



# SANKALP

## Quarterly Newsletter

By Chhattisgarh  
Agricon Samiti



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# Learning Mental HEALTH







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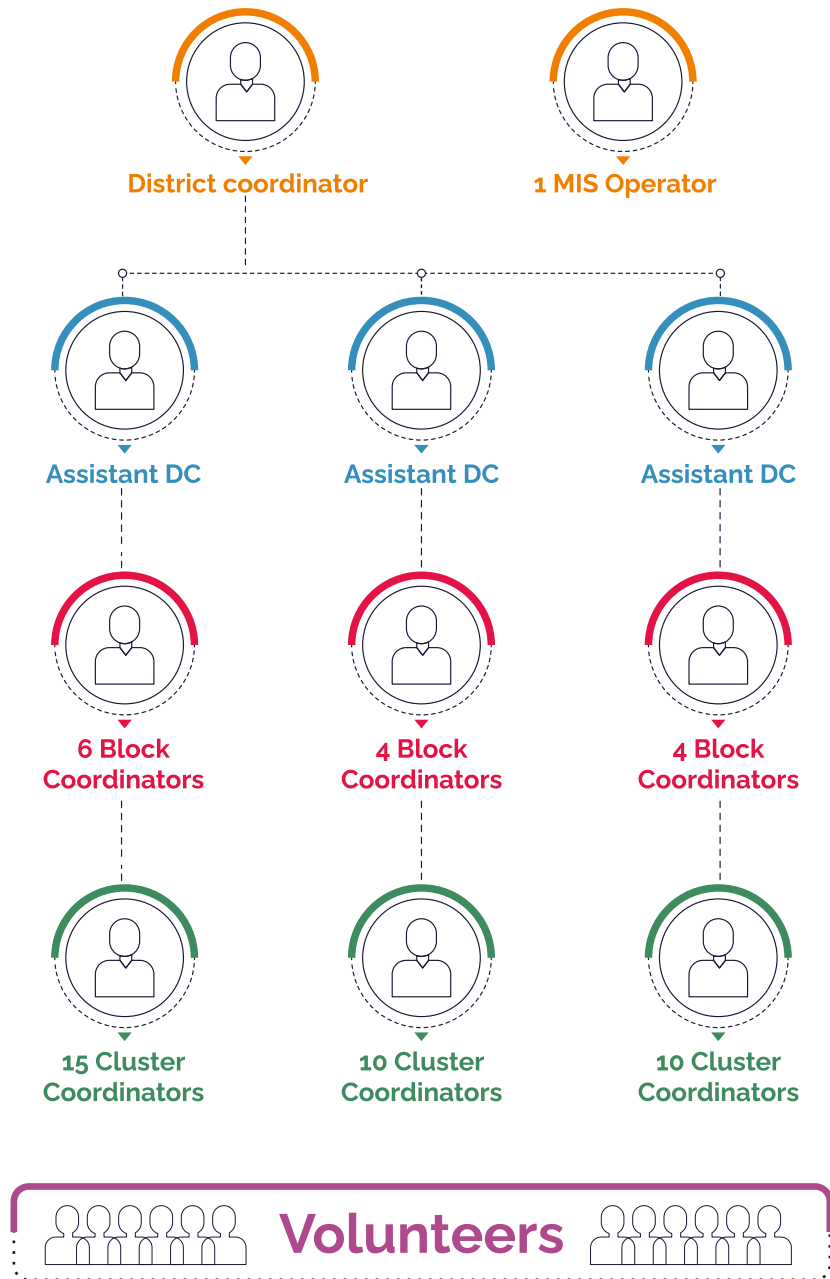
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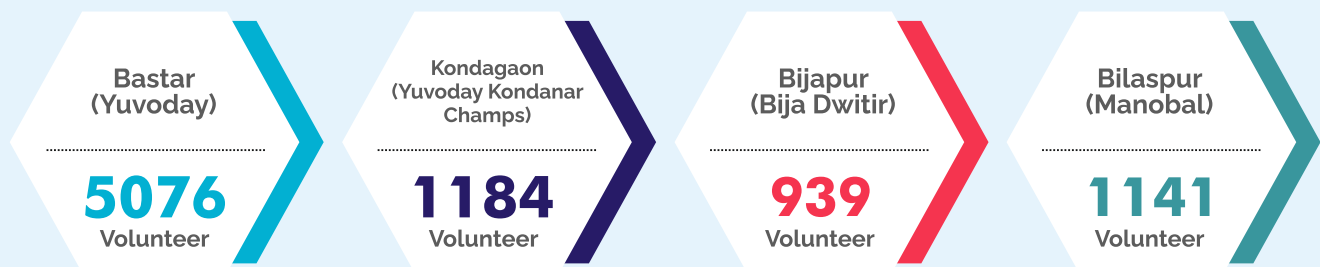
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## Yuvoday- youth4change

