



SANKALP

Quarterly Newsletter
By Chhattisgarh Agricon Samiti

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Meeting with volunteers and Plan of Action



Meeting with volunteers and Plan of Action: In all three districts of the project area, Volunteers gather every month and discuss the work done by them with each other, during this discussion they also share the problems they have faced and the way they solved them. Through this, they are constantly able to learn from each other and plan for upcoming activities in these discussion meetings. Block level meetings with active volunteers were organized for 20 minutes per day to plan for community awareness. The volunteers actively engaged in the meeting and the action plan was made to implement Panchayat Chalo Abhiyan, Nasha Mukti Abhiyan, Blood Donation Campaign, Menstrual hygiene week, etc.

Volunteers Registered

1058
BILASPUR

1128
KONDAGAON

913
BIJAPUR



Panchayat Chalo



Following a decade of increase in mental health issues, we tackled this challenge head-on by raising awareness on mental health using a psychosocial model of care that offers holistic support.

Panchayat Chalo Campaign started in the first week of April with a target to reach 500 panchayats with the message of “Mental Health Awareness” and to make each one promise to contribute in creating an aware community.





Developing community as first-level responders

Panchayat Chalo Abhiyan" was implemented in 500-gram panchayats of the project area district, out of which 456-gram panchayats were covered. In these panchayats, 8459(male-3844, female-4615) people attended the PRI meetings and took an oath that "they will try their best to care about their own mental health and well-being and would not hesitate to help and support others when needed". The helpline number and a banner with the phone number of a local volunteer were pasted in the panchayat building so that, in case of any emergency or need, one can take help. Video on expectations from "an aware panchayat on mental health" was circulated through WhatsApp and panchayats. The people took the oath and agreed to mention mental health as a topic of discussion in their regular meetings were declared "Maansik Swasthy par Jaagruk panchayat" {aware panchayat on mental health}



UNICEF's Team Visit



On 6th May, a PRI meeting was organized in Gram Panchayat - Banjugani Panchayat Bhawan. Snehil (child protection consultant) UNICEF observed the PRI meeting and discussed mental health with the villagers. Members of Panchayat, women, and volunteers were present in the meeting. People shared their experiences on mental health, some shared their personal stories as well and the work done by the volunteers was appreciated.

Field visit by Job Zachariah

UNICEF's Chhattisgarh Chief Job Zachariah and Abhishek Singh (Communication Specialist, UNICEF) visited Bijapur to see the working of the Mental Health Initiative "Aao Baat Kare". A field visit to Gram Panchayat Nemur was organized and a discussion was held on Mental health and well-being, how people's perception of mental health has changed was also discussed. Mr. Abhishek Singh also elaborated on how a person can deal with adverse situations and stress. Red Balloon activity was performed, and its purpose was also discussed. The importance of self-assessment and how a person can seek help through the helpline number was elaborated. In the end, everyone participated in the Shammi dance along with Mr. Zachariah and Mr. Singh.



Sending a message through Nukkad Nataks



Block - Kota
Village - Cherka bandha



Nukkad Nataks were performed on Various topics such as pregnancy and mental health, education, children, and their mental health, etc.

121-gram panchayats were covered out of the targeted 125-gram panchayats. These Nukkad Nataks reached an audience of 4000+ people and targeted messages were successfully delivered. These Nukkad Nataks proved to be a great method for the engagement of volunteers. It was a fun activity through which serious problems such as how failing in exams can affect a child's mental health and how a pregnant lady needs support was explained.

Stories of Change



Rahil Subedar and Rini Balsariya visited Bijapur and Jagdalpur for coverage of inspiring stories of change. They met the Women and Child Development Officer, they were introduced to all the volunteers, and the work done by them was explained in detail. Volunteers elaborated on their work in the fields of health, education, and other areas. Some volunteers motivated women for institutional delivery, some admitted children to NRCs, some made water accessible for villagers, and some others got school dropouts to get admitted into school again; all their stories were recorded and captured.



Menstrual Hygiene Week



Menstrual Hygiene Day is observed on the 28th of May, but our team celebrated it for over a week. From May 25th to May 30th, rallies and discussion meetings were organized in all 10 blocks of the project area. We put forward the phenomenon of menstruation as a biological process so that people can speak of it, without fear or shame and without being exposed to any more vulnerabilities. We also raised awareness on period poverty, or the inability to afford the menstrual supplies needed to manage health and hygiene with dignity. A Donation camp was also organized in which people donated sanitary napkins, soaps, handwashes, etc. for menstrual kits which are to be used in schools. Even today, people are not very aware of menstrual hygiene practices. Through this campaign, efforts have been made to change the behaviour by making women aware of ways to support one another in such times. At the time of menstruation, the mental health of women also needs support, along with making women and girls aware of menstrual management, it was also suggested to manage stress and remove stigma regarding it. School girls, aanganwadi workers, mitanins, and women from the village all participated in the rallies. Our male volunteers were also a part of this campaign and were very helpful in organizing rallies.



