

SANKALP

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Quarterly Newsletter

By Chhattisgarh Agricon Samiti (CAS)



Inside this

- CSR Awards – Think-So Impact Award 2025
- Maharashtra Team Visits for Mental Health & Child Protection Inspection



COVER STORY

Recognition & Impact: Mental Health Work Honored

On 6th September 2025, Chhattisgarh Agricon Samiti won the **Best Mental Health Initiative of the Year at the CSR Awards – Think-So Impact Award 2025** in Raipur. The award recognized their flagship programs for outstanding work in mental health awareness, adolescent counselling, and stress resilience exams. The event was jointly organized by Alliance for Behavior Change and Sarvhitam, co-hosted by NIT Raipur, and supported by UNICEF.

Agricon's team accepted the award in the presence of institutional partners and fellow changemakers. The moment was not just ceremonial; it was celebrating every volunteer, teacher, and adolescent who put in their time and efforts. "This recognition belongs to the field—to the stories we carry, the silences we break, and the futures we shape," said a team member. This milestone reinforces the belief that mental health is central to development, and that community-led efforts can create lasting change.



Maharashtra Team Visits Bastar for Mental Health & Child Protection Review

15 September 2025 | Pinkonda Gram Panchayat, Bhairamgarh Block

The UNICEF Maharashtra team visited Bastar for an in-depth review of the Bijaduteer Program, focusing on mental health and child protection initiatives.

Key Observations by the Visiting Team

- The SEL activities at Kotapal Primary & Secondary School are creating safe, expressive spaces for children to share their feelings.
- Teachers and volunteers demonstrated strong ownership and clarity about mental health goals.
- Community participation in school-level programs is increasing, showing trust and awareness.
- The Safe Space initiative is helping children become emotionally resilient and confident.
- Volunteers have successfully linked mental health messages with education and family wellbeing.

Review Meeting & Way Forward

During the high-level review meeting with **Collector Sambit Mishra**, the UNICEF team shared the following insights and suggestions:

- Encourage exposure visits and recognition programs for active volunteers.
- Continue promoting mental health and malaria-free campaigns using Halbi and Gondi languages for better local engagement.



Raipur

“Mental Health Training” Building Capacity for Community Impact

On 01 July 2025, A three-day intensive training program on Mental Health Awareness was conducted at Raipur. This training aimed to strengthen our understanding of community-based mental health work across all districts.

Day One – Social Emotional Learning & Panthak-2 Activities

Focus Area: Building Better Mental Health Through SEL

- Focused on SEL as the foundation for good mental health.
- Introduced the **Panthak-2 initiative** promoting safe, supportive school environments.
- Emphasized creating spaces where children can express emotions freely and build **positive emotional skills**.
- Volunteers were trained in practical SEL activities such as storytelling, art-based exercises, and role-plays to enhance emotional learning and expression.
- The training emphasized effective delivery methods to ensure sessions are engaging, inclusive, and promote emotional awareness among young people.



Day Two & Three – Suicide Prevention Training of Trainers (ToT)

Key Topic: Crisis Intervention: Suicide Prevention Training



- Conducted a two-day intensive ToT on suicide prevention.
- Aimed to build capacity of volunteers to train others in their communities.
- Early identification of distress and suicidal tendencies, combined with empathetic communication, active listening, trust-building safe conversations, and timely professional referrals for at-risk individuals.
- Used role-plays and simulations to strengthen practical application.
- Reinforced non-judgmental, compassionate approaches when handling sensitive cases.
- Boosted volunteers' confidence and competence as community-based mental health trainers.

Agricon's 20th Anniversary Celebration

The Annual General Meeting of Chhattisgarh Agricon Samiti was held on 11 August 2025 at the CAS office. A welcome address by Secretary Mr. Manas Banerjee, who shared the year's achievements and upcoming plans.