### Total Volunteers registered to date





## One day workshop in Bijapur

A one-day long workshop was conducted in ITI college, Bijapur to empower youth in playing their part to help their community. Bija dwitir volunteers shared how they support their community with the help of district administration, Chhattisgarh Agricon Samiti, and UNICEF. Volunteers shared that they work on raising awareness on topics like health, education, livelihood etc. They also connect people to different social schemes as and when needed. Their experiences inspired the students to also contribute to their community in similar ways.



## Diarrhea awareness



In the rural areas, children often get afflicted with diarrhea because of unhygienic practices. As it is an infectious disease, it gets transmitted very soon. Adults and Children both suffer from its symptoms. Therefore, Bija Dwitir volunteers in Bijapur and Manobal volunteers in Bilaspur went from door-to-door to talk about ORS, diarrhea, and preventive measures for the same, and raise awareness related to diarrhea. The volunteers reached a total of 1127 people (285 in Bijapur and 847 in Bilaspur) through this campaign.





## Malaria Pakhwada

**W**ork in the field of Malaria awareness was done. Several Workshops were conducted in all our project area, wherein the people were made aware of good and hygienic practices that can be followed to avoid malarial infection. In Bilaspur, the awareness campaigns went on for 10 days continuously by the name of "Malaria Pakhwada". An online session was also conducted by Dr. Pravin Tiwari to clear out any doubts and misconceptions related to malaria. It was attended by volunteers, Aanganwadi workers, Mitanins etc.



Practices such as - cleaning water tanks from time to time, removing excess drinking water from time to time and not storing water for long so that it does not go bad, using mosquito nets at night etc. were discussed.

In Kondagaon 4236 people were reached and in Bilaspur a total of 583 people were reached.





## UNICEF team visit and workshop on Panthak



UNICEF's Child Protection Specialist Ms. Chetna Desai along with her team visited Kondagaon district. They oversaw an Aao Baat Kare workshop in Palari Gram Panchayat which was attended by about 60 people from the village.

They also visited Kasturba Gandhi Balika Vidyalaya, Kondagaon to oversee another workshop on the Social Emotional Learning based guidebook- "Panthak", wherein they also participated in activities such as "laal gubarra" and "udan choo tali" with the children.

They also paid a visit to Kondagaon district collector Deepak Soni, and held a volunteer meet with 28 Yuvoday Kondanar Champs volunteers.





## Breastfeeding week- Ye Mauka Na Chute

The first week of August, is celebrated as World Breastfeeding Week. Going by the theme of 2022- "Step up for breastfeeding: educate and support", volunteers in all our project areas celebrated the week by educating the to-be mothers on the importance of breastfeeding.

Village-level meetings were conducted with to-be mothers and mothers of infants to raise awareness on the importance of breastfeeding and its benefits.

The WHO recommended practices such as breastfeeding the infant within the first hour of birth, and exclusively breastfeeding for the first 6 months of birth were discussed in detail.

The women were also briefed about the benefits of breastfeeding for the mother and the new-born. To highlight the importance of the first breastmilk in the very first hour of birth, campaigns were organized. In Bastar district the campaigns also had a tagline – "Ye Mauka Na Chute".

In all our project areas, several awareness meetings were held. 403 people were reached in Kondagaon, 378 people were reached in Bijapur, and 234 people were reached in Bilaspur.

The occasion was also used to educate the women on institutional delivery and the importance of proper nutritious diet during pregnancy and breastfeeding.





