



SANKALP

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Quarterly
Newsletter

By **Chhattisgarh
Agricon Samiti**



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Highlights of the Quarter

11,252

people made aware of Mental Health.

12,078

people were identified/provided with support/mobilized for linkages to various social security schemes.

10,491

High school students were reached in the "Hum Honge Kamyab Campaign.

717

schools having single teachers were supported by Yuvoday volunteers to teach 7093 children.

7433

children and adults were made aware of the ill effects of use of several toxic substances.

4769

people aware of the importance of clean drinking water by Yuvoday volunteers in Bastar.

3497

children and adults were made aware of correct handwashing practices and its importance.

2365

Mohalla classes conducted, attended by 7513 children in Bastar

2120

Adolescents educated on Diet plan and menstrual hygiene.

1336

people made aware of Anemia and its prevention

105

malnourished children were admitted to NRC.

443

people have joined as volunteers of Yuvoday, Yuvoday Kondanar Champs, Manobal, Bijadutir, and Kavir

Volunteers Registered Till 31/03/2023



7448



1377



1212



1266



► Honing the team's Writing Skills



A short yet intensive training was conducted for the Program Coordinators and documentation staff, by Assistant Professor (IGKV) Dr. Shubha Banerjee. This training conducted in the first week of January covered various topics including writing blogs, reports, research articles, literature reviews, case studies etc. The team learnt how to use visualized data in the form of different charts in writing as supporting evidence.



► **Jeevan Kaushal : The Benefits of volunteering and its impact on Mental Health**



In Kota block of Bilaspur, Program Coordinator (MH and CP) Ms. Danish K Hussain conducted 3 awareness workshops for Manobal Volunteers, and other members of the community. The session focused on

- Volunteering and its positive impact on an individual's life.
- How it instills a sense of gratefulness and the attitude of giving back to the community?
- What is Mental Health?
- What are the benefits of Volunteering on an individual's physical and mental health?

These workshops were attended by a total of 173 people.

A similar online workshop was conducted for the volunteers of Bijapur, Bastar and Kondagaon attended by a total of 263 people.



► Launch of IVR number by UNICEF India's SBC chief Sid Shresth



Mr. Siddharth Shrestha, UNICEF India's Chief of Social and Behaviour Change and UNICEF Chhattisgarh SBC Specialist Mr. Abhishek Singh visited village Khargahni of Bilaspur to witness the "Aao Baat Kare" Program.

They were welcomed by the villagers, Program Coordinator (MH and CP) Ms. Danish K Hussain, District Coordinator Mr. Yogesh Purohit, and the team and volunteers of Manobal. They interacted with the community, witnessed local games & dances, Nukkad Natak and appreciated selected volunteers by awarding them with tokens of appreciation.

Chhattisgarh Agricon Samiti's IVR Number- 8123922651 was also launched for the use of Community by Mr. Sid Shresth and Mr. Abhishek Singh. By calling on this number, anyone from the community can get more information to be registered as a volunteer, get information or help with one's mental health, or even apply for any internships at Chhattisgarh Agricon Samiti.

This number opens up the channels of communication while also ensuring that the calls are confidential, and there is no sharing of personal numbers between Agricon's team and the community.

► National Youth Day



National Youth Day was celebrated in all districts with great enthusiasm. In Kondagaon, several volleyball matches were organized in different villages across the district, and small tokens of appreciation were given to the winning teams. In Bijapur, several games such as volleyball matches, awareness rallies by young girls, rangoli and drawing competitions, essay writing competitions and speech competitions were organized in several villages.

In Bakawand block of Bastar, Janpad Panchayat CEO of Bakawand Mr. S.N. Mandavi awarded certificates of appreciation to selected volunteers of Yuvoday. 65 volunteers attended the event and to re-enforce the spirit of volunteerism, the youth took an oath to continue to volunteer as "Youth for change". In Bastar block, volunteers took out a rally, and SDM Bastar, Shri Om Prakash Verma awarded selected volunteers with tokens of appreciation. In Tokapal block, Yuvoday volunteer and Atmanand School's principal Mr. Vidhu Shekhar Jha along with District Coordinator Bhola Ram Shandilya, held a session for high school students and youth Yuvoday volunteers. In Darbha block, an event was organized at Janpat panchayat, where CEO Janpad panchayat Shri Subrat Pradhan, and TI Mr. Sishupal Sinha appreciated Yuvoday Volunteers and bestowed them with certificates of appreciation.

In Kota block of Bilaspur, Manobal volunteers celebrated by participating in a Tiranga Rally.



► Yuvoday Madhai: Here to listen



Once a week, mostly on Fridays, in all 7 blocks of Bastar, Yuvoday Madhai program is organized. Yuvoday Madhai is a platform for each and every citizen of the district of Bastar to reach out and communicate any issues or problems that they are facing. A tent or shaded place is arranged in the village, all the villagers are informed of the scheduled date, some district government officials are called, and the volunteers arrange for everything else.

They mobilize the crowd, write down any problems that they have, provide them with any information that they need about government schemes, provide them with IEC materials from the government, and identify and connect the beneficiaries to various social security schemes.

Along with the madhai program, volunteers also arrange for certain sports events just alongside the stalls such as volleyball matches for the community to keep them engaged.

The volunteers of Yuvoday also help people correct information such as names, mobile numbers etc. in their IDs and other documents. The social security schemes that the volunteers inform about and connect the community members to are:

Aadhaar Cards, Ration Cards, Pension Scheme, UDID Cards or disability certificates, Labour Cards, Pradhan Mantri Awaas Yojana, Rajiv Gandhi Landless farmer scheme, health related schemes etc.