- CAS has expanded its reach from 2 districts to 10 districts.
- It now engages 16,000+ volunteers, along with 115 women leaders, 360+ farmers, 180 psychosocial supporters, and 30 counsellors.
- **The key discussion areas at the meeting included:**
- Progress and innovations in water conservation initiatives.
- The mental-health initiative "Aao Baat Karein"
- Strengthening Youth engagement through "Yuvodaya"
- Promoting Gender-transformation efforts via "Butterfly Cycle"
- Vision to expand volunteer networks, nurture grassroots leadership, and build sustainable community partnerships for the future.



Nurturing Trainers of Tomorrow-Advancing Community Capacity

On 25th – 27th September 2025, Deepak Bagri, District Coordinator of Kabirdham, participated in the Training of Trainers Phase 2 in Raipur.



- The three-day training, led by Munish Kaushik, aimed to enhance facilitation skills, participatory training techniques, and effective communication among trainers.
- The training used discussions, demonstrations, and practice sessions to review Phase 1 and deepen insights into designing and delivering impactful training modules.
- Key focus areas included: understanding the audience; structured session planning; and using participatory tools like roleplays, group discussions, and case studies.
- A key outcome was encouraging participants to design a module and conduct field level training to build a cadre of skilled facilitators dedicated to empowering communities.

Art-Based Therapy Workshop: Creative Tools for Emotional Healing



Held on 21-22 July 2025 at Hotel Mayura, Raipur, this two-day workshop facilitated by Pallavi and Mohini from **FAHI Foundation** introduced creative, non-verbal approaches for emotional expression and trust-building. Day One focused on playfulness through blind portrait drawing, Mitti & Kumhar role play, and symbolic exercises like "Become a Tree," while the Open Studio encouraged free creativity with colors, leaves, and puppets. Day Two emphasized reflection and facilitation skills with guided tree meditation, cultural anchoring through folk song and dance, and meta-reflection on adapting these techniques for community mental health interventions.



Adi Karmyogi Abhiyan: Cultivating Grassroots Leadership and Community Ownership

Across Bastar, Bijapur, Bilaspur, Kabirdham and Kondagaon, the Adi Karmyogi Abhiyan—launched by the Ministry of Tribal Affairs—has emerged as a grassroots movement linking policy with people’s participation. With support from Agricon Samiti and Yuvoday volunteers, Adi Sathis, SHG members and youth leaders were trained to facilitate Panchayat-level planning, PRA exercises and Gram Sabha dialogues under the theme “Apna Gaon – Samridh Gaon.” Volunteers also led awareness drives on hygiene, education, mental health and social schemes through street plays and door-to-door visits. The campaign strengthened community ownership, transparency and accountability—showing that when communities lead, transformation becomes truly sustainable.



Mann Mitra Training: Building Community Mental Health Champions

Mann Mitra Training Program was organized in Bastar from September 9–13 and in Bilaspur from September 18–22, 2025, under the UNICEF-supported initiative. The sessions were led by Danish K. Hussain and Yogesh Purohit.



- The training aimed to prepare FLWs, SHG members, and community volunteers to serve as mental health supporters and first-line counselors.
- Participants learned about the mental health spectrum, disability inclusion, and the human rights-based approach to supporting persons with disabilities.
- Through interactive sessions, role-plays, and group discussions, they explored real-life situations, learned how to identify distress, offer emotional support, and respond with empathy.
- The “Look, Listen, Link” approach was introduced to help participants engage meaningfully with people in need and connect them with proper care.
- Sessions on self-care and mindfulness—including breathing, doodling, and relaxation activities—helped participants to strengthen their own mental well-being.

Bastar

Restoring Roots: Building Partnerships for a Regenerative Indrawati Shabri Landscape

Following a year-long study, the Indrawati-Shabri Landscape Restoration Project (ISLR) was launched to restore ecological balance, strengthen livelihoods, and revive cultural connections to the land. This initiative is led by Chhattisgarh Agricon Samiti (CAS), in partnership with PRADAN and Bastar Sewak Mandal (BSM). It emphasizes collective action, awareness building, and prototype village development, positioning communities as the primary stewards of restoration. The project uses the 4 Returns Framework (Inspiration, Social, Natural, and Financial Capital) to regenerate 10 villages across two blocks of Bastar. By blending traditional wisdom with modern practices, it unites civil society, government, and the community. The ISLR project is more than just land; it's about reviving hope, rebuilding relationships, and reimagining a sustainable future where people and nature thrive together.