Training and Capacity Building



Volunteers are also trained from time to time on various aspects of Health, education, livelihood, and Mental Health. As per the instructions of Kondagaon District Collector Mr. Pushpendra Singh Meena, 85 girl volunteers working on community awareness were sent to Livelihood College for sewing training in Kondanar Garments Factory. Such training would also lead to better livelihood opportunities for them. Many girls are completely responsible for their household chores as their mothers are farmers, due to which they face a variety of problems that may lead to stress. This effort proved to be useful in reducing that angst. We hope their financial, as well as mental condition, improves through employment.





Rakt Daan Maha Daan

Blood Donation Camp was organized on 14/06/2022 in all three districts of the project area with the help and support of the District Hospital and Red Cross Society. World Blood Donation Day was celebrated with great enthusiasm. Many people participated and inspired other people and showed humanity by donating blood. The coordinators of the team also helped in making the event a success by donating blood.



Bastar Collector Mr. Rajat Bansal donated blood



Physical and mental well-being through YOGA



To celebrate International Yoga Day on 21/06/2022, volunteers in our different project areas practised yoga with school students of all age groups, along with teachers and other adults. Through this a message was propagated of the benefits of practising yoga on the overall well-being of a person. Volunteers of Yuvoday, Yuvoday Kondanar champs, Beejadutir, and Manobal, all participated actively.





Review meeting with Collector

A review meeting of Yuvodaya Kondanar volunteers was organized with District Collector Pushpendra Singh Meena. In the meeting, work done by the volunteers was reviewed. Given the work done by the entire team, all the volunteers were appreciated.



International De-addiction Day



On 26/06/2022, a total of 03 schools and 02 rural communities in the Kondagaon district observed International De-addiction day by organizing workshops and rallies with children and villagers to avoid drug usage and promote a healthy lifestyle. Many people start using intoxicants as a negative coping mechanism when they are dealing with some mental health issues. After a while, this transforms into an addiction, and then due to addiction, they can go from being mentally unwell to being physically unwell or even severely ill. A total of 198 people participated in the workshop and rally organized to keep mental health better and free from intoxication and helped in making the community aware.





Volunteer saved the girl child's life

A 4-year-old girl from Naxal-affected village Kadenar had fainted due to a high fever. The family members of the girl had taken that girl to Siraha, Baiga. When Yuvodaya Kondanar Champs Volunteer Prakash Baghde got the information, he immediately arranged a vehicle to reach the hospital so that the girl's life could be saved, today she is completely healthy. The girl child got a new life due to the volunteer's efforts.



Reaching the needy

In a sensitivity program run by the district administration, foundational work has been started. Under this program 18 men and 8 women have been identified to be mentally unwell. These 26 people were referred to the Manas Foundation for counselling. After their counselling, they were referred to the district hospital for further treatment.



The Lifeline Express

The Bastar District Administration gave the green flag to Impact India Foundation's hospital on a train called the Lifeline Express to halt and provide services to the locals from April 14th to 20th.

The train was stationed at the railway station in the village Naktisemra, of Jagdalpur block. Yuvoday volunteers from all blocks of Bastar came together to help the people make the most of this opportunity.

The Yuvoday volunteers identified people who were either diagnosed with or had common physical symptoms of problems like Cataract, Ear Nose and Throat issues, Cancer, Gynaecological problems, Cleft lip palates, Orthopaedic problems, etc.

Then the volunteers helped the patients in consulting with the doctors in an OPD which was set up in the adawal village Livelihood college of Jagdalpur. The volunteers even helped the patients in reaching the Operation Theatre, and in procuring and taking the required medication.

This camp became a success, and the local people could make the most of it, through the effort of Yuvoday Volunteers. The participation and efforts of the team of yuvoday was recognized and acclaimed by the Impact India Foundation as well as the district administration. The team also received a certificate of appreciation for the same.