Through Yuvoday Madhai, the Halbi and Gondi speaking communities in all parts of Bastar now understand and have access to the social security schemes, because of trusted Yuvoday volunteers from their own communities.





► BijaDutir volunteers celebrate National Girl Child Day



On 24th January - National Girl Child Day was celebrated with a lot of enthusiasm in Bijapur with the support of District Collector Mr. Rajendra Katara. Drawing & Painting competition, Rangoli making competition, Essay writing, singing as well as speech competition was organized at the Tendu Hall, Bijapur. In this event MLA Mr. Vikram Mandavi, Janpad CEO, and other representatives of the community were present. A young student took upon the role of a news reporter and interviewed MLA Mr. Vikram Mandavi.

Some selected young girls from the district were awarded with tokens of appreciation, and 931 young girls participated in a rally to raise awareness on the rights relevant for young girls.

About 50 BijaDutir volunteers participated in the events and helped with the organization. The volunteers were appreciated for their contributions to the district. 3 selected volunteers were also awarded tokens of appreciation.



► Youth contributions appreciated on India's 74th Republic Day



In Kondagaon district, 41 selected Yuvodaya Kondanar Champs (volunteers) were awarded with certificates of appreciation for their commendable contributions as volunteers for the community. Out of these 41 volunteers, 37 were honored at the Panchayat level, while 4 volunteers – Komal Markam, Sukman Netam, Prakash Bagde, and Mamta Netam were honored at the district level by District Collector IAS Mr. Deepak Soni and chief guest MLA Mr. Santram Netam.

During the event, 10 volunteers organized an elaborate tableau rally on Anemia to raise awareness on the importance of taking an iron rich diet.

In Bijapur, BijaDutir volunteers participated in the Republic Day celebration at a primary school, along with PRI members, teachers, and other community members.





After the Flag hoisting, several local games were organized such as musical chairs and matki phod, for children as well as women and youth. Small prizes were also given to the winners by the Sarpanch. In some villages, rallies were also organized on the occasion of Republic Day.

At Bijapur district headquarter, 9 BijaDutir volunteers – Manish Hemla, Anju Telam, Urmila Gange, Yogita Matti, Pushpa Koram, Kundan Wargam, Jyoti Kadi, Bharat Karam and Shankar Manji were awarded with certificates of appreciation by District Collector IAS Mr. Rajendra Kumar Katara.

In Bastar, Yuvoday volunteers participated in a tableau rally with the social welfare department of the district on various themes that the department is working on and together they won the second prize in the competition.





► Hum Honge Kamyab



Every year, the time before board exams becomes the time of stress for all high school students. In 2022, the stress was amplified due to the covid-19 pandemic. It was then that the "Hum Honge Kamyab" campaign was started, to ensure that the high school students are equipped to deal with exam stress. In this campaign, the project staff in all blocks conducted about an hour-long workshop in different high schools, where they talked about what exams really are, different ways to deal with exam stress, healthy competition and how exams do not decide their success in life.

In 2022, we reached out to a total of 10,533 high school students in 3 districts – Kondagaon, Bijapur and Bilaspur. In 2022, Kondagaon District's Janpad CEO Mr. Prem Prakash Sharma also took an online "Hum Honge Kamyab" session for the high school students of Kondagaon.





This year in 2023, the campaign ran from January 20th to February 10th in 4 districts of Chhattisgarh – Bastar, Bijapur, Bilaspur, and Kondagaon, reaching out to a total of 10,491 high school students.

On 8th of February, a special online session of "Hum Honge Kamyab" was conducted by Bastar District's collector IAS Mr. Chandan Kumar for the high school students of Bastar District. A Question & Answer session was also held where the students asked several questions regarding exams and their preparation to respected collector sir.

On 20th February, a special 3 hour long "Hum Honge Kamyab" workshop was conducted at a Tribal girl's hostel in Baloda Bazaar district, as a part of Baloda Bazaar and Bhatapara district administrations "Ajoor Charcha Padhai Bar" program. About 100 young girls attended the workshop which was conducted by Ms. Danish K Hussain, Program Coordinator (MH and CP) and Ms. Ananya Jha, Executive. Several activities were also incorporated such as the concentration activity, "my confidant" activity etc. UNICEF's district coordinator at Baloda Bazaar, Mr. Avendra Mahilang, was also present at the event and took a session on Menstrual Hygiene.

The District Collector IAS Mr. Rajat Bansal and District SDM IAS Ms. Roma Srivastava also joined the event later on, talked to the young girls, and took their feedback on the session and awarded some selected young girls with tokens of appreciation.





► Pratyagra: Manobal Exposure Visit



A 2-day exposure visit to the Manobal program was organized at Kota, Bilaspur on 13th and 14th February 2023. Teams from Bastar, Bijapur, and Kondagaon were called to be trained and capacitated on Community Mental Health, through workshops and field visits.

DAY 1

On day 1 of the visit, several sessions were organized for the team on the counselling and service aspects of the Aao Baat Kare program, what has been the reach in terms of awareness, why is it important to talk and listen to people and what is the impact of talking without judgement on the preventive aspects of Mental Health.

Sessions were taken for the teams by Ms. Danish K Hussain - Program Coordinator (MH and CP); Mr. Yogesh Purohit – District Coordinator (Manobal), and Ananya Jha, Executive. Throughout these sessions, several activities were integrated with these sessions such as the "Stone, Paper, Scissor" tournament, "Pick up the cup: concentration" activity, "Save your balloon" activity, "9 dimensions" activity, "Expectations wall" activity, "Promise to self" activity etc.