Strengthening Coordination and Vision for Future Action in Bastar

- On September 16–17, 2025, a Visioning and Team Alignment Meeting was organized in Bastar, led by Manas Banerjee and Manisha Motwani.
- The meeting aimed to align all team members with the organization's comprehensive five-year vision.
- Discussions focused on enhancing coordination across projects and integrating gender and human-centric design approaches into all community initiatives.
- A key component of the visit was a meeting with the District Collector, where updates were shared on ongoing projects and the upcoming Indravati-Sabri Landscape Restoration Meeting.
- The District Collector appreciated the progress and confirmed his participation in the forthcoming event.
- A field visit to Bastar village involved interactions with 25 community members regarding the drinking water project.
- The visit overall strengthened teamwork, administrative collaboration, and local engagement, laying the foundation for sustainable and inclusive development in the Bastar region.



Bijapur

Coffee with Collector: Applauding Bijaduteer Volunteers



- On 19 July 2025, the **Coffee with Collector** event was held at the Indravati Conference Hall.*
- **Collector Sambit Mishra** praised Bijaduteer volunteers for their grassroots work in Naxal affected Bijapur.* He asked them to lead the *"Wade School Dayakal" (Let's Return to School)
- campaign to ensure all children receive an education.*
- Volunteers—many also community teachers—shared their efforts in promoting institutional deliveries, child immunization, nutrition, malaria control, and improving attendance in schools and Anganwadi centres.
- Collector Mishra called their dedication "inspiring," noting their role in reducing out-of-school children and advancing peace and progress.
- The initiative fosters dialogue between the administration and grassroots workers, recognizing community efforts and accelerating development in one of Chhattisgarh's most challenging regions.

Independence Day Celebrations: Honoring Volunteer Excellence



On 15th August 2025, 10 Bijaduteer volunteers were honored by Collector Shri Sambit Mishra and the Chief Guest, Bastar MP Shri Mahesh Kashyap during the "Har Ghar Tiranga" Rally & Felicitation Ceremony.

- John Porteti and Ravi Tinge from the Bhopalpatnam block were given certificates of appreciation for their outstanding contributions in mental health and assisting with the enrollment of school dropouts.
- Bijaduteer volunteers actively participated in departmental activities at the village level, demonstrating their commitment to community transformation and national pride.

UNICEF Team Validates Bijaduteer Program Impact-Bijapur

7th August 2025, The UNICEF Raipur team Chetna Desai, Abhishek Singh, and Anuradha conducted a surprise inspection of the Bijadutir program in Kodoli, Bijapur.

- At the village level Bijaduteer Club meeting, joined by local leaders and over 30 volunteers, the team reviewed their work, which includes:

- Organising health camps
- Helping people get Ayushman Card enrolment
- Providing mental health support
- The 'School Vende Varat Pandum' campaign
- Promoting menstrual hygiene
- Admitting malnourished children to NRCs

- The UNICEF team praised the club for creating a "safe space" for youth.
- Later, the team met with Collector Shri Sambit Mishra and District Panchayat CEO Smt Namrata Chaube to share their report, including data on mental health issues and malnourished children.
- Collector Mishra stressed the importance of using local languages (Halbi and Gond) for the Malaria Free campaign and increasing Bijadutir volunteer participation.
- This initiative is an effective step toward empowering youth leadership, health, and community awareness.



Bilaspur

International Peace Day: Reaching 1,200 Students

On September 2025, International Peace Day was celebrated with great enthusiasm in multiple schools across Bilaspur, where more than 1,200 students actively participated.