Let's Break the Cycle



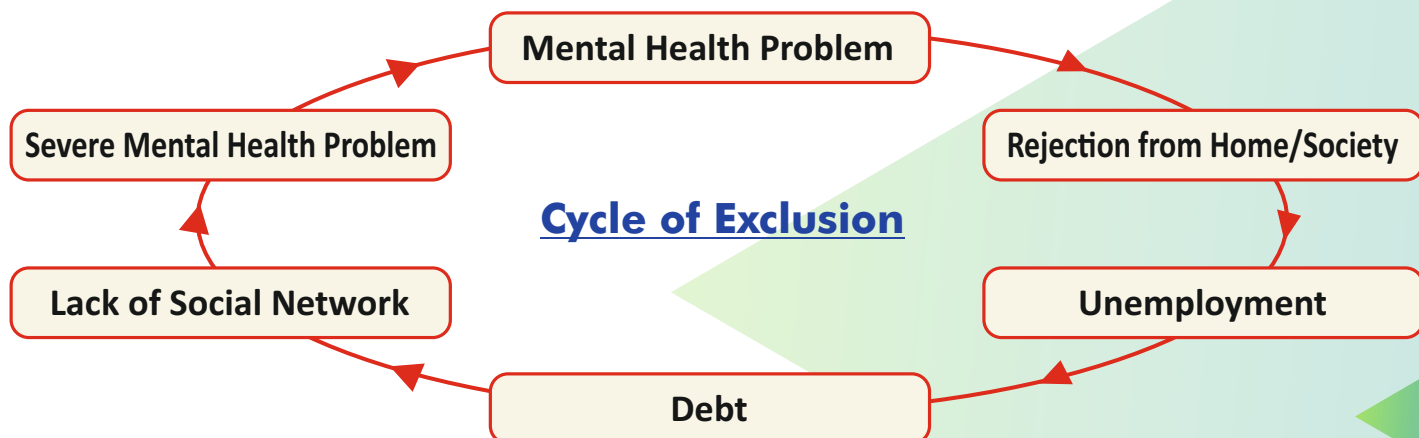
Manas Banerjee
Secretary
Chhattisgarh Agricon Samiti

It's been 4 years since we are working on mental health and we have seen societies changing their perception, breaking the stereotypes in this matter but it is still difficult for people to understand that they may go through situations in which their mental health will get affected and they need to learn to seek support. Just like how sometimes our physical health deteriorates and shows up in the form of physical symptoms, our mental health can also get hampered at times, but it reflects in other forms. Think of a friend who has disconnected from the group, a colleague who has been having trouble at work, a mother who has abandoned her usual duties, or even an elderly who just refuses to be happy. While it is relatively easier to identify physical symptoms and provide the necessary support, it is not impossible to do the same when it comes to mental health and well-being.

It is important to understand that the people who have difficulties in upkeeping their mental health are also stuck in a cycle of exclusion. This cycle of exclusion starts when the person is rejected from home and society because of certain stigmas attached to mental health. This discrimination has its roots in a lack of awareness, some social norms, and a negative attitude towards mental health.

This cycle is continued when the person's mental state starts interfering with their daily duties; and when one performs poorly at work, home, or school; it has negative consequences. The consequences might be severe such as unemployment, expulsion, etc. This, in turn, may lead to debt, bad management of finances, and more financial dependence, which will eventually isolate the person from society and their network of people. This isolation will lead to severe mental health problems or even illness. At this point, even when the person gets treatment and tries to get back into society, one faces the same stigma and discrimination, and the cycle continues.

The only way anyone can break free from this cycle is when one receives something called- Psycho-social support. For their recovery, the person needs to get help from the surrounding because the way to not get trapped in this same cycle of exclusion is by collective effort. Therefore, WE all can help in breaking this cycle, by being more aware, by giving them opportunities, clearing the misconceptions, and being a part of a more enabling family/society.





Danish Khatoon Hussain
Program Coordinator
Chhattisgarh Agricon Samiti



Towards changing ourselves

Namaste to all from my end, in the previous two newsletters I expressed my views on mental health and how circumstances and situations effect our mental health but this time I realized it's not always the circumstances that are going to trouble us, it is us who create trouble for ourselves by our habits such as not sleeping on time, not eating well, not managing time properly, etc. A habit is a regular practice that we follow, either consciously with a purpose or unknowingly without one. If this consistent practice impacts our lives in a good way, then these can be called good habits, and if these practice impacts negatively then these are called bad habits.

Thus, having a few good habits can directly impact your day-to-day life, health, and well-being. For achieving that, one must consciously focus on eliminating bad habits and replacing them with good ones.

For example, if you have developed a habit of binge-watching movies and series excessively, then to eliminate this habit, you will have to start using this time doing something else, like reading books. This way, you will be able to replace one bad habit with a good habit.