Later in the evening our guests from Bapu Trust for research on Mind and Discourse, Dr. Bhargavi V Davar and Mrs. Kavita Nair joined the teams for the next day. An informal introduction session was held during dinner with the teams from all 4 districts, UNICEF Chhattisgarh's CP Specialist Ms. Chetna Desai also joined the session and the next day.





DAY 2

On day 2, early in the morning, a meditation and stretching session was held, wherein Secretary Mr. Manas Banerjee interacted with the teams. Then after a short briefing session, on what the field visit is going to be like, the teams prepared questions for the community and divided the different aspects that they are going to observe during the visit.

A Mental health and Social Emotional Learning's Exhibition was organized at Shaskiya Kanya Shala, Kota, where about 14 young female high school students has set up 6 stalls on different topics. The topics included: Relationship between health and education, Emotions, Fear, Trauma, Bullying, and Safe Spaces for children. Almost all the stalls had an activity for the guests related to the theme, such as "burst the balloon" activity, "how are you feeling today" activity, "holding your trauma" activity, "writing and letting go of bad memories" activity etc.

The young girls presented their topics with unmatched confidence and eminence. UNICEF Chhattisgarh's chief Mr. Job Zachariah, and SBC Specialist Mr. Abhishek Singh also joined the teams at the high school as special attendees at the exhibition along with Dr. Davar, Mrs. Kavita and Ms. Chetna.

All the girls were presented with certificates of appreciation for their presentation at the event. After that, all the guests and students gathered at the hall, and a song on stress was sung by them led by District Coordinator Mr. Yogesh Purohit.





A Question-and-Answer session was conducted, and SBC Specialist Mr. Abhishek Singh addressed the students and talked about identifying someone dealing with bad mental health through certain behavioral changes.

All the teams and guests then visited Laripara village, to be part of a community gathering there. The guests were welcomed there by the community members, and the event started with a welcome dance performance, Nukkad Natak or street play on "Exam Stress", a Tug of War between volunteers from different villages, a demonstration of Karate by Manobal volunteers who understand the linkage between physical and mental wellbeing, and the meet ended with a Shammi Dance – the dance for good mental health, where you shake all your stress out.

The community members presented their guests with bouquets as tokens of appreciation, and after a very brief interaction session with the volunteers, all guests and teams left for the resort for lunch and feedback session.

Post-lunch, all teams and guests from UNICEF and Bapu Trust gathered in a circle to discuss the findings, observations, and learnings from the day. Mr. Zachariah appreciated the confidence with which the young girls presented the posters at the exhibition. He admired the work that has been done with Children and suggested that this should be replicated in all other districts of Chhattisgarh. The UNICEF team bid-adieu for the day, after which Dr. Davar also shared her profound knowledge and experience on Inclusion and community mental health in brief, while Mrs. Nair talked about her experience by appreciating the confident young girls, the impressive Nukkad Natak and the MH based Wall paintings that she saw at the village.



► New Beginnings: Kabirdham



After a rigorous scoping study that was conducted in Kabirdham district from September to December 2022, problems and intervention areas in the landscape were identified. Taking all that into consideration, the Central Highlands Restoration Project (CHiRP) was initiated in the pre-determined economic zone of Kabirdham district.

Induction Training for Kabirdham's team

A 2-day long induction training was conducted on 16th and 17th of February at Raipur for the new team deputed in Kawardha and Pandariya blocks of Kabirdham districts on the CHiRP project.

The induction training started with an empowering session on the ecosystem, Interdependence & local governance By Dr. Manjeet Kaur Bal, State Coordinator, Foundation for Ecological Society (FES). The session threw light on important topics like farmland, forests, rural life, community, landscape, economic zone and on the importance of knowing the project area to its core.





After that, several sessions were conducted on scoping study, problem identification and intervention objectives by Mr. Manas Banerjee, Secretary, Chhattisgarh Agricon Samiti, and Ms. Manisha Motwani, Project Coordinator.

Day-1 ended with a discussion on the skills sets of all the team members, and what will be their roles and responsibilities and contributions to the project.

Day-2 started with a visualization activity wherein the team members were told to visualize the ideal landscape or the landscape that they want in the future. Through this activity the team was able to analyze the importance of an ideal landscape, and hence the importance of the project. Then, discussions were held on the next one-year intervention plan, objectives, outcomes, activities, and outputs.



Planning and preparation visit to Kawardha



Mr. Manas Banerjee and Ms. Manisha Motwani went on a 2-day visit to Bandha, Jarti and Pauni villages in Kawardha for discussion on the village level meeting and to explore sugarcane farms and jaggery factories.

They also met with Kabirdham District's CEO Shri Sandeep Kumar Agarwal, and presented him with the Strategy Document and discussed about the CHIIP project.



Village Level Meetings



From 14th to 17th of March, meetings were organized in 10 villages across Kawardha and Pandariya blocks of Kabirdham District, with the agenda to introduce the project of landscape restoration to the community members. More than 1500 people (Men, women, children, and elderly) attended these meetings.

Project coordinator Ms. Manisha Motwani told the community members that we are going to start a project for the restoration of land in your village on for the next 20 years and will need the help and support of the community, for the betterment of the community.

District Coordinator Mr. Deepak Bagri, and the field team including Surendra, Bhumika, Nitesh and Pawan took upon different responsibilities for the efficient organization of these meetings.

During the meetings, it was announced that a group of 10 KAVIR farmers would be formed in every village, who would receive training from experts in different crops, soil, water, fertilizers, etc. They would first use this knowledge in their own fields and then train other rural people. Along with this, Kavir Volunteers would be selected at the village level to work on the development of the village in issues such as nutrition, mental health, livelihood, environment, and child development and health.

