



SANKALP

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Quarterly
Newsletter

By **Chhattisgarh
Agricon Samiti**

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Highlights of the quarter (Oct-Dec 2022)

No. Of volunteers
registered till
31/12/22

9378

children and adults
were made aware of
good handwashing
practices.

11,110

adolescent girls were
educated about proper
diet plan and menstrual
health hygiene



Bijadutir
Bijapur

1150

14,639

people were made
aware of different
aspects of Mental
Health

11,160

people were made
aware of anemia
and ways to deal
with it.



Manobal
Bilaspur

1180

10,517

children from Bastar
have received
academic help via
1,159 Mohalla classes

5,454

pregnant women and
new mother were
motivated to get the
required vaccines



Yuvoday
Bastar

7246

8060

people in Bastar were
reached out and
mobilized for Covid
vaccination

1484

children have been
reached out in the
domain of nutrition



Yuvoday Kondanar
Champs, Kondagaon

1328

5681

cleanliness drives
were conducted in
Bastar under the
Swachh Bharat Mission

727

people from 4 districts-
Bastar, Bijapur, Bilaspur
and Kondagaon have
joined as Volunteers.

Anemia Mukh Bharat

Volunteer contributions from Kondagaon, Bijapur and Bilaspur



"Anemia mukt Kondagaon" Program has been running successfully under the leadership of Collector Mr. Deepak Soni, and the volunteers of Yuvoday Kondanar Champs are taking small strides to make this vision a reality.

- 1 First 10 days of October: 120 volunteers were trained on Anemia free Kondagaon Program in different blocks of Kondagaon. The training was given by Health department of Kondagaon and Piramal Health and Nutrition's International Division Manager- Mr. Chandrajit Singh.
- 2 The volunteers talked to pregnant women and adolescent girls on how to avoid anemia and how to get their hemoglobin levels checked by organising community-level meetings in Gram Panchayats of all blocks.
- 3 Adolescent girls have a higher risk of being anemic and thus were advised to eat a balanced diet containing iron, by including regional vegetables like munga, spinach, mustard, and other leafy green vegetables in their diets to prevent haemoglobin deficiency.
- 4 In Bijapur people were told about the most prevalent causes of anemia, such as Excessive bleeding during menstruation and hereditary diseases like sickle cell anemia.
- 5 The people of the community were advised to make the people around their village aware.
- 6 Wall writing was also done with the help of volunteers in order to raise awareness.





In Bijapur, volunteers went from door to door to raise awareness on Anemia. An awareness meeting was also at the Aanganwadi center. People were told about the symptoms of anemia.

Following the course, volunteers of Bilaspur have also started working for Anemia Mukta Bharat and hence conducted an awareness meeting for the same.



11,186

people were made aware of anemia causes, symptoms and preventions through these interventions.

Swayamsiddh Ignition of change

Ashok Kumar Pandey

District Coordinator
Yuvoday Kondanar Champs, Kondagaon



We Indians have been independent for the past 75 years, we have seen tremendous development over the generations. We have seen nothing but progress and yet there are places and villages so remote that the people there have remained deprived of this development.

We can curse the government all we want, but the truth is that the government could always provide or supply, but even in the laws of nature, nothing will be provided or supplied until there is a demand on the receiver's end. This is one such story.

A sensitive village- village Kadenar of Kondagaon, had connectivity problems. The road to the village was in such a poor condition that no cars could pass through, which created a block for all kinds of development to be done in that area.

Prakash Bagde, a volunteer of Yuvoday Kondanar Champs from that village had attended the Swayamsiddh workshop on volunteerism by Prof. Deepak Taraiya. He was so inspired by the workshop that he decided to solve this age-old

problem at his village.

He gathered all the people in his village, held a meeting, discussed all the problems with them, and inspired them to work together on solving it. It was decided that they will work on the major issue at hand – water.

They contacted the concerned department of district administration, and the administration sent a borewell mining machine to dig up a bore in their village. But the machine could not reach the village as the road was in a very poor condition, and it had several blockages such as old trees and big stones blocking the way.

There was no other way to reach the village, so the villagers decided to volunteer and clear up the road. They got together, picked up the trees and stones, and made way for the borewell machine to enter their village.

The borewell is under construction now and the villagers will catch up with the rest of the things in due time too.

This was made possible because of Prakash, had he not mobilized the people, the process to communicate their problems to the administration would have been delayed (maybe by years), the demand would not be unheard of, but not even said out loud.

It is the power of youth that can drive such tremendous changes. This journey from under-developed to currently under development is a long and tedious one, but people like Prakash make it seem easy and worth the while.

Mental Health Day



Mental Health Day was celebrated with great enthusiasm.

In Kondagaon, World Mental Health Day was celebrated jointly by the District Administration, Shanti Foundation, and the district & block level team along with 30 volunteers of Yuvodaya Kondanar Champs at the Indoor Stadium. 55 people attended the program.

During the program, details of the work done on mental health in the past one year was presented by Kondagaon District Coordinator Ashok Pandey. All the people present in the program were made to take an oath to create awareness about mental health. The organizers of the event- former Women and Child Development Minister, Lata Usendi and District Panchayat President, Devchand Matlam appreciated the work being done by the volunteers.



In Bhairamgarh block of Bijapur, 350 people including Aanganwadi workers, teachers and mitanins, along with youth volunteers were gathered together. The occasion was used to draw attention to the importance of Mental Health and how they can continue to bring even more impact in people's lives through this.



In Bilaspur district, mental health day was celebrated with 209 people from the community. Local games were organized with the message to keep their mental health in check. Women, teachers, mitanins and aanganwadi workers gathered together to celebrate. Several local games such as "Jalebi daud", Kursi daud, Mehendi competition were held for their engagement and awareness on good mental health.

Inspiring Community Mental health and Inclusion



On the occasion of World Mental Health Day, an interactive webinar was conducted on the topic "Why Community Mental Health and Inclusion is Important?" by Programme coordinator of Mental Health and Child protection, Ms. Danish Khatoon Hussain. Another Keynote speaker Mrs. Kavita Nair joined from Bapu Trust for research on Mind and Discourse, Pune.