## Independence Day



On 15th August 2022, 75th Independence Day of India.

In Bijapur, Bija Dwtir 5 volunteers- Madhuri Kudiya, Geeta Telam, Harshita Panda, Raju Gade, and Chaitu Ram were honoured with certificates of appreciation by the district administration.

In Bilaspur, Independence Day was celebrated with great enthusiasm, and events like flag-hosting, sweets distribution and awareness rallies were organized. These events were attended by 152 people.

Kondagaon district collector Mr. Deepak Soni honored 5 Yuvodaya Kondanar Champs volunteers - Gupesh Markam, Pitambar Baidh, Shravan Netam, Geeteshwari Negi and Maankuram Shorif for their incredible work for the community.

The District CEO of Kondagaon also honored 36 volunteers with certificates of appreciation for their incredible work in the field.





## Har din Shiksha- Supplementing Teachers



In Bilaspur and Kondagaon when the schoolteachers went on a strike for a few days, our volunteers took it upon themselves to make sure that it did not impact the children. They divided the classes and taught the children. Our volunteers have set an example, to go above and beyond to make sure that no child should suffer regardless of the situation.





## “Swayamsiddh” Workshop on Volunteerism



Professor, psychologist, trainer, and motivational speaker Mr. Deepak Taraiya conducted 3 “Swayamsiddh” workshops on volunteerism. These one-day long workshops were conducted in Jagdalpur, Kondagaon and Bijapur from 24th to 26th August.

In these workshops the concept of volunteerism, its fundamental values and more were discussed in the context of rural development. The three levels of me, us, and ours (mein, hum, aur hamara) were discussed in the context of volunteerism. Other concepts such as social mobilization, identification of issues for rural development and learning how to prioritize them were also discussed.

In Kondagaon, District Collector Mr. Deepak Soni also graced the volunteers with his presence and encouraged them furthermore to make use of their time and skills for the betterment of society.

UNICEF CG chief-Mr. Job Zachariah, UNICEF (Social and behavior change specialist)-Mr. Abhishek Singh, and UNICEF consultant-Mr. Rahil Subedar were present in Kondagaon, as well as Jagdalpur to inspire and encourage the volunteers of Yuvoday and Yuvoday Kondanar Champs. All of them addressed the volunteers and further instilled in them the spirit of volunteerism.

In Bijapur, the district’s women, and child development officer- Mr. Lupendra Mahinag, the (DCPO) District Child Protection Officer- Mr. Rahul Kaushik and UNICEF consultant-Mr. Rahil Subedar were present to raise the spirits of Bija Dwtir volunteers.



24th AUG	Jagdalpur	Shyama Prasad Mukherjee Town hall	100 volunteers
25th AUG	Kondagaon	Janpad Panchayat Prashikshan hall	130 volunteers
26th AUG	Bijapur	Jila panchayat hall	122 volunteers



## International Literacy Day



**L**iteracy day or Saaksharta Diwas was celebrated in all our project areas. Literacy means the ability to read and write. Through various campaigns, rallies and workshops were held, with elderly in special attendance, an attempt was made to raise awareness on the importance of literacy.

The volunteers made it a point to send the message that age is no bar in learning how to read and write, and even the elderly can learn to read and write with the help of any literate person in their family or neighborhood.

These campaigns reached a total of 161 people in Kondagaon.

## Jaadu ki Jhappi

**Y**uvoday volunteers in all blocks of Bastar celebrated Teacher's Day on 5th of September in their own unique style.

To express their gratitude, love, and respect for all teachers, they decided to go, meet, and give them a tight hug or a 'Jadu ki Jhappi'.





# Safe Space for Every Child

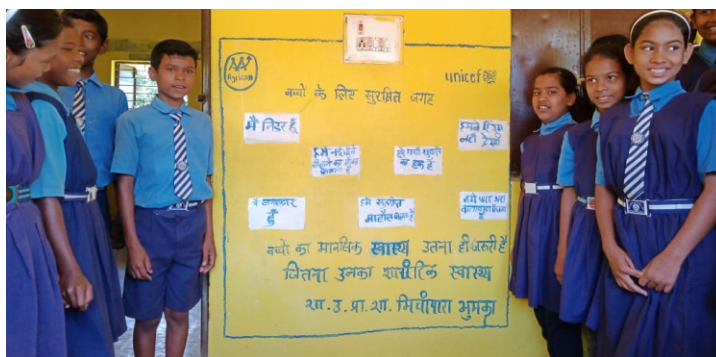


Big brands and companies make use of flashy colors and big hoardings in their banner and poster advertisements, to promote their products. It is a tried and tested way to put forward a message to a larger audience, and our volunteers made use of it in the most righteous manner.