During the meetings, a painting competition related to the environment was organized in every village for children, and the exhibition was the main attraction. A Chhattisgarhi cultural program was also organized, and all





participants received gifts from the guests. Ajay Verma, who was present at the Jarti village program, said that this program paved the way for their future. Bharat Verma stated that our ancestors used to eat thick grains and never went to the hospital, and how many birds used to be around us, but today we do not see them. He said that it is now our responsibility to fix it and felt grateful that the Kaver Thiha will be opened in their village.



farmers to talk and discuss their agriculture-related problems and to find solutions. A soil testing facility will also be set up over there.

In Khairipar village, Sarpanch Bharat Sahu, who was present at the program, said that through this program, our soil will work for the betterment of water, and all villagers will cooperate. The Kaver Kisan group will receive training from time to time on different topics. They will learn and adopt new techniques on their farms and enhance their experience.



Formulating Kavir Kisan groups



After the village level meetings, some farmers got registered as "Kavir Kisans" and information was collected about the crops that they sow and were interested in learning about such as sugarcane, paddy, cotton etc.

All these farmers from different villages were called for a meeting. One meeting was conducted in Kawardha block and the second was conducted in Pandariya block of Kabirdham district. The Kavir Kisans were told about the different trainings that they can receive, and the different resources and facilities that are available to them, such as the weather advisory facility, soil testing facility etc.

Discussions were held on the guidelines of Kavir Kisan Samuh, and the guidelines were finalized. They were also told about the Kavir volunteer group and how the volunteer group will be a catalyst of change for the communities in villages across Kabirdham. The video on Landscape restoration was also shared with them. To encourage them to conserve more water, they were educated on drip irrigation, and the government as well as the organization's subsidies that they might receive for installing drip irrigation systems.

A total of **86 Kavir Kisans** and **41 Kavir volunteers** attended these meetings.



Chhattisgarh Agricon Samiti signs an MoU with Indira Gandhi Krishi Vishwavidyalaya



The farmers of Chhattisgarh have not been able to fully benefit from the expertise of the state agriculture university - IGKV, due to a gap in the specified trainings and capacity building, lack of awareness and adaptability towards new techniques and resources data collection and feedback mechanism on the Packages of Practices (PoP) suggested by the University, etc.

Chhattisgarh Agricon Samiti (CAS) and IGKV aim to bridge this gap for the benefit of the farmers of Chhattisgarh. To be able to do this, CAS will form a farmers collective called Kavir Kisans and identify relevant and interested farmers for the training and adaptation of new and improved farming practices, provide a co-learning and co-adaptation positive environment through formation of behavioral clubs, knowledge dissemination and discussion units called Kavir Kisan Thihas.

IGKV will provide technical and infrastructural support, support in the exposure visits of farmers, follow up trainings, sharing of the Crop Doctor application with CAS for the dissemination of Knowledge, advisory and collection of data from the field, and access to specialist institutions like ICAR and other resource persons.

IGKV's Director of Research – Prof. Dr. Vivek Tripathi and CAS's Secretary, Mr. Manas Banerjee met and discussed the MoU on 22nd of March.



► Volunteers attend the Y-20 summits at IIM Raipur and Rawatpura Sarkar University



As India is hosting the G-20 summit for this year, therefore, several Y-20 summits are being organized across the country. The purpose of the Y-20 summits was to increase participation of the youth of the country in building the roadmap of India till 2047.

A 2-day long Y-20 summit was organized at IIM Raipur with the support of Nehru Yuva Kendra, Chhattisgarh and Ministry of Youth affairs and sports.

Yuvoday Assistant district coordinator Ghanshyam Diwan, volunteer Anita Netam and Bijadutir block coordinator Harshita Panda participated in the summit. She also shared that child marriage is still very much a problem in Bijapur and how district administration is working on making the situation better. She also shared her personal experience.

Minister of Youth affairs and sports Shri Anurag Singh Thakur graced the event as the chief guest. Minister of State for Tribal Affairs of India, Smt. Renuka Singh also graced the event with her presence. Along with that, representatives from 20 countries including USA, France, Syria etc. Youth Icon Ms. Priyanka Bissa shared her experience and knowledge with the participants. She also welcomed the chief guests - Director of Indian Institute of Management, Raipur – Dr. Ram Kumar Kakani, and Prof. Dr. Sanjeev Prashar.

Volunteer Anita Netam and ADC Ghanshyam Diwan talked about the areas of work and achievements of Yuvoday volunteers in Bastar district in collaboration with UNICEF and district administration. Block Coordinator of Bijapur,

Harshita Panda talked about the work done by Bijadutir volunteers in Bijapur district.

A similar one-day long Y-20 summit was organized at Rawatpura Sarkar University, where volunteers from BijaDutir, Manobal, Yuvoday and Yuvoday Kondanar Champs participated. Minister of Youth affairs and sports Shri Anurag Singh Thakur also graced the event as the chief guest.



► Cycle rally for Women's Day



In Bastar, pre-celebrations of Women's Day were held on the 5th of March, as this year it coincided with the festival of Holi. A cycle rally was organized, girls and women all started to cycle from the health department's office in Jagdalpur, circled around all important squares, and concluded when all participants reached the health department's office again. This rally was organized to promote physical and mental health of women and to promote environment conservation. Yuvoday volunteers participated in the rally and helped in the mobilization with great enthusiasm.





► Manobal volunteers meet PHF consultant - Mrs. Gazala Paul



Paul Hamlyn Foundation (PHF's) consultant and the CEO of Samerth Charitable trust, Mrs. Gazala Paul visited Chherkabandha village of Kota, Bilaspur to review the Community Mental Health based: Aao Baat Kare program.