- The volunteers designed interactive sessions where they explained the link between peace, mental health, and academic performance.
- By citing relatable examples from everyday life, such as domestic conflicts at home or peer conflicts in school, they helped children understand how unresolved tensions can negatively affect concentration, emotional well-being, and overall growth.
- To make the message practical, children were encouraged to create a small “study corner” at home that represents a peaceful space for learning. This simple idea resonated strongly, as it empowered children to take ownership of their learning environment.
- Teachers observed that such interventions help students not only academically but also emotionally, building resilience and calmness.
- This activity also emphasized the broader message that peace begins at home and radiates outward to schools, communities, and society at large.



Dhamtari

A New Beginning in Dhamtari

After successfully implementing mental health initiatives in 5 districts, the work has now begun in Dhamtari under the UNICEF-supported program. This marks another important milestone in spreading awareness and promoting understanding of mental health issues among women, adolescents, and the wider community. In Dhamtari, the focus is on extensive outreach and education, ensuring that discussions around mental well-being become part of everyday life. With this, Dhamtari joins other districts in prioritizing mental health as a key pillar of empowerment and community resilience.



Extensive Outreach

Ensures Broad Community Engagement and Awareness



Education Programs

Promotes Understanding and Reduces Stigma



Community Integration

Makes Mental Health Discussions Part of Daily Life.



Kondagaon

Learning the Language of Sensitivity: Teachers Lead a New Wave of Emotional Awareness in Kondagaon



From July 29 to August 1, 2025, a four-day mental health training under the Panthak Module was held in Kondagaon. The training was implemented by CAS with technical support from UNICEF.

- The training involved 30 participants including teachers and education stakeholders, focused on building emotional well-being and psychological safety for children in schools.
- The sessions encouraged self-reflection and empathy, using activities like Trust Walk and Blind Portrait to internalize the key message: "Understand yourself first, only then can you understand a child."
- Led by the facilitation team Ms. Nidhi Tiwari, Ms. Ranjoo Mishra, Mr. Snehil Rathore, and Mr. Yogesh Purohit, the teachers began implementing classroom initiatives like "Mindful Monday" and "Feelings Wall," and using interactive exercises like Thread Art to promote trust and emotional resilience.
- Teachers noticed improvements in students' confidence and emotional openness.
- The best evidence of success is children saying, "Now our teachers ask how we are feeling."
- This shift is turning schools into safe, nurturing spaces, inspiring similar actions in other districts.

300 teachers trained
at the block level.

Impact
in
Numbers:

1000+ students
directly benefitted.

25+ schools implementing
classroom activities.

10+ creative activities integrated
into routine practice.

Kabirdham

Guidance and Strengthening Field Implementation by Educate Girls Team.

On 23rd September 2025, the Educate Girls team — Pradeep Singh, Ranjit Nath, and Vikram Solanki — visited Lalpur Kala in Bodla block, Kabirdham district, to review ongoing activities under the Pragati Karyakram.

- The team conducted a meeting with the preraks to discuss field challenges, gather feedback, and provide guidance for effective implementation.
- The team advised preraks to take sufficient time to explain each section clearly to learners before completing the forms.
- Solutions to common field issues were shared, along with inspiring success stories from the ground.
- At the Pragati Sabha organized at Mudghusri Maidan, parents (Abhibhavak) and learners (Shiksharthi) were sensitized about the importance of education.
- The visit offered valuable direction and encouragement, strengthening the efforts of program coordinators and preraks for more effective implementation ahead.



Strategic Planning and Field Insights: Strengthening Future Roadmaps in Kabirdham

On 15th–17th July 2025, Manas Banerjee and Manisha Motwani visited Kabirdham district, covering Kawardha and Pandariya blocks, for a three-day field engagement.



- The purpose of the visit was to present the organization's five-year action plan and to discuss the phased implementation strategy of the upcoming Watershed Project.
- They interacted closely with the field team to align goals, clarify roles, and ensure smooth coordination for effective execution.
- Several villages were visited, meeting with farmers to understand local challenges, gather ground-level insights, and reinforce community participation in the project's vision.
- The visit marked an important step toward strengthening the organization's long-term strategy and fostering sustainable development in the region.