Volunteers used paint to write messages on the walls, across the village. They used small listicles, slogans and other small write-ups on mental health and wrote those up on the walls for the people to read and understand.

Continuing the same for Child Safe Spaces, the volunteers went a step ahead. Not only did they use the wall-writing method to communicate, but they also made sure to engage the children in this activity. The volunteers went to schools and asked the children to write about child-safety on the walls while explaining to them about the same. By engaging the children in an activity as such, they will not only understand their safety better, but also will remember it longer.

A total of 610 schools were turned into safe spaces (Bijapur-150, Bilaspur-150, Kondagaon-200, Jagdalpur-110) and a total of 17,246 children were impacted through this.





## Panthak



A guidebook called- "PANTHAK" for Parents, teachers, and other caregivers on the mental health of children, has been published and discussed in schools and amongst communities. In all our project areas, our team went to different schools and discussed the topics of Panthak with the teachers. The volunteers also interacted with the children, conducted various activities like and briefed them about social-emotional learnings as given in the guidebook

The volunteers also discussed the learnings of Panthak with other people in the village to improve their understanding of mental health in children and told them about the part that they can play in creating a safe and nourishing environment for children.

Through this, the volunteers reached a total of 545 schools, 846 parents and teachers., which in turn must reach a total of 21,150 children.







## Topics covered in Panthak:

- Relation between Health & Education.
- Why Mental Health in schools is important.
- What Mental Health & Mental Unhealthiest 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.

District	No. of schools reached	No. of Parents and Teachers reached
Bijapur	89	125
Bilaspur	256	416
Kondagaon	200	305





## Poshan Maah



September is celebrated as Nutrition month or "Poshan maah". During this month, vajan tyohar was celebrated in several aanganbadi's across all the districts. During this festival, Infants and other young children were weighed, and extremely low weighing children were identified to be sent to NRC. In Bijapur, 97 children were sent to NRC in this quarter.





## For every Child: UNICEF's India representative Mr. Yasumasa Kimura



India's representative for UNICEF, Mr. Yasumasa Kimura's visit to Bastar and Kondagaon gave the volunteers of Yuvoday, Yuvoday Kondanar Champs, Manobal and Bija Dwtir renewed energy.

Mr. Kimura along with UNICEF's team including- Chhattisgarh head Mr. Job Zachariah, Communication, Advocacy and Partnership Specialist Mr. Sam Sudheer Bandi, Behavioral change specialist Mr. Abhishek Singh, child protection specialist Ms. Chetna Desai, and Health Specialist- Dr. Shridhar visited Jagdalpur in Bastar to inaugurate Yuvoday's coffee table book at bastar art café. He appreciated Yuvoday's work in the field of education, health, nutrition, water, hygiene, livelihood, culture and tourism, sports, etc.





The next day, the team visited gram Badebendri of Kondagaon district, where more than 500 people from the village were present. They were welcomed with folk dance and songs, many people shared with them their experience as team members, volunteers, or members of the community.

School teacher Mr. Lambodar Pandey briefed the team on his experience of the Hum Honge Kamyab campaign, Community member Sushila Markam talked about practicing yoga for good Mental Health. Gendlal Netam, Gupesh Markam, Bhuneshwari Negi and Pooja Jain shared their experiences with Mental Health. Mr. Kimura also participated in Shammi dance and danced with the villagers on other Halbi songs.



## Anemia awareness



**A**nemia mukt Kondagaon" or Anemia free Kondagaon campaign was inaugurated on 7th of September in Govt. Gundhadhur College Kondagaon. District Collector Mr. Deepak Soni and UNICEF's Communication for Development Expert Mr. Abhishek Singh were present at the inauguration. Yuvoday Kondadar Champs presented a Nukkad Natak related to anemia.