They used real life examples and stories to explain the concepts of Mental Health and Inclusion in a better way. 157 people from within the community including some volunteers and teachers from Kondagaon, Bijapur and Bilaspur participated, and the program was convened by Mr. Manish Singh Tomar from Chhattisgarh Alliance for Behaviour Change.



Men's Mental Health often overlooked

Ananya Jha

Executive
CAS



Men and Women have different conventionally assigned roles in society. These roles bring with them different kinds of privileges, responsibilities, and stressors, some of which are extremely gender specific. The problems of the comparatively less populous third gendered people fall into a different domain and deserve special attention.

Add to that the inherent biological differences of the two genders, the different sets of expectations, and you get a society with two predominant genders who behave differently. One gender is more likely to talk, sulk and express their problems while the other gender is likely to present a strong front, hold back onto any displays of emotions and vulnerabilities and would likely turn to abusing different substances as a way of release and relief.

Men suffer too, but they suffer in silence.

Unlike most women, men don't like to talk about their emotions, their feelings and any vulnerabilities; because our society teaches them not to. They soak in their feelings and keep it to themselves, deal with the livelihood and personal finance related stressors much more than women.

Although the percentage of women in the workforce has increased, and women have started bearing financial responsibilities. Even today, men have the predominant responsibility of bringing in financial and social stability into a family. In front of their daughters, they are the heroes, for their partners (wives) they become the pillars of strengths, for their parents they become the source of literally everything (after a point of time). With the burden of all these expectations that men in general carry around with themselves, they don't have any other option but to put up a strong front- to live up to the expectations and become the protectors and providers for their families.

While playing their part, they sometimes forget to just sit back and really feel the moment. The happiness and pain to part with their daughter when getting her married is the same for a mother and a father, but one has the chance to say it out loud, while the other struggles to find a few moments and a corner for himself to shed those 2 drops of tears.

Women getting empowered and moving mountains, is the best thing that is happening in the society today, but the next best thing to do would be to allow men to just be, and feel what they have not felt in centuries.

So let's not overlook Men's Mental Health anymore, let's not overburden them by expecting them to be superman every day, and let them just be plain simple MEN. Let us give them the space and the chance to feel and act stressed out, express happiness, sadness and even anxieties, and even cry once in a while. As society, let us try to acknowledge the pressure, end their silence, and lessen the pain.

Celebrating Young Girls International Girl Child Day



On International girl child day, 11th of October 2022, a 2-day workshop was organised by UNICEF in Raipur called "Noni Johar" wherein 5 girl volunteers from Bijapur, 9 from bastar and 5 from Kondagaon were called and honoured.

In this workshop, the volunteers shared their stories and about their work in the presence of Shri T.S Singh Deo, Helth Minister of Chhattisgarh, State Head of UNICEF Mr. Job Zachariah, UNICEF Communication for Development Specialist Mr. Abhishek Singh.

Another program was organised in Secondary School Kokodi, in Kondagaon district, in which a total of 65 young girls participated. The children were made to perform "Shammi dance", "Udan Chu Thali", and "Ulta-pulta" activities, and the girls also participated in painting, drawing and singing activities. In this program, the importance of education especially in a girl's life, the effects of early pregnancy, child marriage, menstrual hygiene were also discussed.

In Bijapur, a workshop was conducted by 92 people, where problems faced by girls and women in general were discussed, and their rights as humans were also discussed. The girls were also engaged in various activities such as mehendi competition, dance, music/singing, arts and crafts

competitions etc.

In Bilaspur, girl child day was celebrated in several smaller groups in 4 different schools which reached a total of 170 young girls and boys. Several games and activities were conducted for their engagement, and several discussions on Nutrition and hygiene were also held.

In Bastar as well, girl child day was celebrated in high school of Tokapal block, with great enthusiasm and a total of 425 young girls attended. Th girls were taught about the effects of pregnancy at a young age, Menstrual hygiene management, they were also given a toll-free number to contact in case of an emergency.



Let us Embrace Empathy

Danish K Hussain

Program Coordinator (MH and CP)
CAS



the treatments accordingly. Empathy can help a wife understand what her partner must be feeling after a bad day at work, and thus respond accordingly. Empathy can help a friend understand why that friend has stopped socializing all of a sudden. Empathy can help a teenager build that shelter for street dogs during winters.

Practicing empathy in our day to day lives makes us better professionals, friends, partners, citizens and essentially better human beings.

Empathy compels you to look at things from different angles and thus gives you different perspectives of the same things. It helps you to appreciate diversity, respect the differences and understand the commonalities as human being and even living being.

Empathy has innumerable benefits for an individual and society, it is not a skill that is either there or not there by default. It is a social skill that can be practiced and improved. A simple thing that you can practice to develop empathy is to start really listening to the people around you without judgement. Try to just listen, without responding, trying to really understand their point of view, try not to sympathize/provide solutions or add your take on it, but only listen and try to respect their views.

Let us all try and be more empathetic.

Empathy- the ability to feel and understand what another person is feeling. Sometimes, the term is used interchangeably with Sympathy, but these two have different meanings.

Sympathy is feeling pity and sorry for the other person, and to some extent even being thankful that you are not in their situation, while empathy in simpler terms is stepping into someone else's shoe hypothetically and feeling & experiencing like them.

Having empathy is an essential social skill, in fact one of the most important domains of Emotional Intelligence. It helps people connect to one another through shared feelings. Empathy helps in making strong bonds, friendships, partnerships and eventually strong communities.

Empathy can help the doctor in understanding their patient's life situation in a better way and thus suggesting and practicing

For Torchbearers of Change

Discussions to find solutions



On 14th October, a workshop was conducted for 30 volunteers in Bijadutir corner.

In the workshop, Mr. Ganesh, officer from Khady vibhag, edible food department, elaborated on the need to help the people living in poverty. He also told them about various agricultural practices and the importance of food security.

District Child protection officer, Mr. Rahul told them about how to plan ahead with the right approach. He elaborated on the upcoming hand washing day, and how to raise awareness about the same.

On 21st October 2022, another workshop was conducted for 40 volunteers of Bijadutir, in Bijadutir corner. In this workshop, Mr. Manish Sonwani, officer of district MANREGA program. He told the volunteers about the procedure of MANREGA, how it is a temporary livelihood program and people can avail its benefits. He told them about the various schemes of this department, it was also taught to them, how they can identify people/beneficiaries and how to help out in the documentation process of the same.

