



Pratyagra  
Navigating Innovations

# PRATYAGRA

13-14TH FEBRUARY 2023

A 2 DAY EXPOSURE VISIT TO  
MANOBAL PROGRAM AT KOTA,  
BILASPUR



CHHATTISGARH AGRICON SAMITI







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## PRATYAGRA: -

“Pratyagra” - a Hindi word meaning new, young and fresh.

## Day 1: 13th February 2023

### Meditation:

The conference hall was set up in an unconventional manner with low seating, and a calming and positive atmosphere. As all participants settled down in the conference hall, day-1 started with a small meditation activity. Thus, establishing the calming, rejuvenating and ready-to-learn spirit for the visit.



Male and Female participants, sitting accross from each other practicing meditation.



## Introduction to Manobal and “Aao Baat Kare”:

By: Ananya Jha, Executive, CAS



**Ananya Jha, introducing "Aao Baat Kare"**

Then all the participants were introduced to the Manobal program as well as the “Aao Baat Kare” Program through a different lens. Although, all participants have been working in some way or the other in the Aao Baat Kare initiative, but the umbrella view of the program was missing.

The presentation started with a Hindi song from Sony Music’s Vaayu called “Baatein Karo”. The song’s message was to talk more with one another rather than staying glued to our phones. Incorporating the song was an effective way to draw attention to the “Aao Baat Kare” Program which also focuses on talking and connecting with one another, along with being able to talk about Mental Health more openly. The participants were told about how the name “Aao Baat Kare” came about and why it was selected for the Mental Health – Initiative.



**Ghanshyam Diwan, ADC, sharing his experience on talking his heart out to a friend.**



Then participants were told about the achievements of the “Aao Baat Kare” program in the last 2 years of the program, and how under this program different teams work on different aspects, and how Chhattisgarh Agricon Samiti works on Mental Health.

The participants were then introduced to the Manobal Program, and what the other teams from other districts can learn and incorporate from the Manobal Program. The participants also shared their experiences from hearing people out and speaking their hearts out to their confidants.



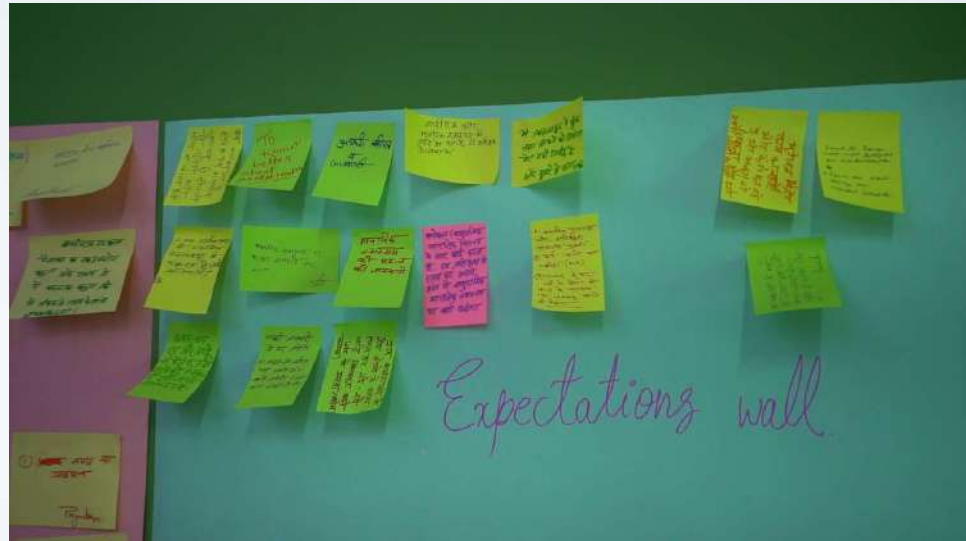
***Sudri Kashyap, Field worker (MH) sharing her experience of listening to a confidant about her problems.***



***Ananya Jha, telling about the reach of "Aao Baat Kare"***

## Expectation's Wall:

All participants were asked to write their expectations from the 2-day visit on a sticky note and stick it to a chart paper named, expectations walls.