Then on 29th September, a training on Anemia was held for Yuvoday Kondadar Champ's team comprising of District and block coordinators.





### Geeteshwari Negi

Volunteer  
Yuvoday Kondanar Champs

“

As an active volunteer of Yuvoday Kondanar Champs, I got the opportunity to understand Mental Health in a better way, and to advocate for good cause through Nukkad Nataks.

”

## Jyoti goes to school Again

I am Geeteshwari Negi, daughter of Mr. Ramesh Kumar Negi, from Patelpara Iragoon.

As an active volunteer of Yuvoday Kondanar Champs, I got the opportunity to understand Mental Health in a better way, and to advocate for good cause through Nukkad Nataks.

Some time ago, I found out about an especially abled girl- Jyoti Mandavi, a student of 8th class who had quit her studies and school because of all the bullying she suffered. The other kids of her age used to make fun of her and would laugh at her expense, which had a negative impact on her mental health. Thus, she had made up her mind to quit schooling altogether.

I reached out to her and made her open to me. I listened to her problems like a friend. Then, I talked to her along with her parents, and made them understand that education is very important, and even though it is difficult for her, it is never a good idea to drop out.

I offered her all the necessary help and support, and on 8th of July 2022, she got re-enrolled to school. I catch up with her from time to time.

When I look at her going to school again, I feel fulfilled. This was also my contribution to our district collector Mr. Deepak Soni's vision and mission to get as many kids as possible back to school.







**Vijay Rathi**  
Block coordinator  
Yuvoday

“

When another volunteer Mayank Yadav told me about a 9-month-old child Hemant Baghel who had lost his eyesight suddenly. We went to meet his father Umesh Baghel, who gave us more details.

”

## 9-month-old Hemant will be able to see soon

My name is Vijay Rathi. I have been associated with Yuvoday for the past 1 year as a volunteer. I have also done my postgraduate degree in Psychology and have always wanted to be of service to my people.

When another volunteer Mayank Yadav told me about a 9-month-old child Hemant Baghel who had lost his eyesight suddenly. We went to meet his father Umesh Baghel, who gave us more details.

After a few days, another volunteer Girdhar took them to a free eye-check-up camp in Town Hall, Jagdalpur. During the eye-check-up, it was found that the child had lost his eyesight due to an eye infection. The doctors said that the required treatment was not possible there, and the child had to be taken to a place with better facilities. They also told us that the treatment would cost approximately 1 lakh 50 thousand rupees.

As the amount was huge, Hemant's family was devastated. We informed Jila Sahayta Kendra regarding the same and submitted a formal application along with his family. The issue was brought to the notice of the collector.

After that, our district collector provided the family with the required amount and involved red cross society to look after the child's treatment. The treatment is in progress as of now, and we are hopeful that it will be a success.





**Chanchala Nag**  
Volunteer  
Yuvoday

“

Though my act was very simple, it has helped in solving Ratni Nag's grave financial issue that was caused by a lack of awareness. This made me realize how rural parts of our states and country need more volunteers like me who can help spread awareness.

”

## Volunteer helped Ratni to get her husband's last income

I, Chanchala Nag, hail from Sandeoda Village, and I am a volunteer here.

After getting into volunteering, I realized how seemingly insignificant actions can have far-reaching consequences. A single act of kindness teaches us that humanity is above everything.

This is a story that taught me that simple gestures always lead to greater satisfaction. This incident took place in the Sandeoda village of Bakavand (Bastar), Chhattisgarh.

I learned about a woman named Ratni Nag. Ratni Nag is a widowed women from Bakawand, Bastar. Ratni Nag's husband had died a few years ago. He was employed under the MGNREGA scheme, and his wages were credited to his bank account. As, ratni, his wife, did not have a bank account, she was having trouble in receiving the money after her husband's death.

When I learned about this issue, I assisted the woman in opening her bank account. Later, I helped her complete all the remaining formalities at the village secretariat office. This way, her husband's last income got credited to her account.