She met with the community member, Mitanins, Aanganwadi workers and women, Panch and Sarpanch. The discussions were held on Substance abuse, Emotions that initiate adverse behaviors. The community was also told about the IVR Helpline number that they can use for various purposes.

During the community meet, manobal volunteers presented a Nukkad Natak on stress, which was appreciated by Mrs. Paul.

After the community meet, the teams took her to the Piparpara primary school where she interacted with the teachers on how they have benefitted from the mental health program.

She was accompanied by Mr. Manas Banerjee, Secretary, CAS, Program Coordinator-Ms. Danish K Hussain, District Coordinator-Mr. Yogesh Purohit and the team and volunteers of Manobal along with CAS's project staff for psychosocial support counselling.



► Pratyagra: Yuvoday Exposure Visit



A two-day long exposure visit to the Yuvoday programme was organized at Bastar district on 27th and 28th of March, to train and capacitate the teams from Kondagaon, Bijapur, Bilaspur and Kabirdham on youth and volunteer engagement. All the teams gathered at BADAL (Bastar Academy for Dance, Arts and Literature) residential academy for the two-day visit for training and capacity building.

DAY 1

On day 1 of the visit, interactive and activity-based learning sessions were held with the teams to enhance their understanding of what Yuvoday as the volunteer group does, what are its achievements, and how they have managed to do such things.

Firstly, a brief introduction about Yuvoday was given by Mr. Manas Banerjee, Secretary, CAS. Then, an expectations wall was filled with post-its where all the participants had written down their learning expectations from the visit.

Then Bastar District's Collector IAS Shri Chandan Kumar was welcomed by the Yuvoday team and Mr. Manas Banerjee. He extended a warm welcome to the teams from different districts to learn from Yuvoday, and better implement such initiatives in their respective districts. While talking about volunteerism, he said, "Volunteerism Changes the questions that we ask. A volunteer does not ask what has the government or the community done for me, a volunteer asks what I have done for my community?". He appreciated the initiative and told the other teams about the do's and don'ts for sustaining a volunteer group.





After the energetic and encouraging session from collector sir, the teams gathered in around in a circle for the ice-breaker introduction activity which focused on listening attentively.

A series of sessions were conducted on volunteerism followed by a Question-and-Answer session. ADC Ghanshyam Diwan briefed about "what is volunteerism", ADC P. Vinita Raju briefed about the volunteer registration process and District Coordinator Mr. Bhola Ram Shandilya briefed about engaging with the volunteers. All 3 sat down with Mr. Banerjee as panelists and answered the questions from the teams in the Q/A session.

Post lunch, the teams met and interacted with Yuvoday champions – Kalwati Poyam, Anita Netam, Devaki Baghel, Ramu Ram Nath, Kartik Maurya, Sonwari Kashyap and Babita Nag. They heard their inspiring stories and appreciated their dedication and efforts for their communities.

Several short and fun activities were carried out in between different sessions such as "Kya kaha, Kya Suna", "Uth Jaag Musafir" and "Zara Sambhalna" with different learnings and, messages attached to them.

A session was conducted on reporting and grading system of volunteers by Raghavendra Shrivastava, Senior Executive (MIS) and social media engagement. A feedback session was conducted for the day and the closing statements were given by Nodal officer Mr. Birendra Bahadur- Deputy Director Panchayat & CEO Janpad Tokapal, and Assistant Nodal Officer Mr. Ajey Dewangan- Assistant Engineer Panchayat.





DAY 2

Day 2 started with a Nature walk around BADAL early in the morning followed by breakfast.

The teams then left BADAL for the day-long visits. The first stop was a busy Danteshwari Mata temple square, where all teams witnessed the volunteers perform Nukkad Natak on waste management and disposal.

The teams visited the Yuvoday Academy where renowned teachers and professors volunteer to teach underprivileged meritorious students appearing for competitive exams, and the Bastar District Library, which is the district's library where computers, books, and study area is available for the use of students of Bastar at a nominal monthly charge.

The teams then visited the Nutritional Rehabilitation Center (NRC) where the teams understood the participation of volunteers in catalyzing change and mobilizing the community. The teams stopped by a Poshan Vatika and helped by weeding out the plantation area.

They visited the Yuvoday Madhai and understood how Yuvoday works in the connecting people with the various social security schemes. They even visited a Mohalla Class, where they saw young children getting the help and support that they need in a small but neatly painted room converted to classroom.

The teams visited Chitrakoot and Bastar Art Gallery and then the visited ended with an Open MIC session at the Dalpat Sagar Lake. The open MIC session was hosted by Mr. Vidhu Shekhar Jha- Yuvoday volunteer and principal of Atmananda school. UNICEF's CP Specialist Ms. Chetna Desai, and Consultant Ms. Snehil Rathour also joined in during the open MIC Session, sang songs, and ended the session with a dance performance by Yuvoday volunteers.

The teams went home with one of the most enriching experiences of their lives.



► Kondagaon Team and Volunteer Meeting



At Kondagaon, a team meeting was organized with the Block Coordinators, District Coordinator, Program Coordinators and Secretary. Discussions were held on expanding the scope of work and the future ahead.

On 29th of March another meeting was organized at Yuvoday Kondanar Champs office at the district collectorate, with UNICEF Chhattisgarh's CP Specialist Ms. Chetna Desai, Consultant Ms. Snehil Rathour, District facilitator Ms. Unnati, CAS Secretary Mr. Manas Banerjee, Program coordinator Ms. Hussain and other CAS HO team members. About 10 Yuvoday Kondanar Champs -volunteers were called and their stories of impact were heard. Everyone spoke of their journey from underconfident people to confident young adults who make certain contributions for their community. They also told everyone about their understanding of Mental health and how that has enhanced their lives.