Celebrating Nutrition, Empowering Health

On September 2025, Poshan Maah was celebrated with great enthusiasm at Gram Panchayat Neurgaon Kala, Block Bodla, Kabirdham.

- The event aimed to spread awareness about the importance of balanced nutrition and healthy eating habits among the community.
- Through the concept of the “Poshan Thali,” participants were introduced to a variety of locally available, nutritious foods that contribute to a wholesome diet.
- Special focus was given to pregnant women, lactating mothers, and children — highlighting the need for timely nutrition to support healthy growth and development.
- Interactive sessions were conducted to educate participants about hygiene, meal diversity, and the longterm benefits of good nutrition.
- The celebration served as an important step in promoting community health and reinforcing the collective responsibility to ensure “Swasth Bharat, Suposhit Bharat.”



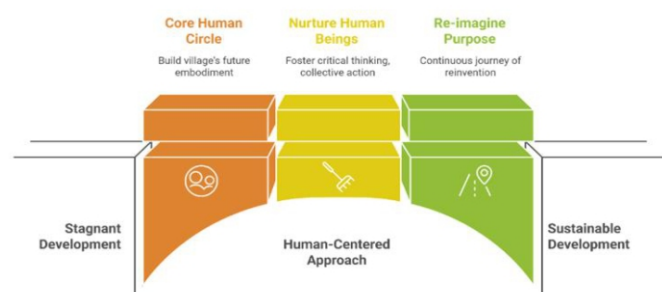
Reimagining Progress: The Human Circle at the Heart of Development

Designing for Dignity, Equity, and Sustainability.



With the extended phase of the CHiRP Project in Kabirdham beginning in 1st September 2025, Chhattisgarh Agricon Samiti reaffirms its commitment to a Human-Centered Development Approach—a philosophy that places people, not projects, at the core of transformation. This new phase is designed to strengthen the human circles built across villages—comprising farmers, women, youth, adolescents, PRI members, and frontline workers—who together represent the living spirit of their communities. Our approach goes beyond activities and reports; it focuses on nurturing individuals who think critically, act collectively, and shape the destiny of their villages. Sustainability, we believe, lies not in output but in people and purpose. As we move forward, our goal is to deepen this transformation—empowering women to lead, enabling farmers to see soil as living, inspiring youth to reimagine possibilities, and ensuring every village becomes self-driven, resilient, and future-ready. Through this phase, CAS continues to design with communities, not for them—anchoring development in dignity, equity, and imagination.

Empowering Communities Through Human-Centered Development



Success Stories

Ranjita Kashyap – A Source of Inspiration for Rural Youth

From uncertainty to leadership – a journey of purpose and change

There was a time when Ranjita Kashyap felt stuck—unemployed, uncertain, and unsure of her future. But through the Bijadutir Programme, she found not just a role, but a purpose.

For nearly two years, Ranjita has been a tireless volunteer, working across villages to raise awareness on mental health, child protection, adolescent well-being, and child marriage prevention. Her voice, once quiet, now echoes through community meetings, school sessions, and village corners.

“I used to worry about my future. Now I help others shape theirs,” she shares.

Her dedication didn’t go unnoticed. When she applied to the Women & Child Helpline, the district administration recognized her impact—awarding her a certificate of experience and appointing her as a Child Helpline Supervisor in her own village.

Today, Ranjita leads with confidence:

- She educates families on how to use the Child Helpline.
- She organizes campaigns to make villages child marriage-free.
- She guides adolescents on mental health and behavior change.
- She offers support for stress management and emotional care.

Her appointment brought pride to her family and joy to her village. But Ranjita didn’t stop there. She continues her volunteer work—spreading awareness about government schemes, health services, and educational opportunities.