Though my act was very simple, it has helped in solving Ratni Nag's grave financial issue that was caused by a lack of awareness. This made me realize how rural parts of our states and country need more volunteers like me who can help spread awareness and basic skills among people. To build a better country, we need more helping hands.



**Tularam Nag**

Volunteer

Yuvoday Kondanar Champs

“

After consulting with district administration, I started going door to door in my village to collect data of people who did not have ration card, I also collected their documents and applied for their ration cards.

”

## 30 new Rashan cards Registered

I am Tularam Nag, son of Gujraj Nag from Gram panchayat Chandrameta of Block Darbha. My village in Darbha is a very susceptible area and Maoist activity is prevalent in the area., therefore people of the village are still deprived of the basic facilities which are supposed to be available to them. Ration card was not available to most of the people.

After consulting with district administration, I started going door to door in my village to collect data of people who did not have ration card, I also collected their documents and applied for their ration cards. After some time, ration card of 30 people was made and given to them respectively.

After receiving their respective ration cards, now they all are able to avail ration from the PDS nearby.





### Manuk Ram Sodhi

Volunteer

Yuvoday Kondanar Champs

“

I took Jeevan Lal Lodhi on my bike to the Common Service Centre and helped him complete the application submission process. After receiving the Aadhar card a few days later, Lokesh's father, Jeevan, thanked me for the help.

”

## Found happiness in an Aadhar Card

This is the story Lokesh Sodhi, student of class 6th of village Udenga, and his father, Jeevan Lal Lodhi.

Lokesh's teachers always asked him to bring his Aadhar card, but as Lokesh's father is illiterate, he was unable to apply for his son's Aadhar card. His father did not have any information on how to fill out and submit the Aadhar card application form. Therefore, Lokesh used to be upset, as all his friends had submitted their Aadhar cards but he could not.

One day, when I, Manuk Ram Sodhi, a Kondanar Champs volunteer visited his house during an awareness program. Lokesh's father, Jeevan, told me about his problem of not being able to get his son's Aadhar card and asked for his help. After listening to Jeevan Lal's problem, I told Jeevan Lal that I would help him earnestly. I took Jeevan Lal Lodhi on my bike to the Common Service Centre and helped him complete the application submission process. After receiving the Aadhar card a few days later, Lokesh's father, Jeevan, thanked me for the help.

Now Lokesh has started using his Aadhar card, and is very happy to submit his document at his school like all his other friends.





**Manas Banerjee**

Secretary  
Chhattisgarh Agricon Samiti

“

If these important long-term relationships aren't as healthy as they should be, there are high chances that it impacts one's mental health and well-being. Even short-term unhealthy relationships such as that of a co-worker, classmate, acquaintance, relatives etc. can affect one's mental health.

”

## Maintaining Healthy Relationships

Maintaining healthy and happy relationships is an art. It takes two people, willing to make efforts to find the right balance and maintaining the right equilibrium continuously for a long time. Unhappy relationships can cause a lot of stress, and even trauma to the people involved. Therefore, it is one of the main reasons why people struggle with severe mental health issues.

Relations such as the one between two life partners, father and daughter, father and son, mother and daughter, mother and son, brother and sister etc. play vital roles in our lives. Such relationships which are formed by blood are mostly long term, and a large part of our life is spent with these people who we have long term relationships with.

If these important long-term relationships aren't as healthy as they should be, there are high chances that it impacts one's mental health and well-being.

Even short-term unhealthy relationships such as that of a co-worker, classmate, acquaintance, relatives etc. can affect one's mental health.

To be able to form good, healthy, and happy relationships one must understand the right equilibrium- like water.

Water is available in 3 forms depending on the space between its molecules. It is solid ice, when the molecules are arranged compactly; water vapor when the molecules are far apart, and in liquid form when the molecules are adequately spaced.

Similarly, in any relationship, two individuals are like two molecules, requiring just enough individual space to not be as brittle as ice, or as discrete as vapor; but as flexible, adjustable, and calm as water.

It is extremely difficult to maintain that equilibrium all the time because there will be tough times, roadblocks and all sorts of problems in life. With time, things will change, and people will change, and with every change it is increasingly difficult to maintain that equilibrium. That is why it takes effort and patience to build a bond and maintain it, but if you do make that effort, it will for sure be worth it.