From the health department, Dr. Meenal (SHO),

district Vaccination officer, Dr. Vikas gavel, and Dr. Pritam told the volunteers about the important vaccines, and how to motivate people to get vaccinated from time to time.

Apart from that, weekly meetings are held at the block level for capacity enhancement of volunteers and to prepare a weekly engagement plan for them. 10 such meetings were held in this quarter.

"Seekhenge, Sikhaenge, Apne Gaanv ko Vikas ki or Lejaenge- Hum hain Bijadutir"





A one-day workshop was organized by the social welfare department for Bijadutir volunteers. DMC Mr. Ashish Agrawal, Child Development Project officer CDPO Mr. Rahul Kaushik, other officers from the education department, as well as social welfare department were present.

In the workshop the major topics of discussion was:

- 1 The importance of Mental Health in children's life especially at school
- 2 Why focusing on Children's Mental Health is important
- 3 How and with what strategy can the bijadutir volunteers have maximum impact in schools
- 4 How quality education be achieved
- 5 How Bijadutir volunteers can help in survey of PWDs



Changing Behaviour Changing lives - "Panthak"

Paul Kumar Nag

District Coordinator,
Bijadutir, Bijapur



Anybody and everybody can struggle with Mental Health issues, regardless of age, gender and background. We don't prioritize our Mental Health as much as we should, and when children's Mental Health is something that does not even cross our minds.

We often overlook children's mental health presuming that children don't have anything that can stress them out, or don't have to deal with any kind of real pressures. Although, like everyone else, children have their own set of problems, however small they look to us.

One of the signs of good mental health is that a person does every day work, such as studies, office work, homework, daily chores, etc., in a dedicated manner. However, this had been missing in Shiva Naidu (a student of class 8th) for the last 1 year.

Shiva had started behaving differently,

stayed aloof, wasn't talking as much to his friends, couldn't focus on his studies too. As a result, his teachers also responded to him differently, which somehow made his situation even worse.

When a team Member of Bijadutir introduced "Panthak"- an SEL based booklet for Parents, Teacher and Children, the teachers and students were introduced to new concepts such as Mental Health of Children, Fears and stressors of children, Bullying etc.

The booklet also included suggestions for teachers and parents on how to handle different situations with kids. Through the sessions, the teachers realized that with Shiva, they were focusing only on his changing behaviour and not focusing on the reason behind his changing behaviour.

After this realization hit them, they started talking to him and reacting to his behaviors with an enhanced understanding of the reasons behind it. As the teachers had a more empathetic attitude towards him, Shiva also started responding in a better way. He opened up about his fears with his teachers, and they helped him resolve it.

Now, Shiva goes to school regularly, interacts and plays with his friends and enjoys his time at his school.

Visits, greetings and appreciation



On 26th October, Isabel Barden chief of UNICEF Rajasthan and Ms. Hyun Hee Ban, chief of social policy UNICEF, met with Yuvoday team in Bastar. They were presented with the Yuvoday coffee table book. They also met with Yuvoday volunteers and appreciated the work of Yuvoday.



Cycle of Awareness



In Kondagaon, on November 21, 2022, a bicycle rally from the collectorate building to Bandha Talab was organised by school children and volunteers of Yuvoday Kondanar Champs. They also presented a Nukkad Natak (street play) at the intersection of the city to make the people of the community and the children aware of the importance of elections. District CEO Prem Prakash Sharma and Deputy Collector Seema Singh also participated in this program.

Laika Man ke Tihar (Children's Day)



In all our project areas, Children's Day was celebrated across the week from 14th to 20th November. A total of 1024 children were engaged in several celebratory activities. Volunteers gave their time and energy in helping out at different schools in conducting different functions and cultural activities such as singing, dancing, painting and poetry competition etc.

The occasion was also used to educate children about child rights, child protection and important helpline numbers.

To promote child rights in a unanimous fashion, world children's day was celebrated in the Go Blue theme, wherein children participated by imprinting their blue hands on the walls. Blue and white balloons, paint and colour was used to mark the day. The Chhattisgarhi phrase - Laikaman Ke Tihar which translates to children's day, was used to make the connect to the message stronger.

To add to the celebration, various local outdoor games such as Fugdi, Long race, Potato Race etc. were conducted for the children.





Baal Suraksha Saptah



In Bastar, the Children's Day week was also celebrated as Child Protection week or "Baal Suraksha Saptah". During this week, on 17th November 2022 – Yuvoday Volunteers supported Bastar Police in organizing a drawing competition. Along with that, yuvoday volunteers also helped in conducting a session on "Good Touch and Bad Touch" for children in higher secondary School, Adawala. A total of 220 attended the event.

The Real Essence of MANOBAL



Yogesh Purohit,
District Coordinator,
Manobal, Bilaspur

Manobal" literally translates to the strength of the mind, or as we call it - "Willpower". The efforts of a motivated team and 1100+ youth volunteers who contribute every day to the development within their communities in Bilaspur, has brought about a number of small but significant changes in the lives of people.

Over the course of this year, we have met many people, conducted several rallies and awareness campaigns and even made some wonderful interpersonal connections.

One such connection that we had made was with a woman- Khushi (Name-changed). She had been under a lot of stress and difficulties because her relations with her husband and children were turbulent. As she was separated from her husband, her financial condition was also not very sound. She had also completely isolated herself from the

society.

She was then introduced to a local counsellor (a trained support staff of CAS), who worked with her on her psychosocial well-being.

Gradually, she started to feel better, started interacting with the people around, and even decided to work and take on some financial responsibility. A group of Manobal Volunteers helped her out in applying for employment under the MNREGA scheme and opening a bank account.

There was another problem, Khushi's husband was using her Ration card without her knowledge for the last 6 years. Manobal Volunteers helped her get a new ration card, so that, she avails the ration that she deserves.

Today, she is no longer isolated, sad or in deep financial trouble. Khushi has taken her stand, to live her life on her own terms and is living a better life today, the one she deserves.

These interventions, however small, bring about tremendous changes in a person's life, and it was made possible by the efforts of Manobal team, volunteers and the local counsellor.