## 9-Dimension's Activity:

Each participant was given a worksheet with 9 domains and color codes. The aim of the activity was for the participants to assess themselves in 9 different domains which are to do with practices to keep Mental Health in check.



**Participants filling in the 9-dimension's self-assessment worksheet**





*Participants filling in the 9-dimension's self-assessment worksheet*



*Participants filling in the 9-dimension's self-assessment worksheet*



*Participants filling in the 9-dimension's self-assessment worksheet*



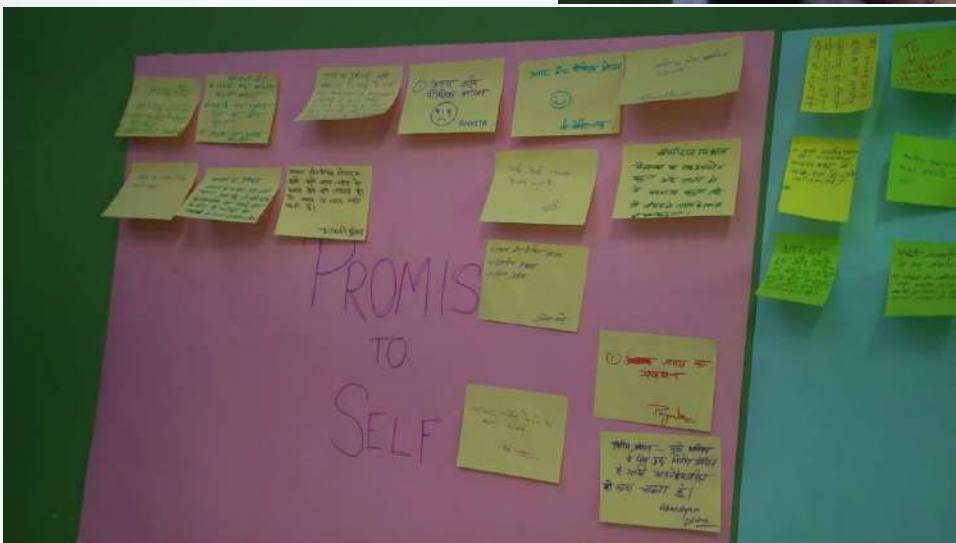
## Promise to Self-Wall

Based on the self-assessment that the participants did in the 9-dimensions activity, the participants took the dimension that they lacked in and wrote it down on a sticky note. Then they pasted it on the promise-to-self wall, to symbolize their commitment for their own betterment.



**Making of the Promise to Self Wall**

**All participants pasting their promises on the wall**



## Rock-Paper Scissor Tournament:

A team building activity was done through a game that took everyone down the memory lane and reminded them of their childhood days. The rock-paper scissor tournament was played in the conventional manner, but with a twist. Each game was played between 2 players and the losing participant was made to join the winner's team and cheer for them there-on. The losing contestant was also made to say 1 thing that they appreciated about the winner.

The aim of this activity was to send across the message that winning and losing are part of life, and as a team, you will have to cheer for other team members from time to time, and how with the right kind of backing and support the person on the front-end will have more chances to win.



***ADC Vinita Raju vs. FW Jyoti Kawade***



***BC Aman Kashyap vs. BC Suryakant Jain***





*BC Aman Kashyap on BC Suryakant Jain team, while he competes with BC Aarti Kunjam*



*BC Aman Kashyap and BC Suryakant Jain on BC Priyanka Dhruw's team, while she competes with FW Kalapana Thaiwat*



*ADC Vinita Raju with her Support group*

## **“Tar se Tar Mila” Easy Connection Activity:**

A ball of thread was used and passed on to all members in a circle, and many small and large knots were made during the process. After all the members had passed the thread to at least one member who they could choose randomly, the participants were asked to untangle the thread and the knots by passing it and without talking to one another. The aim of the activity was that in different situations and circumstances, especially when multiple stakeholders are involved, sometimes one can feel anxious and act obnoxiously, and find it difficult to untie the knots in life. However, if one remains calm and thinks before acting out, it is always possible to untangle the knots of life, no matter how complicated it gets.