Ghanshyam Diwan
Assistant District Coordinator
Yuvoday, Bastar

This father can now listen to his son

In gram panchayat- Bade Alenaar of Bastar district, there lives a 40-year-old deaf and dumb man named Tarun Baghel. His wife got in touch with Yuvoday volunteer and ADC Ghanshyam Diwan, and shared that her husband is in distress because he has never been able to hear his 5-year-old son's voice.

She needed help to get the aid that is required so that his husband can hear. Ghanshyam got in touch with the social welfare department, who were in the process of organizing a shivir for persons with disabilities. After constant follow up, Yuvoday volunteers were able to procure a hearing aid machine from the social welfare department. After that, he was elated to hear his son's voice for the first time and is now living happily with his family.

After some time, Tarun's wife contacted Ghanshyam Diwan again, as her son was having difficulties because of a urinary tract infection. His stomach used to pain, and his body was swelled, and thus they were all worried and troubled.

They needed an Ayushman Card for the financing of the treatment, but as the mother Pando did not have a Ration card, there were problems with making the Ayushman card on time.

Due to certain procedures and protocols, the process was taking a lot of time, but when the situation of the family was communicated to the social welfare department, they fast-tracked the process.

Thus, Pando received her ration card and got the Ayushman cards registered. After that, her 5-year-old son Nilesch could be operated and treated on time.





Pooja Kaka
Volunteer
Bijadutir, Bijapur

The period girl: Pooja Kaka

My name is Pooja Kaka. I live in one of the most interior villages of Usoor block in Bijapur. In this area, the women are not aware of Menstrual Hygiene management and good practices. Even I was amongst them and did not know the importance of using sanitary pads and maintaining hygiene during the menstrual cycle.

After becoming a Bijadutir volunteer, I was made aware of good menstrual hygiene practices, and why a normal and natural process such as the menstrual cycle should not be a taboo topic in the community. It is important that all young girls and women are made aware of safe and hygienic menstrual hygiene practices. After realizing its importance, I make people aware of things like how to use a sanitary pad, how often should you change a sanitary pad, how to dispose it off. I also distribute the sanitary pads that are provided by the women and child welfare department.

I wish and try to ensure that every girl and women in my village is aware and healthy. I also try to make men aware, although I face several difficulties, but it is important that they know about it and learn to take care of the women in their homes during their menstrual cycles.



Vimla Patle

Block Coordinator, Bilha
Manobal, Bilaspur

“Kuposhan se Suposhan”: Manobal volunteers for Bilaspur

In Bilaspur district, 1200+ Manobal volunteers have been working on mental health awareness and social emotional learnings for the community and children, through the “Aao Baat Kare” program.

Mental Health had been the only area of focus for the Manobal volunteers since October 2021, but recently, several other themes have been added to the areas of work such as Suposhan or nutrition. In this quarter, 5 malnourished children and their families have been mobilized to be admitted to the Nutritional Rehabilitation Center (NRC). These children have been taken through a journey from Kuposhan to Suposhan or from malnutrition to a state of nourishment.

One such story is from Bilha block, where Manobal volunteer Anita Kurre and Block Coordinator Vimla Patle helped 2 malnourished brothers get admitted to NRC. One day, an aanganwadi worker informed the Anita about these malnourished brothers. Anita and Vimla went to meet the parents of these children of 2 and 3 years of age respectively. They talked to the parents and explained to them why they need to send their underweight children to an NRC and what facilities they get if they get admitted for about 15 days and what kind of an impact that it can make on the children's lives.

They agreed and got admitted to the NRC where they received the support from Tar sir, of the district hospital. After 15 days, the children gained 1.2 and 2 kgs respectively. They are also following the after NRC diet that was suggested by Tar sir, and Anita is still meets with the children from time to time to ensure that the children are healthy.





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"After receiving training as a volunteer from Janpad CEO Nikita Markam, I got a job as a village part time mate. This has given me the opportunity to work for my village, volunteer and also improve my financial situation while staying in my native place."

Gupesh Markam

Volunteer

Yuvoday Kondanar Champs

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"I enjoy going to schools on bagless Saturdays for conducting activities for the kids, such as yoga, meditation, and exercises. This keeps my and the children Mental Health in check."

Manuram Mandavi

Volunteer

Yuvoday Kondanar Champs

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"Jeevan Kaushal training on volunteering and gratitude made me realize that volunteering does make us feel the kind of happiness that nothing else does. I also started expressing my gratitude for the small things in life."

Pintu Markam

Volunteer

Yuvoday Kondanar Champs

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"So many women are anemic, and this problem can be dealt with only by going and telling people to eat iron rich diet, washing their hands, consuming iron tablets and supplements if they need to. Small things can make a big difference, and I am happy to be able to make a difference."

Payal Soori

Volunteer

Yuvoday Kondanar Champs

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**Manas Banerjee**Secretary
Chhattisgarh Agricon Samiti

The different aspects of a human-human relationship

Today, I would like to use the word "Kinship" rather than the word relationship, because there is a certain blockage in our mind attached to the word "relationship".

When we hear the word relationship, the image that is immediately formed in our mind is that of a conventional pair of a male and a female. There are interpersonal relationships that exist which are beyond the conventional couple. There are interpersonal relationships everywhere, between a father and a son, between a brother and a sister, colleagues, friends, humans and nature, basically, everywhere!

There are some aspects of a kinship or relationship, every kinship comes with some "expectations", some "responsibilities/duties", some "acknowledgement, authority and accountability" and "Love/likeability". The kinship between any two people or a group of people such as community is based on these aspects of kinship. A good relationship is the one that has all of these aspects correctly balanced.

