल कौशिक उपस्थित

रहे। एवं प्रतिभागी के रूप में

आंगनवाड़ी कार्यकर्ता

मित्रा निन कार्यकर्ता और

बिजादुर के स्वयं सेवक

सहित तीनों ब्लॉक में कुल

265 की संख्या में उपस्थित

रहे। बीजापुर जिले के प्रत्येक

ब्लॉक में प्रथम जागरूकता

बैठक में उपस्थित

प्रतिभागियों ने बड़ चढ़कर



हिस्सा लिया और जाना कि

मानसिक स्वास्थ्य का कितना

असर सामान्य जीवन पर होता

है। ज्ञात हुआ कि मानसिक

स्वास्थ्य सभी आयु वर्ग के

लोगों पर प्रभाव डालता है

बच्चों पर इसका गहरा असर

होता है जिससे बच्चों में

एकता में रहना, चिंतित

रहना, डरना आदि का आदत

बन जाता है। जागरूकता

कार्यक्रम में मानसिक

अस्वास्थ्यता की पहचान

उसके कारण एवं शुरूआत

में ही इसके निदान के

उपायों के संबंध में

जानकारी प्रदान की गई।

कार्यक्रम के अंत में जिला

बाल संरक्षण अधिकारी

राहुल कौशिक जी ने कहा कि

यह प्रथम कार्यशाला काफी

कारगर था इससे कार्यकर्ता

मानसिक स्वास्थ्य के विषय

पर चित-परिचित हुए तथा

भाग लिए कार्यकर्ता ग्राम स्तर

पर जाकर अन्य लोगों को

जागरूक करेंगे और निश्चित

रूप से यह कार्यक्रम जिले में

कारगर साबित होगा।

रवि हिन्दस
वार जगदलपुर 21 नवम्बर 20

सार-संक्षेप...

मानसिक स्वास्थ्य एवं बाल संरक्षण सामाजिक जागरूकता की ओर एक महत्वपूर्ण कदम



बीजापुर, 20 नवम्बर। जिला प्रशासन, यूनिसेफ छत्तीसगढ़ एग्रीकॉन समिति जिला बीजापुर के तीन ब्लॉक बीजापुर, भैरमगढ़ और भोपालपटनम में मानसिक स्वास्थ्य एवं बाल संरक्षण सामाजिक जागरूकता हेतु महत्वपूर्ण कार्य कर रही है विगत 09 नवम्बर को जिला मुख्यालय बीजापुर से प्रारंभ हुई ब्लॉक स्तरीय मानसिक स्वास्थ्य एवं बाल संरक्षण कार्यशाला

आओ बात करें...



छत्तीसगढ़ एग्रीकॉन समिति

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