This is the real essence of Manobal, and it is something that makes me proud.

Enabling our enablers towards change: KONDAGAON



Three training were held for Yuvodaya Kondanar Champs volunteers in Kondagaon district's Janpad Panchayat, in Farsgaon, and Makdi blocks. This capacity-building training was given by CEO Nikita Markam and the district coordinator. This training had sessions about community awareness on anemia, mental health, hand washing of children in school, motivating women for vaccination in an anganwadi, and how to build nutrition gardens. Volunteers were told to take advantage of schemes related to self-employment, and they were motivated to form youth groups and work with the groups. Under Project Unnati, they could earn income daily by learning to work in jewellery manufacturing. Volunteers were given related information about Bihaan, Swachh Bharat Mission, MNREGA, and various government schemes. A total of 130 volunteers from both blocks have been trained in capacity building.

Decoding Addiction: one small step at a time

Substance Abuse is a very prevalent problem at hand, which can destroy an individual's life. Yet, everyday more and more children and young adults are exposed to various substances of abuse, captivating their attention.

To address this issue, small efforts were made by volunteers in all our project areas.

In kondagaon
alone

2485

children were
made aware of
the ill effects of
consuming
intoxicating
substances.



Standing by the side....

Manas Banerjee
Secretary
CAS



Let's start off with discussing what Denial is. Denial is a natural psychological coping mechanism, and it's completely normal, especially in times of great stress or trauma. A person tries to justify his/her acts by denial. This can particularly be seen in terms of addiction. Addiction is the state in which a person is at denial at extreme level. Addiction can be a never-ending cycle because addictive substances are both the comfort and the problem for the person who is addicted to them. If a person is addicted and managing to keep life together for the most part, he convinces himself that I have everything under control. An addicted person may be operating under some form of self-deception or outward denial to loved ones, even if they know they have a problem.

An important first step in addressing addiction is to recognize and accept how substance use is impacting your life. But if you're in denial about whether substance use is unhealthy and causing you problems, it can prevent you from getting help.

What can well-wishers/family do?

We all love our family members and seeing them in problems causes stress and pain. We want to help them but can't find a way as the member is in a state of denial. So, what can we do?? What should

we do??

The first step would be to educate ourselves. The better we are aware about addiction, the better we will be equipped to help them. Talk to someone who has faced it, read about it, know about it.

The second step would be to not judge them. This can make things worse. If the addicted person recognizes that he is being judged, he might stop sharing what he feels. He might not even seek help from you or a professional. Denial is like a disease that member needs your support in curing it.

The third step would be encouragement. The person is already in the state of denial, this person needs a lot more encouragement than any other person for changing his habit. Encouragement will first be needed for acceptance that the person is addicted. When the person is ready to accept, encourage them by supporting them. You can even find support groups for them.

The next step is to be patient and kind. The process of recovery is slow. You need to learn to have patience while the process is going on. Let them know that you are there for them and you are willing to help in any way you can.

Don't forget to take care of yourself. We often tend to ignore ourselves while taking care of our loved ones. Make sure you are taking time for yourself, getting rest, eating healthily. You can't help anyone else if you are not taking proper care of yourself. In this way, you can be a source of love and support for your loved one suffering with addiction and denial. You can't instantly make them accept their problem, but you can provide them with resources and support needed by them to start their journey of recovery.

Good luck!!!

WOMEN

Awareness for Empowerment



In Bastar and Bijapur, special focus has been given on raising awareness about the different methods of child delivery to women. Women in many areas are not aware about institutional delivery, and benefits associated to it. If they opt for an institutional delivery, they avail many facilities such as getting the birth certificate of children more easily, on-time vaccination information and vaccination of the child, better access to family planning information and tools, etc. Apart from this, they were also made aware of the financial assistance provided by the government hospitals under the Janani Suraksha Yojana – to women opting for institutional delivery. **4552** women from in Bastar and Bijapur were made aware of institutional delivery.

In Kondagaon under the Maya Madhai program, every Tuesday and Friday, pregnant women and new mothers are encouraged to go to the anganwadi to attend the awareness meeting on the dates and types of vaccinations, diet for pregnant mother, new mothers and infants. In Bijapur and Bastar too, a lot of work has been done to encourage these women to get the required vaccinations done for themselves and their New-Borns. A total of **5454** pregnant women and new mothers were nudged and made aware of the important vaccinations.



WOMEN

Breastfeeding Awareness

In Kondagaon, Bijapur and Bastar- volunteers have been raising awareness on breastfeeding, by focusing on the community's Anganwadi centers, where the footfall of infant mothers and pregnant women is the highest. Either there, or through one-to-one communication, a total of 2091 pregnant women and new mothers made aware of the importance of breastfeeding.

In Bilaspur district, **346** pregnant and new mothers were made aware of effects on Mental Health during and post-pregnancy. In Bilha block, 40 pregnant women were also encouraged to get their blood pressure and blood glucose levels tested from time to time.



Menstrual hygiene- Explaining the right way



Menstrual hygiene plays a vital role in the wellbeing of adolescent girls and women. Due to the taboos associated with it, menstruation hygiene often gets neglected. Girls and women face a lot of consequences due to a lack of awareness. It affects their participation in the community; they undergo stress and anxiety, and it also affects their attendance at school.

Volunteers from Kondagaon and Bijapur, through various awareness drives, decided to

educate school-going teenage girls about menstrual hygiene and care.

In Bijapur, **477** teenage girls were made aware of menstrual hygiene, and in Kondagaon, **4931** school-going teens were made aware of menstrual health and hygiene.



Don't let menstruation become your weakness, 'It's time for action'

P. Vinita Raju

Assistant District Coordinator
Yuvoday, Bastar

In Bijapur, 477 teenage girls were made aware of menstrual hygiene, and in Kondagaon, 4931 school-going teens were made aware of menstrual health and hygiene. Don't let menstruation become your weakness, 'It's time for action'

When we(girls) get our periods every month, the environment of the house changes. Our mother's start giving us the lists of Dos and Don'ts - don't do this, don't do that, don't go to temple, don't touch pickle, sit in one place, don't go to kitchen, etc.