***FW Maya Gupta conducting the activity***

***BC Ankita Thakur, BC Priyanka Dhruw, BC Harsheeta Panda, and others participating in the activity***





## **Poor Mental Health and Good mental Health**

By- Mr. Yogesh Purohit, District Coordinator, Manobal

The presentation focused on the spectrum of Mental Health and defined how a person can be taken from Poor to Good Mental Health. The participants were also told about the symptoms to look for

in a person with poor Mental Health and how to keep a check on yourself to maintain good Mental Health.

All the participants were divided into groups and were asked to write down what they feel are necessary practices to keep their mental health in check. All groups wrote their thoughts on a chart paper and presented it to all.



***DC Yogesh Purohit, explaining the participants about different states of mental health***



***Participants taking notes***



*One of the teams presenting on signs of good MH*



*Another team presenting on signs of good MH*



### **Pick the Cup Activity:**

This activity was conducted by Program Coordinator Ms. Danish K Hussain. The aim of the activity was to test the concentration of the participants in a fun and energetic manner.

All participants were made to stand in two rows, each person facing another, with one cup placed in the middle. They were asked to touch a part of body such as head, shoulder, knees, toes etc. that was named by Ms. Danish in a rapid manner. This would go on for a while, until the person conducting the activity names cup, and whoever is quick enough to grab the cup wins the game. This was a fun, energizing activity that drew attention to the importance of focusing, concentrating and observing.



***PC Ms. Danish explaining  
the team about the  
activity***



***Winners from the activity***

## Community Mental Health: A case study

By: Ms. Danish K Hussain, Program Coordinator (Mental Health and Child Protection)

A session on community mental health was taken by Ms. Danish K Hussain, using a case study (with anonymous subject). In the session Ms. Hussain showed the participants how community members can help and support in the journey of a person in poor mental health to good mental health. The role of community was highlighted in one particular case, and thus this case study was showcased to set an example.

After the session, the participants were asked to write-down their learnings from this case study and understanding on a sticky note and paste in onto the learnings wall.



*PC Ms. Danish using a story based format to explain the importance of community*



*PC Ms. Danish using a story based format to explain the importance of community*





*Participants taking notes*

*PC Ms. Danish telling about the spectrum of Mental health states*



### Save your Balloon activity:

The aim of this activity was to promote team spirit and healthy competition rather than the malicious pulling the other person down type of competition. Every participant was given a balloon and were asked to inflate it, along with that, all the participants were also given a pin which can burst the balloon. Now, when the time starts, they were asked to save their own balloons, and whoever is successful in saving their balloons wins.



*Starting the Save your Balloon activity, where everybody was given a balloon and a Needle*



*All team members taking part in the activity with great enthusiasm*





## **Session on United Nations Convention on Rights of People with Disabilities (UNCRPD):**

By: Ms. Danish K Hussain, Program Coordinator (Mental Health and Child Protection)

UNCRPD is an essential tool for promoting and protecting the rights of persons with disabilities worldwide. Its ratification and implementation are crucial in ensuring the full inclusion and participation of persons with disabilities in society. Ms. Danish explained about the necessity of UNCRPD in the light of people with Psychosocial disabilities and why it is extremely important to protect their rights.



***PC Ms. Danish K Hussain, explaining about UNCRPD***





**PC Ms. Danish K Hussain,**  
*explaining about discrimination*





## Session on Social Ecological Model (SEM):

By: Ms. Danish K Hussain, Program Coordinator (Mental Health and Child Protection)

The social ecological model is a framework that helps to understand how different levels of social and environmental factors interact to influence an individual's health behaviors and outcomes. During the session on SEM, the five levels and communication strategies used for every level were discussed in depth.