Ranjita’s journey is more than a personal success. It’s a reflection of what happens when rural youth are given space, support, and belief. It’s a story of transformation—one that began with service and continues with leadership.



Ranjita Kashyap

Block: Bhairamgarh | District: Bijapur

Success Stories

Growing Wellness: How a Kitchen Garden Transformed Sarita's Life

Before the project began, Sarita Dhurve, a resident of Jarti village, balanced her days between managing household chores and helping her husband in the fields. Farming was their only source of income, and while the family worked hard, there was little awareness about nutrition or healthy eating habits. Meals were prepared out of what was available, without considering their nutritional value. The turning point came when Sarita participated in the project's awareness sessions on health, nutrition, and kitchen gardening. The training inspired her to start her own kitchen garden, where she began cultivating a variety of seasonal vegetables. Gradually, her family started consuming fresh, chemical-free produce grown right at home. This not only improved their health but also reduced household expenses—helping them save nearly 2,000 every month. Over time, Sarita's outlook towards life and well-being has completely changed. She now understands the importance of balanced nutrition and sustainable living. Her family actively discusses topics like healthy food, mental health, and eco-friendly practices. What began as a small step has blossomed into a journey of awareness, confidence, and empowerment, making Sarita a true example of change in her community.



Sarita Dhurve
Kavir Sakhi

Success Stories

Igniting Change Through Awareness

Sometimes, change begins in the most unexpected places—like a small medical and grocery shop in Bhonda village. Tuleshwar Tilakwar, a dedicated Kavir Volunteer, became the catalyst for the success of the Pragati Program in his community.

When the program was launched, finding potential learners was a major challenge. Mobilizers were limited, and many girls and women aged 14–29 were hesitant to continue their education. Despite support from Anganwadi workers, Mitanins, and the Sarpanch, progress was slow. Recognizing the need, Tuleshwar ji took complete ownership. He turned his shop into a hub of awareness, informing every visitor about the program and compiling daily lists of 6–7 potential learners. To expand outreach, he introduced his colleague, Mr. Ghanshyam, who conducted door-to-door visits, connecting with more families. Inspired by their dedication, the village Sarpanch also provided support, offering the Gram Panchayat Bhavan for interviews and training sessions. Today, the Pragati Program thrives in Bhonda, showing that a single committed citizen can ignite meaningful change in an entire community.



Tuleshwar Tilakwar
Kavir Volunteer

BLOGS

Mind Matters: Why Rural Communities Need Mental Health Awareness

Rural India is resilient, but behind the tradition and community lies a hidden challenge: mental health. People readily discuss physical health, yet silence prevails regarding anxiety, stress, or depression, which are often dismissed as something to simply "endure." This leaves many sufferings alone.

During our fieldwork, we heard heartbreaking stories—women sharing constant stress during pregnancy and after childbirth, and children revealing pressure and loneliness through school activities. These moments showed powerful, hidden emotions beneath the surface.

Our solution was simple: dialogue. Through door-to-door visits and group discussions, we found the moment people were encouraged to speak, they felt lighter and less alone. Empathy in conversation became the first step toward healing.

Mental health is a basic need, not a privilege. Emotionally strong communities make better choices, raise confident children, and drive change. True rural development must go beyond infrastructure; it must include safe spaces where minds can be nurtured without judgment.

Strong minds build strong communities, and that shapes a stronger nation. Let's make sure our villages grow in hope, confidence, and resilience.



Anyrose Tode
District Coordinator, Bilaspur

BLOGS

Nothing is Not Better Than Nonsense: The Power of Starting

In our work at Chhattisgarh Agricon Samiti (CAS), we often hear people say “What if the idea is not perfect?” or “Let us wait until everything is fully planned out.” While careful planning has its place, there is a hidden risk in waiting too long: nothing happens.

And nothing, in many ways, can be worse than “nonsense.”

When we try something - even if it is imperfect, even if it looks small or clumsy at first - we create the possibility of learning. An incomplete plan, a pilot that does not fully succeed, or a strategy that needs mid-course correction is not a failure. It is a beginning. It is a door opened, a conversation started, and a chance to see what works in the real world.