When there is a disbalance between "Love", "Expectations", "Acknowledgement" and "Responsibilities" there is a disbalance in the relationship. This disbalance in relationship causes "stress". Then what's the key to a stable or absolute kinship??

There is no key to it. Humans and kinships come with all its aspects!!!

Coming back to kinship between humans, to live a kinship fully, one needs to understand all its aspects and ratio between all its aspects, for example- a mother and son relationship consists of 40% responsibilities, 30% love, 20% expectations and 10% possessiveness. A husband-wife relationship comes with 20% responsibilities, 30% expectations and 30% love and 20% possessiveness. This varies in different relationships. This even varies with different circumstances, for example in a relationship there might be more responsibilities and less love at a certain time and situation. But as circumstances and relationships change and evolve there might be more expectations.

If humans start understanding this equilibrium of kinships and its four pillars – "Love", "Responsibilities", "Acknowledgement" & "Expectation" we might move a step forward towards living it fully.

Live in the moment. Fully embrace 'now'. Fully live all kinships!!!

**Danish K Hussain**

Program Coordinator (MH and CP)
Chhattisgarh Agricon Samiti

Breaking the Silence: Boys, Menstruation, and Mental Health

Menstruation, a natural and recurring process, is often regarded as a taboo subject. However, it's crucial to break the silence and raise awareness among boys and men about menstruation. Understanding and supporting females during their menstrual cycle not only promotes gender equality but also has a significant impact on their mental health. Today let us explore why boys need to be aware of menstruation and the important role they can play in supporting females and fostering a healthier mindset.

Menstruation is not just a female issue; it concerns society as a whole. By educating boys about menstruation, we empower them to become more sensitive and understanding individuals. Breaking stereotypes and fostering inclusivity will help create a more supportive environment for females, reducing the stigma associated with menstruation.

Understanding menstruation fosters empathy and emotional intelligence in boys. By comprehending the physical and emotional challenges women face during their menstrual cycle, boys can develop a greater sense of empathy, which enhances their interpersonal skills. Empathy is an essential quality that contributes to healthy relationships and encourages open communication.

Boys often have female friends, family members, or partners who experience menstruation. Being aware of this natural process allows boys to support and provide assistance when needed. Simple acts of kindness, such as offering pain relief, providing a safe space to talk, or offering practical help, can make a significant difference in easing the discomfort and emotional strain women may experience during their menstrual cycle.

Menstruation can significantly impact a person's mental health. Hormonal fluctuations, physical discomfort, and societal pressures can exacerbate feelings of anxiety, mood swings, and depression. Boys, by being understanding and supportive, can contribute to the emotional well-being of females during their menstrual cycle. Simple acts of kindness, such as validating their experiences, offering emotional support, or helping them engage in self-care practices, can positively impact their mental health.

Together, let us educate the boys and create a more compassionate and equitable society for everyone.



Manisha Motwani
Program Coordinator
Chhattisgarh Agricon Samiti

Prioritizing Local Needs and Priorities

Behind any successful and sustainable project, participation from the local citizens of the targeted area is very important. Goals are much more achievable when the goal is driven through their and our motives both. Once local people inclusively make decisions, set their goals, and identify the right criteria, those restoration potential maps can adapt to show which areas could benefit most. We need to align our goals according to their needs. If we don't prioritize their needs and prioritize, then the project will not involve participation from the community and the idea we wanted to deliver will expire as soon as the "hand holding" state is over. Our goal is to develop the idea inside their community as their own idea. If we don't prioritize their needs then after the supporting phase is over, the project will become stale and will eventually die out.

This "prioritizing" can be done by effective communication with the local community, understanding their needs and respecting their beliefs. Communication with the locals helps in understanding their perspective and explaining our perspective. This can be done by holding panchayat meeting and ensuring participatory rural appraisal.

The bookish knowledge we tend to imply on their locality might not be acceptable or applicable due to lack of knowledge. This knowledge is derived from the local citizens and understanding their priorities, what they want for their community, what economic benefits people find most useful and how incentives can be used to encourage residents to keep the land healthy. For example, a farmer considering how to use a piece of her land could either restore her land to protect biodiversity and maximize carbon storage, or she could grow trees across her farmland in an agroforestry system to produce food sustainably and boost her income. But she can't do both. These decisions are important, especially when the goal is to maximize impact and minimize costs.

आयोजन: एक हजार से अधिक स्वयंसेवकों को दिया प्रशिक्षण कोंडानार चैंप्स कार्यक्रम में शामिल होकर कार्यानुभव को किया साझा

बोरगांव @ पत्रिका. नेहरू युवा केन्द्र संगठन रायपुर छत्तीसगढ़ युवा कार्यक्रम एवं खेल मंत्रालय भारत सरकार द्वारा रायपुर सरकार विश्वविद्यालय धनेली में आई-20 कार्यक्रम अंतर्गत युवा संवाद इंडिया एट 2047 का आयोजन किया गया था। केन्द्रीय युवा कार्यक्रम एवं खेल मंत्री अनुराग सिंह ठाकुर मुख्य अतिथि के रूप में उपस्थित हुए।

मंत्री अनुराग ठाकुर के समक्ष कोंडागांव जिले के युवा स्वयंसेवकों द्वारा ग्राम स्तर पर युवाओं के सहयोग से किए गए सामुदायिक जागरूकता व सहभागिता के कार्यानुभव को साझा किया जिसमें युवा ग्रामीण अंचलों में एक महत्वपूर्ण कड़ी के रूप में काम कर रहे हैं। ज्ञात हो की कोंडागांव जिले में जिला प्रशासन एवम युनिसेफ के साथ जुड़कर कोंडानार चैंप्स के नाम से जाने जाते हैं। सामुदायिक स्तर पर युवा वर्ग स्वास्थ्य एनीमिया मुक्त कोडागांव, ग्रामीण व