This moral lesson of good and bad habits is taught to us as children, but even then, we as adults, sometimes fail to develop these good habits to live a better life. The sole reason is that the motivation is mostly extrinsic. When we are told to do something for gaining an external reward, the motivation is extrinsic and focused on tangible or intangible rewards. The extrinsic motivation might work well in other contexts, but when it comes to self-development; and adapting good habits, it fails in the long term.

For example, if you are given one dollar (an external reward) for every day that you don't use social media or your phone first thing in the morning; you will likely drop this bad habit for as long as you are getting that reward. When the reward stops, the motivation also stops.

Therefore, it is Intrinsic motivation that will help you in the long run. When one acts not to gain anything, but just to enjoy the process, one is likely to continue acting in the same manner with or without a reward.



Manisha Motwani
Senior executive
Chhattisgarh Agricon Samiti

Communities that care and are aware

Humans are social beings, and since eternity we have been living together, forming societies and communities. People learn different occupational and social-emotion skills and then make different contributions to the society. In society at large, these skills are exchanged as services and products through the means of money. In smaller groups and communities around any individual, support and care is often exchanged amongst family, friends, and acquaintances.

This support in the community is shown during the good times such as festivals, and during the bad times such as a health emergency in the family etc. However, when it comes to showing support to someone struggling with mental health issues, the society at large becomes a mere spectator and commentor.

The lack of a wider community support available for people severely affected by mental health issues can exacerbate mental health problems and leave people not knowing where to turn. When it comes to supporting people, making sure people can access quality treatment on time is one vital part of the picture. What we also need to think about is all the other factors that shape our mental health: housing, jobs, financial situation, and support networks etc.

To strengthen the social support with regards to mental health, we think it's time that communities and organizations come together to play their part. They should inspire people to organize social activities that spread awareness regarding mental health, provide volunteering opportunities, or advice for issues such as careers, finances, and other issues which might be affecting their mental well-being. This in turn can lighten the burden that people with mental issues carry.

Social connectedness goes beyond relationships with people. Social connectedness could look like: Peer support groups in the community that provide opportunities for socializing, developing friendships and new interests/hobbies, or for careers to support each other. Care for people in the community can be shown through community initiatives that are not mental illness specific, especially for youth, such as gardening programmes, and open mic sessions where people can share their thoughts, feelings, and beliefs.

These small steps within smaller communities, will contribute to a bigger impact on the society at large.





Ashok Kumar Pandey
District coordinator
Kondagaon

Regaining eyesight

This story is of Jarhi Netam, an 82-year-old woman, resident of village Manjhiathgaon who was unable to see for the last two years, which made it difficult for her to take care of herself. The family members were also not able to pay adequate attention and provide the required treatment. She felt helpless and had lost all hope of seeing with her own eyes again. As the elderly lady was finding it increasingly difficult to complete the daily chores and the negligence she received from her own family, also affected her mental well-being.

A Yuvodaya Kodanar Champs Volunteer, Gendlal Netam, upon seeing her condition, decided to take her to the Kondagaon District Hospital, on his own two-wheeler, and at his own expense. There they consulted an eye specialist, and cataract surgery was performed by the doctors.

After a few days, the elderly woman could see clearly again. The Yuvoday Volunteer, Gendlal Netam feels proud to be associated with Yuvoday. He takes pride in being of service to the people in need. Apart from that, he has also worked on raising awareness about mental health in his village and community. Many Such volunteers are working hard for the progress of the village portraying a beautiful example of volunteerism. I am proud to be a part of this team and their incredible work in various sectors.

Journey from Malnutrition to Health



Paul Kumar Nag
District coordinator
Bijapur

This story belongs to Laxmi, a resident of the Bijapur District. She became a mother in 2019 and was very happy to have a daughter Maya. Maya was born healthy but as she grew, she suffered from Malnutrition. She was underweight so her mother started worrying about her a lot and continuously remained under stress. As Lakshi Manjhi and her husband were both unaware of the various government schemes related to children and nutrition, they were unable to benefit from them.



With the help of Anganwadi worker, Bijadutir Block Coordinator Harshita Panda met Maya's mother Laxmi Manjhi, and then after continuous meetings, Harshita succeeded in changing the mentality of Laxmi and her family, now they were aware of how and from where they can get help. Lakshmi Manjhi was in the NRC with her child for 15 days, and mothers living in similar circumstances spent time with each other, gradually the condition of Lakshmi's daughter Maya improved as well as she was happy. There was an improvement in her condition and after 15 days there was a complete improvement in the girl child, Lakshmi has also become mentally healthy, at present Lakshmi's daughter is 10.30 kg. Lakshmi is very happy to see her daughter's condition and the whole family happy. Laxmi understood the importance of NRC, as well as her own Mental Health.