On the other hand, when we wait endlessly for the perfect solution, we fall into paralysis. We tell ourselves that we are “avoiding mistakes,” but in truth, we are avoiding progress. Communities remain where they are. Opportunities slip by. And innovation dies before it is even born.

At CAS, many of our strongest initiatives started this way - not as polished blueprints, but as rough drafts tested in the field. The farmer collectives experimenting with new practices, the youth engagement pilots- each began with uncertainty. Were they perfect? Not at all. But by starting, we invited feedback, adaptation, and collective ownership. Over time, those early, imperfect attempts transformed into impactful, sustainable solutions.



Manisha Motwani
Program Manager

BLOGS

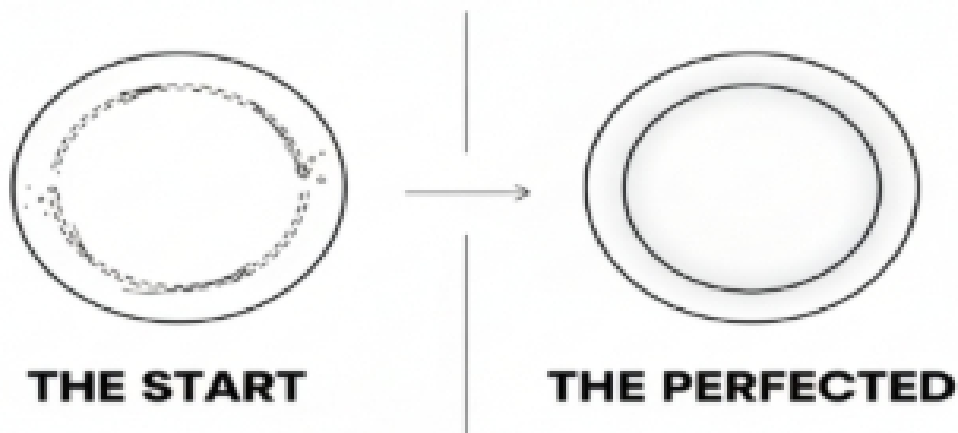
This is true not only for organizations, but also for each of us as individuals. Whether it is a farmer experimenting with a new crop variety, a young woman speaking up in her first village meeting, or a volunteer leading a small group for the first time- the act of starting is what matters most.

So, let us remember:

- Perfection is not the starting point; it is the outcome of many revisions.
- A small imperfect step today can be worth more than a flawless plan tomorrow.
- Dialogue, experimentation, and iteration are the engines of meaningful change.

"Nothing is not better than nonsense." Because in nonsense, there is movement. There is energy. There is the seed of something better.

As we look ahead to the next quarter, may we find the courage to start - to try, to learn, to stumble, and to rise again. For it is only by starting that we can ever hope to arrive.



BLOGS

Unleashing the Power Within Every Woman"

Every woman carries an incredible strength within her — a quiet yet powerful force waiting to be awakened. Every woman is a leader in her own right, capable of inspiring change and shaping the world around her. In today's era, what women often need is just one spark — a moment of encouragement, a guiding hand, or a word of belief — to ignite their confidence and help them recognize their true potential.

With the right guidance, family support, and determination, women can rise beyond limitations and achieve extraordinary milestones. I have personally walked the path of breaking barriers and overcoming challenges to become who I am today. The journey was not always easy, but every obstacle became a lesson in resilience and self-belief. I am deeply grateful to those who stood by me and helped me discover my own light.

The key to transformation lies in believing in yourself. Your strength, courage, and dreams are already within you — all they need is the confidence to take a flight. So, dream fearlessly, think big, and let your aspirations guide you toward a future where you shine, not just for yourself, but as an inspiration for others.



Chitra Sahu
Women Development Facilitator

Volunteers till 30th September 2025



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अंग्रेजी के बड़े अक्षर

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2025

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