After which, the participants were grouped together and asked to list down all 7 steps of behavioral changes in a sequence. After much debate and healthy discussions on the same by the participants, Ms. Danish went on to elaborate on the steps of behavioral change from the perspective of change in perception and action towards Mental Health.



***PC Ms. Danish K Hussain, explaining about the SEM Model***



***Group 1 writing down steps of behavioural change***



*Members of group 2 presenting the steps of behaviour changes*



*Members of group 1 presenting the steps of behaviour changes*





### Closing for the Day:

The day was closed in the evening on a very happy note after all the participants danced to folk songs of Chhattisgarh



*All participants dancing with joy*



Our partners from Bapu Trust for Research on Mind and Discourse, Pune reached the resort in Kota, CG on the evening of 13th February, where all team members were already present. An introductory session along of the guests with the FWs and other present team members was held, before dinner.

After dinner, an experience sharing session was held, wherein the team members shared their experiences of working with clients and on MH awareness, and Davar Ma'am and Nair Ma'am gave their views and feedbacks on the same. Ms. Chetna Desai, CP specialist from UNICEF CG also joined in for these sessions, wherein she shared how UNICEF CG is also working with different IPs and CSOs including CAS on raising awareness on MH.



## Day 2: 14th February 2023

### Yoga, Stretching and Breathing Exercise:

Day 2 started with yoga, stretching and breathing exercises early in the morning. So that all members feel fresh, energized and ready for the day. Firstly, all parts of the body were stretched from head to toe, then all participants practiced Some breathing exercises such as “Anulom Vilom”, “Kapal Bhati” etc. Then at the end all participants practiced meditation for about 5 minutes, to take in the nature and really focused on the birds chirping around.



*Male and female participants doing "Anulom Vilom"*





## Morning Session with the Secretary

After the Yoga and Breathing session, Secretary of CAS, Mr. Manas Banerjee, interacted with the team about the purpose of the visit, and the vision and mission of CAS and what he expects from them in the future. He discussed how this visit can help them in their districts of work, and how they can plan on incorporating the learnings with their project areas.



**Mr. Manas Banerjee, Secretary,  
CAS, Interacting with the team**





## Briefing for the Day:

After Breakfast, all team members gathered in the conference hall, where Mr. Manas Banerjee briefed them about the field visits for the day. Mr. Banerjee divided the participants into different groups and asked them to observe and collect information about different things that are seen.

During the session, Partners from Bapu Trust were also present who shared the insights on being a listening ear for someone else, and how that can help anyone struggling with Mental Health.



**Mr. Manas Banerjee, Secretary,  
CAS, briefing for the day**



***Bhargavi V Davar Ma'am and Kavita Nair Ma'am from Bapu Trust,  
interacting with the Team***



***DC Paul Kumar Nag, asking our guests from Bapu Trust about being a  
helping hand to someone struggling with anger and frustration issues.***



## Mental Health and Social Emotional Learning's Exhibition:

A mental health and social emotional learning exhibition was organized at Shaskiya Kanya Shala, Kota (An all-girl's high school, in Kota), where they interacted with young girls who gave poster presentations on various topics such as Stress, Emotions, Fear, Bullying, Relationship between mental health and studies, etc.

UNICEF CG's Chief Mr. Job Zachariah, UNICEF CG's SBC Specialist Mr. Abhishek Singh as well as UNICEF CG's CP Specialist Ms. Chetna Desai joined the teams.



**Bhargavi Ma'am, Kavita Ma'am from Bapu Trust along with Ms. Chetna Desai from UNICEF and Mr. Manas Banerjee, CAS**

**Listening to the young girl's presentation**



**3 girls from the school, presenting on the topics connection between education and health**





*3 girls from the school,  
presenting on the topic -  
Emotions*



*Kavita Nair Ma'am participating in the Emotion's activity*





***Mr. Job Zachariah, Chief of UNICEF CG interacting with the girls***





*Mr. Job Zachariah, Chief  
of UNICEF CG interacting  
with the girls*







*Yuvoday, Bijadutir and yuvoday Kondanar Champs team participating in activities during the exhibition*

## Interaction with the children after the exhibition:

After the exhibition, all team members and guests from UNICEF and PHF were called into the school hall to further interact with the children.