Bharat Kumar
Block Coordinator
Bijapur

From Being Mentally Unhealthy to becoming a leader

Seema Tamo is a resident of a very sensitive area, village Allur block Bhairamgarh district Bijapur. After the death of the father, the situation in the house changed completely. Seema and her brother used to work and earn their livelihood. She did not give up her studies, even after struggling through difficult situations, she studied till 12th, but an incident that happened in Seema's life changed her life completely. She went to stay at her friend Urmila's house, and was seen by some villagers with a boy, Suresh (Seema's friend's brother). A rumor spread in the village regarding Seema having an affair. A village meeting was held, and the final decision came out that Seema would have to marry Suresh. Suresh was forced to marry Seema and so he could not accept Seema as his wife wholeheartedly. This incident took Seema into complete distress as she considered Suresh as a brother.

Even after 3 years of marriage Seema was taunted and her mental health suffered a lot but one day in a village meeting, she met me, when she understood about mental health during the meeting, she recognized herself as a person who needs help. In November of 2021 Seema got herself registered as a volunteer. She started attending meetings and conducting activities and volunteerism helped her to move forward in life. Seema was ready to serve the village, she met Anganwadi workers, then decided to work with them, due to good harmony with the Anganwadi workers, and was successful in changing the behavior of many pregnant women, she also takes malnourished children to NRC, motivates, and leads others to work as a volunteer and helps during campaigns and delivers messages in the local language.

It has also been decided to honor her for her work on 15th August 2022.

**Gupesh Markam**

Volunteer
Yuvodaya Kondanar Champs

Sandhya will go to school...

This story is of Sandhya Markham of Tehsil Keshkal. Sandhya's mother Santri Markram is suffering from a mental illness for almost 5 years and her father also passed away last year. Sandhya left school after studying till class 7th. It was very depressing for a small girl to see others going to school while she was doing household chores.

I met Sandhya while passing by from her village and as I am a volunteer working on mental health by talking to her, I understood that she had some problems. She told me her story and I felt very sad that a small girl of her age is not going to school and how difficult it would have been for her to see her friends going to school. I decided that I will send this girl to school, and volunteers and the community together can take care of her mother while she goes to school. I went with her to her old school, received her TC, and got her admitted in class 8th in a higher secondary school. I not only got her admitted to the school but also helped her in maintaining good mental health as she has gone through a lot in her life. I feel proud to be a part of Yuvodaya Kodanar Champs where I can be of help to people. I will also try to help Sandhya's mother Santri Markham so that she too can get well soon.



Mithila Koram
Volunteer
Yuvodaya Kodanar Champs

Health and Mental Health

My name is Mithila Koram, daughter of Bhakti Ram Koram, resident of Gram Panchayat Bade Bendri, Kondagaon.

As an active volunteer of Yuvodaya Kodanar Champs, I got an opportunity to understand mental health better. I have participated in street plays of 12 panchayats, in which efforts were made to make people aware of mental health. Due to this exposure, I have a newfound understanding of mental health now.

At the time of community awareness, I came across a child, a 3-year-old boy, weighing just 4 kg, and was severely malnourished. His mother was always worried about the malnourished state of the child, and therefore was not eating properly herself.

I talked to the mother of the children, made them more aware, and admitted them to the District Hospital Rehabilitation Center. Due to the help, nutrients, and care that they were provided with at the center, both the mother and the child are now happier and healthier. The weight of the child has also improved. My efforts in bringing a child from a state of malnutrition to health have proved fruitful. I believe that with the efforts of youth, problems of different people and communities in rural areas can be overcome.



Sonwari Kashyap
Yuvoday Volunteer

A chance to do something for my village

My name is Sonwari Kashyap, and I am a resident of Village Panchayat Vankomar of Bakawand block. I lost my one leg in an accident; I studied till 12th after which there were difficulties in my admission due to absence of caste certificate.

I came to know regarding yuvoday through one of its cluster coordinators and how Yuvoday contributes to the development of the village. My village is in a forest, 60 km far from district headquarters. It was very difficult for people of my village to have a caste certificate, along with that we all were also deprived of many schemes of the government for a long time. Be it the field of education or employment opportunities, from caste reservation to economic exemption, people of my village could not get the benefit due to Vankomar being a forest village. I reached yuvoday block coordinators and I explained the problem to them, after which Madai was organized in the village and information was given to the concerned department about the problems of the village. SDM Sahib, Tehsildar Sahib and Revenue Department took this matter into consideration, caste certificate of 63 people was made within one month. After the people got their caste certificate, all the people of the village started respecting me a lot. And if there is any kind of problem, they come and let me know, which makes me feel proud. I thank Yuvoday for giving me a chance to do something for my village.