As a girl, so many restrictions don't seem too fair, and for reasons not understood. This makes me wonder sometimes that why am I a girl? As if being a girl is a curse and not a blessing.

Not just me, many teenage girls feel the same way, therefore, it is necessary to work on these issues. They have to be made aware about menstrual hygiene. Until yesterday the girl who was running and jumping, has now been told to stay at home, sit down at one place, not move too much and not touch a number of things. Everyone will tell her what to do and what not to do, but no one tells her how to handle this

natural process & how to maintain menstrual hygiene.

Most of the girls miss their schools due to menstruation. First of all, the misconceptions related to this natural process have to be broken. Second, you have to talk amongst yourselves, break the silence and reassure the adolescent girls that you are not committing a crime. Thirdly, adolescent girls should remain clean during menstruation cycle; they should be made aware of this subject so that there is no infection.

In earlier times no one used to talk openly nor wanted to talk so openly to others on this subject. Women were not told ahead of time about a natural process of their body, so how could they be expected to be mentally prepared and maintain hygiene. On the contrary, touching them in that situation was considered as touching an infected person with a contagious disease, which seemed very strange, but they had to bear it.

Although today these taboos have been curbed to a great extent, but even today some women of the village are living in confusion regarding menstruation. They neither have awareness nor do they know about the diseases caused by it.

So Dear Women, let us all change this together. Let us all have each other's backs, be aware, make other girls aware, exchange pads (and tips!) and celebrate our natural strength. And

Dear men, please learn about menstruation if you don't know enough. Support your mother, wife, sister and daughter in any way that you can.



The way ahead is always through women! In nature, in the world, and probably in any other universe too.

CAS's strategy document for 2023–28 was unveiled by the young girls and women working for the progress of Chhattisgarh Agricon Samiti. The strategy document is the blueprint for the themes that CAS is aiming to work on, which comprise mental health, gender, health, nutrition, and sanitation; youth; agriculture and rural livelihoods; the ecosystem; social security; rights; and awareness. CAS aims to improve the quality of life of the people living in rural and tribal areas of Chhattisgarh. To make our vision come to life, we have decided to target the following five interconnected goals in the next five years.

- 1.) Engaging youth and community as advisors and drivers towards sustainable developmental changes
- 2.) Enabling communities to understand mental health and psychosocial disabilities and to support people facing psychosocial distress
- 3.) Supporting government and community efforts to promote physical health and wellness
- 4.) Generation of sustainable, regenerative livelihoods and

practices along with food security and resilience to climate change

- 5.) Support children in acquiring the knowledge and skills needed to promote human rights, gender equality, a culture of peace and non-violence, an appreciation of diversity, and the way to contribute towards sustainable development and sustainable lifestyles.

CAS is using its change strategy with the help of enablers to aim at achieving the above goals. CAS, through its strategic document (2023–2028), aims to work together with our partners, team, and volunteers and take strides towards our vision and mission. CAS intends to broaden its area of reach and make a realistic impact on the ground level. Our vision encompasses multiple domains, pushing us to work in a multidimensional manner



“Pratyagra”



Capacity-building training: On December 16 and 17, 2022, the entire team was trained at Barnawapara on a two-day visit. Pratyagra, a workshop conducted by CAS, had a futuristic vision to embark on and was focused on boosting the team's morale and putting their energy into action by emphasizing on the importance of youth's vibrant energy. The aim was to have a platform for training and capacity building of the teams from Bastar, Bijapur, Bilaspur and Kondagaon on C4D, Child safety and protection, as well as several aspects of Mental Health.

In this workshop the teams from Kondagaon district, Bijapur district, Bastar district and Bilaspur district also participated, a presentation was given by their respective district coordinators regarding

the programs conducted in their districts and their upcoming plans. In the presence of Manas Banerjee, Secretary of Chhattisgarh Agricon Samiti, Chandan Kumar, and Abhishek Singh from UNICEF, Pratyagra was introduced.

The entire workshop included sessions on child protection and child safety, "good, better, best," communication for change, open discussion, drinking competition, yoga, HSR, stress, mindfulness, emotional intelligence, nutrition, wellness, sleep, health, substance abuse, finance, volunteerism, and gratitude. In this workshop, various activities were conducted after each session in order to let the team members learn and understand the sessions with utmost efficiency and effectiveness.



Session on Child Rights and Protection
By- Ms. Geetanjali Dasgupta, Consultant, UNICEF



Session on Program Identity By -Mr. Chandan Kumar,
Consultant, UNICEF

Snippets from Pratyagra



Mr. Manas Banerjee, Secretary, Chhattisgarh Agricon Samiti Taking Sessions on Life Skills



Dalpat Deepotsav



Dalpat Deepotsav is an important festival that is celebrated in Jagdalpur, Chhattisgarh, India. The festival is a celebration of the local tribal hero, Dalpat, and is a symbol of the rich cultural heritage of the region. It is a time of celebration, religious devotion, and socializing for the local community, and provides an opportunity for people to connect with their heritage and to celebrate their cultural identity.

On this occasion, on 12th of November 2022, 2.25 lakh (Diyas) lamps were lit in Dalpat Sagar by Yuvodaya bastar volunteers with the help of people of bastar in order to preserve the precious legacy of the city. Along with the officials and staff from the district administration, many city citizens also took part in this event. Approximately 4000 liters of oil was used to lit up 2.25 lakh diyas (lamps). 500 yuvodaya volunteers participated in this event.



Keeping Malnutrition Away



Information about malnourished children was collected by the volunteers of all the blocks through door-to-door home visits and by visiting anganwadi centers. Along with this, advice was given to the parents of malnourished children by visiting their homes and advising them to get the malnourished children admitted to the rehabilitation center. According to NRC survey data, 652 children in Kondagaon district are moderately malnourished; 251 are severely malnourished, with 13 admitted to rehabilitation with the assistance of volunteers.

In Bijapur district, malnutrition is a serious problem, and the department continues to implement the scheme at the district level to get rid of malnutrition. To remove malnutrition, the Chief Minister's Nutrition Campaign is being conducted through the Anganwadi Center. During the Campaign, the beneficiaries of the Anganwadi Center are benefiting from an additional nutritional diet, including peanuts, chickpeas, nutritious biscuits, eggs, and warm food. But due to the lack of awareness, the rate of malnutrition in the district is high. In Bijapur, **245** Malnourished children were identified.