### Danish Khatoon Hussain

Program Coordinator  
Mental health and child protection  
Chhattisgarh Agricon Samiti

“

Emotional intelligence helps you in taking criticism the right way, being responsible, not being judgemental, sharing feelings and even solving problems. So, in this world so focused on hustling, money and intelligence let us try to improve our emotional quotients and be more empathetic.

”

## The 5 domains of Emotional Intelligence

Emotional intelligence is the ability to identify, assess, and control one's emotions. It forms an essential part of anybody's personality. Being emotionally intelligent helps in building and maintaining relationships, handling stress, team building, leadership etc.

According to research, 85% of financial success is due to your ability to communicate, negotiate, and only 15% due to technical knowledge, (which is the IQ). Therefore, emotional intelligence has direct correlations with financial and professional success.

To improve Emotional Intelligence, one needs to work in the following 5 domains: -

**1. Self-awareness:** It starts with recognizing one's strengths, weaknesses, triggers, behaviours, and patterns. When you understand how you deal with your emotions, how it impacts you and those around you; only then will you be able to understand what needs to be changed and why.

**2. Self-regulation:** Emotions are also reactions to certain circumstances. Sometimes, these reactions can be extreme and disproportional to the situation. Learning how to regulate one's emotional outburst and impulses is essential in coping with difficult scenarios, managing conflict, and easing tension.

**3. Motivation:** It helps you to constantly grow, improve and be better. If there is no motivation, you will not be able to progress ahead.

**4. Empathy:** When you can understand someone else's emotions and feelings and share the same feeling, it is called being empathetic. If you are unable to feel the same emotions as the other person and be sensitive towards it, you won't be able to understand other's feelings and sentiments.

**5. Social Skills:** We need social skills to carry out communication effectively and freely. The ease with which we can interact with others in the social domain is referred to as "social skills." It includes both verbal and nonverbal communication.

Emotional intelligence helps you in taking criticism the right way, being responsible, not being judgemental, sharing feelings and even solving problems.

So, in this world so focused on hustling, money and intelligence let us try to improve our emotional quotients and be more empathetic.

In this world of social media, likes and followers, let us try to make real connections friends and allies.

In this world filled with people who have huge respect for intelligence, let us not neglect emotional intelligence.



**Manisha Motwani**

Senior Executive  
Chhattisgarh Agricon Samiti

“

Going with the flow is simpler, easier and feels like the right thing to do, but everybody is different, all of us want different things from life and we all have our own journey. Then why should we follow the same path, and reach a place not of your choice but of a whole community?

”

## Why we should not go with the flow

We all must have seen how people blindly follow certain rules and norms just because that is what everyone else is doing. Taking up science after 10th because most of your friends are choosing that stream, pursuing engineering, getting married at a certain age, having children at a certain age, travelling, smoking, and drinking socially etc. We do certain things just because everybody else is choosing to do it, and often, we don't even realize that we are making a choice to go with the flow.

But is it necessary to take the path that everyone else is choosing? Do we really need to go with the flow?

These are the questions that we must ask ourselves before making small and big life decisions.

We often come across situations where we must choose to either be a part of the race and go with the flow or make our own path and maybe go opposite the flow.

Going with the flow is simpler, easier and feels like the right thing to do, but everybody is different, all of us want different things from life and we all have our own journey. Then why should we follow the same path, and reach a place not of your choice but of a whole community?

In fact, simply marrying at a certain age or choosing subjects because everyone else does is a disservice to oneself.

Let us take Marriage for an example.

We have this mindset that one must marry before one reaches the age of 25 or 30. Many people choose to follow the suite and get married at that age. It might or might not prove to be right for them.

Therefore, what we are doing should be our own choice. One can choose to focus on their career and then decide to get married at 35 and be happy, another one can get married at 21 right after they finish their studies and be happy, and someone else can even choose to never get married and still be happy.

It is high time people came out of their comfort zones and tried exploring their real interests, because once you give up on the fears and pressures of society, you gain your individuality.

There is no one size fits all in life, so personalize your life, customize your paths, and make your life, truly your own. Don't just go with the flow but create our own paths and live our flows.









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