सुविचार

सपने वो नहीं जो हम
नींद में देखते हैं, सपने
तो वो हैं जो हमें नींद
नहीं आने देते।

दैनिक

दबंग दुनिया

राजपुर, सोमवार, 30 मई 2022

नियंत्रण नज़र, नियंत्रण खबर

पैर का सबसे पवित्र सम्पूर्ण हिन्दी अखबार

माहवारी स्वच्छता एवं प्रबंधन दिवस पर हुई कार्यशाला एवं रैली

दबंग रिपोर्ट » कोणडागांव

जिला प्रशासन युनिसेफ एवं छत्तीसगढ़ एग्रीकॉन समिति के द्वारा कोणडागांव ब्लॉक के कस्तूरबा गांधी बालिका आवासीय विद्यालय कोणडागांव एवं ब्लॉक फरसागांव कस्तूरबा गांधी बालिका आवासीय विद्यालय बोरगांव में माहवारी स्वच्छता एवं प्रबंधन दिवस पर कार्यशाला आयोजित किया गया। इस कार्यशाला में जिला समन्वयक अशोक पांडेय, ब्लॉक समन्वयक आरती कुंजाम के द्वारा किशोरी बच्चों को माहवारी पर जानकारी दिया। माहवारी स्वच्छता प्रबंधन की विस्तृत जानकारी हेतु किशोरी बालिकाओं में शुरूवाती माहवारी, पैड का उपयोग करना, उपयोग किए गए पैड को निष्क्रिय करना, स्वयं की देखभाल व साफ सफाई रखना, माहवारी के समय छुआछूत की भावितियों को खत्म करने के बारे में बताया गया और आयरन विटामिन प्रोटीन युक्त आहार लेने हेतु सलाह भी दी गई। इस कार्यशाला में प्रोजेक्टर के माध्यम से बच्चों को माहवारी स्वच्छता एवं प्रबंधन पर यूनिसेफ के द्वारा तैयार विडियो दिखाया गया, जिसमें बच्चों के मन में चल रहे सवाल का सही जवाब भी मिला। किशोरी बालिकाओं के साथ साथ समुदाय में माहवारी स्वच्छता पर जागरूकता लाने हेतु



बच्चों एवम शिक्षिकाओं के साथ जिला कार्यालय के समक्ष गांधी वार्ड में रैली का आयोजन भी किया गया। इस कार्यशाला में ग्राम बोरगांव की युवोदय कौंडानार स्वयंसेवक रतनी नेताम के द्वारा किशोरी बालिकाओं में होनी वाली शारीरिक बदलाव पर अपनी प्रतिक्रिया बच्चों को दिया। यह सफल आयोजन युवोदय कौंडानार स्वयंसेवकों के सहयोग से किया गया। जिला समन्वयक अशोक पांडेय ने बताया कि जिले के कलेक्टर पुष्पेंद्र सिंह मीणा ने सफल नेतृत्व में युवोदय कौंडानार चैंपस कार्यक्रम चलाया जा रहा है। इस कार्यक्रम से अब तक जिले के सभी पंचायतों एवं गांव स्तर पर कुल 1050 युवोदय कौंडानार

स्वयंसेवक जुड़कर सामुदायिक जागरूकता, स्वच्छता, मानसिक स्वास्थ्य, कुपोषण, माहवारी स्वच्छता एवं प्रबंधन पर जागरूकता लाने का कार्य कर रहे हैं। इस कार्यशाला में आश्रम शाला के 154 किशोरी बालिकाएं, 08 महिला शिक्षिका, 10 युवोदय कौंडानार चैम्पस के स्वयंसेवक एवं जिला समन्वयक अशोक पांडेय, ब्लॉक समन्वयक कमल किशोर पाण्डे, बलिराम मरकाम, आरती कुंजाम, कस्तूरबा गांधी बालिका विद्यालय आश्रम अधीक्षिका रधनी मरकाम एवं बोरगांव अधीक्षिका सहित प्रेन्टलाइन वर्कर मितानिन भी उपस्थित थे।



बस्तर भास्कर 26-05-2022

बीमार बच्चे को युवोदय ने पहुंचाया अस्पताल तो बची जान

कौंडागांव जिले के कड़ेनार का मामला

भास्कर न्यूज़ | कौंडागांव

अंडरूनी नक्सल प्रभावित गांव के युवा अब जागरूक होने के साथ लोगों की सेवा का दायित्व भी निभा रहे हैं। इन ग्रामीण युवाओं को सामाजिक दायित्व से जोड़ने के लिए युवोदय संगठन बनाया गया है। इसके स्वयंसेवक अपनी जिम्मेदारी बखूबी निभा रहे हैं। इसकी बानगी मदनपाल के सीमावर्ती ग्राम कड़ेनार में देखने