With the help of Anganwadi workers, malnourished children were sent to the Nutrition Rehabilitation Center for 15 days. During rehabilitation, proper care for malnourished

children and a nutritious diet were recommended. After returning home from the nutrition center, volunteers gave counselling, advised them nutritious diet, and informed them about cleanliness and vaccination to the children's family through home visits. Food and eggs being provided daily to children who visited the Anganwadi center on a regular basis; their weight was also monitored on the daily basis, and special attention was given to the girl child. Through home visits, efforts were made by the volunteers to free the children from malnutrition and keep the mental health of mothers healthy, which is caused by malnourished children.

In Bastar alone, yuvoday volunteers have admitted and followed up on **1118** malnourished children in October – December 2022.



Promotion of Sports and Yoga in Children for Good Physical and Mental Health



With the help of volunteers, activities such as regional traditional games and yoga exercises have been organised in villages and school for school children. Especially on “Bag-less Saturdays” young children are being made to practice yoga and sports and through that they are made aware of the benefits of sports in school. They are taught that playing sports benefits both physical and mental health, and if a child’s health is good, he or she will be able to study well too.



Setting the stage for the New Year

By – Raghavendra Shrivastav
District Coordinator (MIS)
Yuvoday



We're used to hearing about New Year habits and resolutions. But when it comes to our personal health goals and aspirations, we often fall short of making lasting change. Studies have shown that about 80% of New Year's resolutions fail. Why do so many people fail at creating healthy habits? How can we become more successful at creating healthy habits for the new year that will last beyond January 1st? The answer lies within the initial stages of habit formation: executing them in a realistic way that makes sense for your lifestyle.

1. Prioritize your mental health

Your body takes cues from your thoughts and feelings, which affects how your physical body operates. The link between physical and mental health is well-established by researchers today. When we feel better physically, our ability to focus improves as well. Bottom line: the body and brain are directly linked. Remember: your form of self-care won't look like anyone else's. No matter what makes you feel good, set time aside specifically for that.

2. Regularly move your body

Just 30 minutes of moderate physical activity per day can make a big difference in your overall health. Even small amounts of exercise add up over time. For example, if you take just 15-minute daily walks during your work break, you'll have racked up hours by the end of the week. To make habit formation as easy as possible, try starting with just five minutes every day and slowly increase as your endurance builds. Not only will you pick up a new hobby, but consistent movement will do wonders for your physical and mental health.

3. Embrace meal planning

Meal planning is a great way to save money and stick to your diet. By planning ahead of time, you can make sure that you have enough nutritious food for the week, and also plan for leftovers. This will encourage you to eat at home more often keep you on track for your health and budget goals.

4. Get plenty of sleep

One of the most important habits you can develop this year is setting a sleep schedule. Sleep is essential for your body and mind, as it gives your body downtime to regenerate, resulting in a better daytime experience. The amount of sleep people need varies, but most adults require seven to eight hours every night.

What are your habits for the New Year?

There's no getting around it: developing healthy habits for the New Year is an ongoing process. It takes time, dedication, and regular practice to establish new routines and break old ones. The key is to be patient with yourself — and don't forget to celebrate every small success! With a little commitment, you can establish some good habits for the New Year and beyond.

Washing Hands Properly

A simple solution to diarrhea and more



Diarrhoea is a disease that makes a person very weak from the inside, and if it continues for several days, it can even lead to death. Diarrhoea can be avoided by following some health rules, but due to the lack of awareness among people about it, they mostly become victims of this disease.

In Bijapur Diarrhoea Management Day was organised, with the help of the Bijadutir volunteers. The volunteers are working every day to raise awareness on the importance of washing hands and the correct way to do it. People are also advised to drink zinc solution and take zinc tablets if they have loose motions. If the diarrhea persists, they are advised to seek first aid at the nearest Mitans or primary health center. The women of the house were also advised to wash their hands before preparing food. Along with this, it is advised to consume home-cooked meals instead of fast food from outside.

In all our project areas, volunteers are working with children to make them aware on how to take care of themselves and how to inculcate the good habits of washing hands properly.

A total of **9378** children and adults were reached out and taught about the importance of washing hands through Yuvoday, Yuvoday Kondanar Champs, Bijadutir and Manobal Volunteers.



SUCCESS STORIES

Envisioning the correct vision

Cataract has become a very common problem in aging people, but because medical science has made such tremendous progress that the solution to this problem is also available.

In most cases, Cataract is removed by experienced doctors (Ophthalmologists), by a surgical procedure which has become routine procedure for them.

But in small villages of Bijapur, people are not as aware, and hence not as keen to identify and solve the problem. Therefore, Bijadutir volunteers of Bhairamgarh block of Bijapur, decided to mobilize and help struggling people of Mitoor Gram Panchayat, get treated.



They identified 15 people who were in need of the cataract operation, and took them to a facility in Bijapur. The volunteers informed them, made them aware off the procedure, helped them in getting there and also took care of them after the surgery.

Bijadutir Volunteers of Gram Panchayat Mirtoor of Bhairamgarh block, Bijapur were catalytic in ensuring that 15 people of this gram panchayat who were struggling with bad eyesight for some time, get treated on time.

Bharat Kumar,
Block Coordinator,
Bijadutir, Bijapur



VOLUNTEERING STORIES

Few small steps towards big changes

After registering as a volunteer with Yuvodaya Kondanar Champs, there was a meeting in our village where I learnt that mental health is important for people of all ages. Maya Mandai, a program conducted in collaboration with the District Administration and UNICEF, is organised in the Anganwadi Center. Then I took the pregnant women of the village to the anganwadi as part of this program and assisted in vaccination and made all the pregnant women do yoga exercises.



Hemlal Netam
Volunteer
Yuvodaya Kondanar Champs

I am a resident of Gram Panchayat Temgaon and have been continuously working on community awareness since joining Yuvodaya Kondanar Champs. I realised that understanding mental health was necessary for children and parents. We are educating the children with the help of activities on mental health by making them do yoga every Saturday. I have started supporting school teachers and encouraging the children to do yoga and exercise every day. I have explained to teachers that the mental health of children is equally important as their physical health.