There, Mr. Yogesh Purohit engaged the children and conducted a Q&A session with the children. The session started with an original song, that the children sang with Mr. Purohit on what to do in times of stress.

Then the children asked the guests about dealing with bullying at school and told them about how they identify state of mental health by noticing a change in behavior.

A short brief on behavior was then given by Mr. Abhishek Singh, SBC Specialist UNICEF.

Kavita Nair Ma'am also conducted an impromptu activity with the children giving away the message that on appreciating one another from time to time, we can be more confident and happy.



*All dignitaries from UNICEF and Bapu Trust along with Secretary CAS at the school's hall*



*DC, Yogesh Purohit  
introducing our guests and  
engaging with the students  
with a song*





***Mr. Abhishek Singh, SBC Specialist,  
UNICEF CG, interacting with the  
children***



***Mrs. Kavita Nair, interacting with  
the children and conducting an  
activity***





## Community Meeting at Laripara Village:

Another visit was organized with to LariPara village of Kota, where they were welcomed with cultural dances, performances, and music. Our eminent guests and partners from BT and UNICEF, along with our field team, interacted with the community members, children and volunteers of the area, and saw a Nukkad Natak or Street Play on MH.

Several other activities were also held such as a "Tug of war" between different people from 2 villages, depicting community support.

Youngsters from another block also showcased their skill of self-defense to showcase how Mental Health is linked to physical health as well.

Several traditional and cultural dances were also performed by children. The session was wrapped up with an energetic and fun filled stress relieving dance called the "Shammi Dance"



**Mr. Job Zachariah and Mr. Abhishek Singh from UNICEF interacting with young girls at Laripara Village**



**Young girls during a cultural dance performance**





***Street Play or Nukkad  
Natak on Stress by  
Manobal Volunteers***







*Volunteers demonstrating  
Karate for Self-defence*

*Community during Shammi  
Dance*



*All guests with Manobal Volunteers*



## Feedback Session:

A post-lunch feedback session was organized at the resort with our partners from UNICEF and Bapu Trust, along with our team members. where all of them shared their feedback, opinions, impressions as well as suggestions on the field visits for the day with the team.

Mr. Zachariah, chief of UNICEF CG admired the work that has been done WRT MH in Children and suggested that this should be replicated in all other districts of CG.

The UNICEF team bid-adieu for the day, after which the Davar ma'am also shared her profound knowledge and experience on Inclusion and community mental health in brief, while Nair Ma'am 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 with the FWs team and some other team members from CAS.



***All dignitaries from UNICEF and Bapu Trust along with Secretary CAS at Resort in Kota***







*BijaDutir BC, Harsheeta Panda, asking a question*







(L to R) Mr. Manas Banerjee, Secretary CAS, Ms. Chetna Desai, CP Specialist UNICEF, Mr. Abhishek Singh, SBC Specialist UNICEF



CAS team with Ms. Chetna Desai

## Session on Inclusion

Bhargavi V Davar Ma'am from Bapu Trust, Pune took the last session with the team on the real meaning of Inclusion. She explained how they at Bapu Trust have understood the importance of inclusion in the community and what are the ways they can bring about the same.





### Concluding the day with a celebration:

The day came to an end with a small celebration. It was one of our team member's birthday too and thus we celebrated by cutting a cake and congratulating her and giving her our best wishes. Thus, we ended the day on a sweet note.



**Mr. Banerjee with Yuvoday ADCs**



***Mr. Banerjee with Bastar Team***



***Mr. Banerjee with Kondagaon team***



***Mr. Banerjee with Bijapur team***





*Mr. Banerjee with Bilaspur team*

*Bhargavi Ma'am with all the  
girls*



*Mr. Banerjee with the boys*