को मिली। इस गांव के बुखार में अत्यंत गंभीर अवस्था में पहुंच चुके 4 साल के बच्चे की जान युवोदय के स्वयंसेवकों की सजगता से बच सकी। कड़ेनार के आश्रित पारा डोडम निवासी संपत कोराम के 4 साल के पुत्र सुभाष कोराम की तबीयत 21 मई को अचानक खराब हो गई। घबराए हुए मां-बाप पहले बुखार से पीड़ित बच्चे को सिरहा और गुनिया के पास ले गए। जहां बच्चे की स्थिति जस की तस बनी रही। जैसे ही युवोदय कार्यकर्ता और आयुष्मार्मी को इसकी जानकारी मिली तो तत्काल बच्चे को



जिला हास्पिटल में भर्ती मासूम।

उप स्वास्थ्य केन्द्र कड़ेनार में भर्ती कराया। फिर जिला अस्पताल तक पहुंचाया, तब उसकी जान बची।

जिला अस्पताल में एक दिन में ही ठीक हुआ बच्चा जिला हास्पिटल में भर्ती कराने के बाद डॉक्टर रुद्र कश्यप और डॉक्टर बबेल ने ने इलाज किया। दूसरे दिन बच्चा बेहोशी की हालत से बाहर आ गया। अब उसकी हालत ठीक है।

संबंधित खबर पेज 14 पर



7 हजार मस्तीरिया युवा... शिक्षा, पहचान पत्र, स्वास्थ्य और रोजगार जैसे मुद्दों पर चर्चा करते हुए

समवेत शिखर

आंचलिक

राजपुर, सोमवार 30 मई 2022 12

माहवारी स्वच्छता एवं प्रबंधन दिवस पर हुई कार्यशाला एवं रैली युवोदय कौंडानार स्वयंसेवकों के सहयोग से हुआ कार्यशाला का आयोजन

समवेत शिखर संवाददाता

कोणडागांव। जिला प्रशासन युनिसेफ एवं छत्तीसगढ़ एग्रीकॉन समिति के द्वारा कोणडागांव ब्लॉक के कस्तूरबा गांधी बालिका आवासीय विद्यालय कोणडागांव एवं ब्लॉक फरसागांव कस्तूरबा गांधी बालिका आवासीय विद्यालय बोरगांव में माहवारी स्वच्छता एवं प्रबंधन दिवस पर कार्यशाला आयोजित किया गया। इस कार्यशाला में जिला समन्वयक अशोक पांडेय, ब्लॉक समन्वयक आरती कुंजाम के द्वारा किशोरी बच्चों को माहवारी पर जानकारी दिया। माहवारी स्वच्छता प्रबंधन की विस्तृत जानकारी हेतु किशोरी बालिकाओं में शुरूवाती माहवारी, पैड का उपयोग करना, उपयोग किए गए पैड को निष्क्रिय करना, स्वयं की देखभाल व साफ सफाई रखना, माहवारी के समय छुआछूत की भावितियों को खत्म करने के बारे में बताया गया और आयरन विटामिन प्रोटीन युक्त आहार लेने हेतु सलाह भी दी गई। इस कार्यशाला में प्रोजेक्टर के माध्यम से बच्चों को माहवारी स्वच्छता एवं प्रबंधन पर यूनिसेफ के द्वारा तैयार विडियो दिखाया गया, जिसमें बच्चों के मन में चल रहे सवाल का सही जवाब भी मिला। किशोरी बालिकाओं के साथ साथ समुदाय में माहवारी स्वच्छता पर जागरूकता लाने हेतु