Manuram Mandavi
Volunteer
Yuvodaya Kondanar Champs

I have joined as a volunteer to raise community awareness. "Aao Baat Kare" provided me with training on the importance of mental health, how we can control our minds, and how to be positive and energetic. After attending many such workshops and trainings, my personality has developed, and I've had the opportunity to work on an Embed project that has improved my finances. I assist in the referral of sick people and raise mental health awareness. I will always be connected to Yuvodaya Kondanar Champs despite working somewhere else, as I love doing social service.



Sumrita Markam
Volunteer
Yuvodaya Kondanar Champs

I am a volunteer and a resident of Village Bhandarwadi. I've had a lot of training on mental health. I have raised awareness about it in my family, community, and among others by educating them on the importance of a healthy mind and how it should be prioritised from childhood itself. On Saturday, we volunteer to do activities with children on "Bag Leash Day." Through a six-step demonstration, we teach them how to prevent diseases and the benefits of handwashing. I like working for the protection of children, and it has also helped me in the development of my own personality.



Basanti Netam
Volunteer
Yuvodaya Kondanar Champs



Mohalla Class

They say that if there is a desire to learn, then it can be started from anywhere." Similarly, I thought of doing something special. One day I met a volunteer from Yuvoday who gave me a lot of information about what we can do in our community; he inspired me to start the Mohalla classes.

Then I made a timetable because it is difficult to do other things along with studies, so I took out my time and started taking classes. I met the children's families in the community first and told them to send their children to Mohalla classes every evening. Initially, 2-3 children used to come; now 10-12 children come every day. I take out time for them, teach them, and I am also preparing them for the future. I am honoured to be associated with Yuvoday; this is a fantastic opportunity.

Jyoti
Volunteer
Yuvoday Bastar



Saving Lives, Setting Examples

The Indravati river has been given the name "life giver" of Bastar. But the onset of the rainy season brought flood problems in low-lying settlement areas. People's houses were destroyed, and farmers' crops were affected. Seven workers were trapped in the Malgaon factory, which was sinking due to rising water levels. As soon as I received this information, I immediately notified Tehsildar sir, with the assistance of Yuvoday's block coordinator. As soon as the news reached the head of the department, they immediately sent a rescue team to the location. All the workers were rescued safely with the help of the rescue team. I also helped the rescue team.

After this rescue operation, Tehsildar has encouraged and praised me for working as an active volunteer, and he has provided our volunteer group Yuvodaya with new responsibilities to identify affected people and families. After this, we conducted a survey, through which we identified 63 affected families with proof of documents. All these 63 families have received compensation.

Deepak Sethia
Volunteer
Yuvoday Bastar

Restoration in Action



department, the forest department, the agriculture department, and the department of commerce and industries were present in the workshop and gave their valuable suggestions on how promoting inclusive and integrated landscape restoration interventions is essential to reverse land degradation, increase carbon storage, conserve biodiversity, and create sustainable livelihoods for local communities.

Under the Common Land Restoration Project: As a land restoration initiative, a scoping study was done in Phase 1. Through a scoping survey, multiple stakeholders were identified, then stakeholders were mapped, and 50 villages were selected based on geographical location. A PRI meeting was organised to gather demographic information about the village. Following that, we conducted FGD (focused group discussion) with males, females, and the elderly, and then we moved on with the stakeholder survey process and a meeting with the relevant department. Division of Landscape Degradation in Four Returns: After the situation analysis, village-level analysis was done based on four returns. Climate, temperature, rainfall, use of the land, soil productivity, cropping patterns, and hydrology trends were elaborately studied. Pandariya and Kawardha blocks of Kabirdham district were found to be in critical condition in terms of ecosystem services. If measures are not taken, these will soon be classified as overexploited zones.

Then a workshop was conducted on October 19, 2022, in the Kawardha block of Kabirdham district, in which these identified losses were confirmed by government department officials, PRI members, and the community. The workshop acted as an introduction to the project in Kabirdham district for community members and government departments. Senior officials from IGKV, the horticulture

Phase 2 scoping studies were conducted in both clusters to understand the problem at the grass-roots level and interpret the data and information collected in phase 1 through participatory rural appraisal (PRA) and household surveys. PRA is a way of enabling local (rural and urban) people to analyse their living conditions, share the outcomes, and plan their activities. It's a "handing over the stick to the insider" in methods and activities. The outsider's role is that of a catalyst, a facilitator, and a convenor of processes within a community that is prepared to alter its situation. The phase 2 scoping study confirmed the problems identified in phase 1 and provided clear insights into the problem areas that require intervention.





A crawl in the road of restoration

Manisha Motwani

Senior Executive
CAS r

Let us start with the feeling of gratitude. We very often tend to cry over what we do not have, and in the process, we forget about what we do have.

Gratitude is the feeling of being grateful and thankful towards somebody. But before being grateful towards people, let's be grateful towards what nature has given us.

The one that supports us in many spheres, provides services, and plays a major role in our existence is "land." So, if there is one thing, we should be grateful for, it is land.

We are dependent on the land for everything: for food, water, and even for a house. The land sustains many important aspects of our lives, providing fundamental life-support systems, and it is also the foundation of our economy and society. It is the place we stand and where we act. It is where we make decisions that affect not just the land but also the water, oceans, air, and atmosphere, and the life they support.

All these things may appear to us to be known and valued, but most of the time they are not. We

often tend to forget the value of this precious and inestimable resource. A way of showing gratitude towards land can be as simple as picking up trash along the road or as complex as restoring waterways.

If one person picked up one piece of trash or acted carefully toward farms, the farm fields would feel the impact. Land is such a huge resource that everyone feels that a single person can't create an impact. But taking a small step towards restoration can make a large difference; that's what we need to understand.

We at Agricon are ready for our crawl, with support from Commonland. We are taking a step toward expressing our gratitude for land and a step toward landscape restoration in ten Kabirdham villages.

One person can make a difference, so take a moment and pick up some debris, pick up some trash, save some water, or save some electricity. Let's all crawl together on this road to restoration.