आयोजन में शामिल नेहरू युवा वर्ग के लोग।

पारंपरिक खेलों में सहयोग, मया मंडई, नरामुक्ति, स्कूलों में चल रहे नशा मुक्त बचपन अभियान, सामुदायिक मानसिक स्वास्थ्य, सरकारी योजनाओं का लाभ इन सभी कार्यक्रमों की जानकारी दिया गया। जिले में सक्रीय रूप से 1354 युवा स्वयंसेवक जिला प्रशासन के साथ मिलकर लोगों के लिए सामुदायिक स्तर व परस्पर संवाद से व्यवहार परिवर्तन पर सहयोग के रूप में काम कर रहे हैं। उपस्थित अतिथियों ने कोंडागांव जिले के

द्वारा किए गए सराहनीय पहल में प्रशंसा किए। कार्यक्रम में युवा संवाद के साथ विभिन्न जिलों के युवा मण्डलों की प्रस्तुति भी दी गई। कार्यक्रम का सफल बनने में अर्पित तिथि की निमित्त शर्मा, अभिषेक आनंद अद्वाना पॉल, चंद्रभूषण चौबे अभिजीत डे, आर एस मिश्रा, आरत मिश्रा, एस एल सोनी, तहल गोरखाम सहित विश्वविद्यालय के स्टॉफ का सराहनीय योगदान रहा।

4 लाख 22 हजार लोगों का बना आयुष्मान कार्ड, 3 लाख 69 हजार 38 अब भी बाकी

विशेष शिविरों के आयोजन से आयुष्मान कार्ड बनाने के कार्य में आई तेजी

जगदलपुर। बस्तर जिले में चिह्नकित 7 लाख 91 हजार 38 हितग्राहियों में अब तक 4 लाख 22 हजार 738 लोगों का आयुष्मान कार्ड बन चुका है। लेकिन अब भी 3 लाख 69 हजार 38 लोगों का कार्ड नहीं बन पाया है। बचे हुए लोगों का कार्ड जल्द से जल्द बनाए जाने की बात स्वास्थ्य विभाग के अधिकारियों के द्वारा की जा रही है।

सीएमएचओ डॉ आर के चतुर्वेदी ने कहा कि गंभीर बीमारियों के इलाज के लिए आयुष्मान कार्ड मिले इसके लिए लिए कलेक्टर चंदन कुमार के निर्देश पर इन दिनों सातों ब्लकों के साथ जगदलपुर नगर निगम और बस्तर नगर पंचायत क्षेत्र में विशेष शिविरों का आयोजन किया जा रहा है। शिविर में ग्राम पंचायत के अधिकारी-कर्मचारी के अलावा युवोदय के स्वयंसेवकों द्वारा लोगों



जगदलपुर। आयुष्मान कार्ड बनाने के लिए शिविर में पहुंचे लोग।

को आयुष्मान कार्ड बनाने के लिए प्रेरित किया जा रहा है। उन्होंने कहा कि स्वास्थ्य एवं परिवार कल्याण विभाग तथा चिप्स द्वारा आयुष्मान कार्ड बनाने के लिए अधिक से अधिक स्थानों पर शिविरों के आयोजन का प्रयास किया जा रहा है। अब तक बकाबंद ब्लॉक में 79898, बस्तर में 87613, बास्तानार 21583, जगदलपुर 59830, दरभा में 23042, लोहणडीमुड़ा में 35225, तोकपाल में 43827, जगदलपुर नगर निगम में 66622 और बस्तर नगर पंचायत में 5098 लोगों का आयुष्मान कार्ड बनाया गया है। वहीं 7 मार्च से 13 मार्च के बीच कुल 534 शिविरों के माध्यम से 9536 आयुष्मान कार्ड बनाए गए। कलेक्टर द्वारा आयुष्मान कार्ड बनाने के लक्ष्य को पूर्ण करने के लिए आश्रम-छात्रावास, स्कूल, उचित मूल्य की दुकान, स्वास्थ्य केंद्र आदि सार्वजनिक स्थलों में शिविरों का आयोजन करने के निर्देश दिए गए हैं।

कलेक्टर ने दी परीक्षा में सफलता हासिल करने की शुभकामनाएं



कोण्डगांव @ पत्रिका. कलेक्टर दीपक सोनी ने बुधवार को जिले के सभी विद्यार्थियों को परीक्षा में सफलता हासिल करने की शुभकामनाएं दी। उन्होंने अपनी शुभकामना सन्देश में विशेषकर 10 वीं एवं 12 वीं के बोर्ड परीक्षा में शामिल होने वाले विद्यार्थियों का उत्साहवर्धन करते हुए उन्हें बेहतरीन तैयारी के अनुरूप परीक्षा देकर उच्चतम अंकों से उत्तीर्ण होने की शुभकामनाएं दी। उन्होंने किसी भी प्रकार की समस्या एवं तनाव की स्थिति में अपने शिक्षकों, अधिकारियों एवं युवोदय कोंडानार चैंप्स के स्वयंसेवकों से परामर्श लेने की समझाईश देते हुए कहा कि, उनकी समस्याओं का अवश्य निदान किया जायेगा। उन्होंने प्रावीण्य सूची में स्थान प्राप्त कर जिले का नाम रोशन करने शुभकामनाएं दी।



**अप्रैल : राष्ट्रीय बाल शोषण
रोकथाम माह ।**

**आइए बच्चों को एक सुरक्षित
जगह प्रदान करें ।**







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