बच्चों एवम शिक्षिकाओं के साथ जिला कार्यालय के समक्ष गांधी वार्ड में रैली का आयोजन भी किया गया। इस कार्यशाला में ग्राम बोरगांव की युवोदय कौंडानार स्वयंसेवक रतनी नेताम के द्वारा किशोरी बालिकाओं में होनी वाली शारीरिक बदलाव पर अपनी प्रतिक्रिया बच्चों को दिया। यह सफल आयोजन युवोदय कौंडानार स्वयंसेवकों के सहयोग से किया गया। जिला समन्वयक अशोक पांडेय ने बताया कि जिले के कलेक्टर पुष्पेंद्र सिंह मीणा ने सफल नेतृत्व में युवोदय कौंडानार चैंपस कार्यक्रम चलाया जा रहा है। इस कार्यक्रम से अब तक जिले के सभी पंचायतों एवं गांव स्तर पर कुल 1050 युवोदय कौंडानार स्वयंसेवक जुड़कर सामुदायिक जागरूकता, स्वच्छता, मानसिक स्वास्थ्य, कुपोषण, माहवारी स्वच्छता एवं प्रबंधन पर जागरूकता लाने का कार्य कर रहे हैं। इस कार्यशाला में आश्रम शाला के 154 किशोरी बालिकाएं, 08 महिला शिक्षिका, 10 युवोदय कौंडानार चैम्पस के स्वयंसेवक एवं जिला समन्वयक अशोक पांडेय, ब्लॉक समन्वयक कमल किशोर पाण्डे, बलिराम मरकाम, आरती कुंजाम, कस्तूरबा गांधी बालिका विद्यालय आश्रम अधीक्षिका रधनी मरकाम एवं बोरगांव अधीक्षिका सहित प्रेन्टलाइन वर्कर मितानिन भी उपस्थित थे।

अतिसंवेदनशील इलाके में स्वास्थ्य विभाग संग युवोदय कौंडानार स्वयंसेवक कर रहे मलेरिया के प्रति जागरूक

समवेत शिखर संवाददाता

कोणडागांव। स्वास्थ्य विभाग द्वारा मलेरिया से मुक्ति के लिए मलेरिया मुक्त छत्तीसगढ़ अभियान चलाया जा रहा है। जिसमें के तहत कलेक्टर पुष्पेंद्र कुमार मीणा के निर्देशानुसार कोणडागांव जिले के सूर अतिसंवेदनशील माने जाने वाले कड़ेनार एवं बेचा में भी स्वास्थ्य विभाग द्वारा मलेरिया के प्रति लोगों को जागरूक किया जा रहा है। जिसमें स्वास्थ्य विभाग की युवोदय स्वयंसेवकों का पूरा सहयोग प्राप्त हो रहा है। जिसमें के तहत विगत दिनों सोलारचोर्ड डॉट टीआर कुंजर न, एवं बीएमओ डॉट सूरज राठौर के निर्देश पर कड़ेनार में मितानिन सुखवती साहू एवं पुष्प स्वस्थता के कार्यक्रमों बिन्देश नेताम ने युवोदय स्वयंसेवक प्रकाश बागड़े, राजवती बबेल एवं मनीषा बबेल के साथ मिलकर गांव के घरों में जाकर मलेरिया मुक्त छत्तीसगढ़ के तहत जागरूकता प्रचार का कार्य किया गया है। मितानिन द्वारा घरों में जाकर मलेरिया कीट द्वारा लोगों को मलेरिया जांच भी की गई। इस दौरान 05 मलेरिया पीडित व्यक्ति प्राप्त हुए। निम्न तुरंत मलेरिया की दवाइयां दी गयीं। इसके अतिरिक्त लोगों को असम पास पानी न जमा



होने देने एवं मच्छरदानी के प्रयोग हेतु प्रेरित किया गया एवं लोगों को मच्छरदानी उपयोगिता मच्छरदानी भी प्रदान की गयी। युवोदय कौंडानार चैम्प के स्वयंसेवकों प्रकाश बागड़े एवं राजवती बबेल द्वारा पालतू गाय के मालिशों द्वारा धूप न देने पर वृद्ध गाय को लातरी छोड़े जाने पर गाय का ध्यान रखा गया।

ग्राम पाटला में रैली निकालकर ग्रामीणों को किया जागरूक

कोणडागांव (नईदुनिया न्यूज़)

अंतरराष्ट्रीय नश निरोधक दिवस पर ग्राम पाटला में जागरूकता रैली निकालकर ग्रामीणों को जागरूक किया गया। इसी क्रम में आज 26 जून रविवार को फरसागांव ग्राम पाटला में अंतरराष्ट्रीय नश निरोधक दिवस पर जिला प्रशासन युनिसेफ और छत्तीसगढ़ एग्रीकॉन समिति के युवोदय कौंडानार चैम्प के लोगों ने ग्राम पाटला में रैली निकालकर, कार्यशाला लगाकर ग्रामीणों को नशा से होने वाले नुकसान के बारे में जानकारी



नशामुक्ति के लिए रैली निकालते लोग।

वेक्टर जागरूक किया गया। जिला प्रशासन युनिसेफ और छत्तीसगढ़ एग्रीकॉन समिति

युवोदय कौंडानार के बलाक समन्वयक और स्वयंसेवक सहित युवा अतिव साप्ताहिक।



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