Volunteer ensures ambulance accessibility for pregnant women

TIMES NEWS NETWORK

Raipur: Raju Gade, a young active and energetic volunteer is among the ten volunteers who ensures that pregnant women have access to the ambulance when in need in the most inaccessible areas of the Maoist-affected Bijapur district in tribal Bastar region of Chhattisgarh.

26-year-old Raju and others were motivated by Bijapur district Women and Child Care Development Sector supervisor Kamini Yadav and Manjula Kujur for working as a volunteer to create awareness among the people in remote areas about the importance of institutional deliveries.

Raju told TOI that most of the women cited lack of access to nearby facilities, bad conditions of roads and even they had to cross rivers and rivulets and trek through forests to reach the ho-

alth centres or hospitals and hence they preferred delivery at their homes. Initially, the villagers would not take interest or listen to the administration or the volunteers. Later, we reached out to them as volunteers wearing T-shirts with name Bijaduteer, which means messenger in local dialect, and gradually gained their trust. Eventually, we started going to inaccessible regions such as Terraim village.

District Program Officer of Bijapur Lupendra Mahinaag told TOI the initiative Bijaduteer is all about Behavioural change among the villagers. It is quite difficult for the administration to reach till the last person and making them aware, but it is not impossible also, with this thought we created a motivation program among the youth of the different areas of the district, he added.

गो ब्लू को थीम पर बाल कार्यक्रम का किया गया आयोजन

खोड़ागांव) अंतरराष्ट्रीय बाल दिवस के अवसर पर फरसगांव ब्लाक के ग्राम पंचायत मांडीआठगोथ के प्राथमिक, माध्यमिक और उच्चतर विद्यालय के विद्यार्थियों के साथ गो बूत् की थीम पर बाल दिवस कार्यक्रम का आयोजन किया गया। इस कार्यक्रम में बच्चों के लिए खेल मंडई में लंबी दौड़, मेडक दौड़, बोर दौड़, फुगड़ी आदि खेल के साथ चित्रकला प्रतियोगिता और किचन प्रतियोगिता का आयोजन किया गया। बच्चों द्वारा बड़े उत्साह व स्वतंत्र होकर दीवार पर हाथ का छाप दिया गया। स्कूल के अध्यापकों द्वारा बच्चों का उत्साहपूर्ण के साथ ही खेल में प्रथम स्थान प्राप्त किए बच्चों को प्रशस्त किया गया। जिला



कोडगांव। बाल कार्यक्रम में शामिल स्कूली बच्चे।

समन्वयक यूनिसेफ सिमरन धंजल द्वारा उपस्थित सभी बच्चों को बाल अधिकारों के बारे में जानकारी दी गई। कौडानार चैंस के स्वयंसेवकों का इस कार्यक्रम में विशेष सहयोग प्राप्त हुआ। इसके साथ ही इस कार्यक्रम में कौडानार

चैम्प के जिला समन्वयक, ग्राम सरपंच, जनप्रतिनिधि, आंगनवाड़ी के बच्चे, आंगनवाड़ी कार्यकर्ता, स्कूल के अध्यापक और स्वास्थ्य विभाग की टीम मौजूद रहे जिनके द्वारा कार्यक्रम संचालित करने में सहयोग प्राप्त हुआ।

समवेत शिखर

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[Author: Andrew Higgins, Warthrop, lawyer] : 94235584

समवेत शिक्षर संस्थायात
कोणडागांव। जनपद पंचायत
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चैम्प स्वयंसेवको एवं मनोरंग

की कार्यशाला का आयोजन किया गया। इससे किने वें ग्राम पंचायत सह मन्त्रों, विधान, स्वच्छ भारत अभियान, स्वास्थ्य पर सामुदायिक जागरूकता जैसे कार्यक्रमों में बेहतर प्रतियोगिता के स्वस्थ प्रत्यक्ष रूप से अपने सहभागियों के साथ शसन की योजना का क्रियान्वयन हो ग्राम पंचायत का सहयोग कर सके, साथ में प्रविष्टि के बीच योजना का सफल प्रचार प्रसार करने तथा दिता सके। इस कार्यशाला में ग्राम कार्यक्रम अधिकारी वीरेंद्र साह, विधान कार्यक्रम समन्वयक सुमिष्ठा डोमबनी विमान भालन, पुरोहित कौशलेन्द्र चौम के मानववर्गों सहित 60 स्वयंसेवक उपस्थित थे।

Rajeev Kumar Gupta, Kondagaon, for News/Advertisement, Contact - 9425598008

हरिभ्रम

रायपुर - वनायल भूमि

11 Dec 2022

अभियान : कलक्टर सोनी ने स्वयं सेवकों को टी शुभकामनाएं
जिला प्रशासन और यूनिसेफ के संचालित
अभियान का लोगों को मिल रहा लाभ

single user or classes

[illegible]

अंधलाबाड़ी कैदी से पशुधर सिंहमिल टीकाकरण

34 साल की अंधलाबाड़ी जेलवासी पशुधर सिंह (27) को बुधवार को आंधलाबाड़ी जेल में टीकाकरण कराया गया। जेल के अधिकारियों के अनुसार, पशुधर सिंह को टीकाकरण कराया गया था, जो टीकाकरण के लिए जेल में आया था। पशुधर सिंह को टीकाकरण कराया गया था, जो टीकाकरण के लिए जेल में आया था।

जिले में 1300 कोडानार चेतस स्वयं सहायक समितियाँ
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आपका मुकाम है वह सब कुछ है

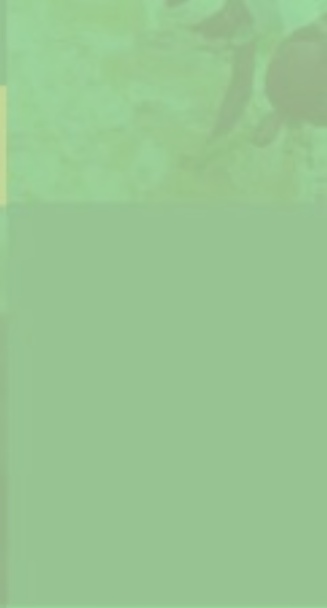
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सत्यमेव जयते

कलियुग कलम प्रकाश किये जा रहे हैं
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Chhattisgarh Agricon Samiti



STRATEGY

2023

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