



# SANKALP

Volume 17 | October – December 2025

Quarterly Newsletter

By Chhattisgarh Agricon Samiti (CAS)

## Inside this

**Noni Johar 4.0:** Empowering Youth Leadership through Dialogue and Action

**Beyond Work:** A Team Retreat Experience

**Showcasing Rural Community-Centric Innovations:** ANJOR 2025





Champions of **Chhattisgarh**

Creating Impact Together

unicef for every child

Alliance for Behaviour Change

**बाधाओं के आगे क्षमता**

**नौनी जोहार**  
सहानुभूति समानता सशिक्षण

**बाधाओं के आगे क्षमता**

नौनी जोहार

Chhattisgarh

TOILET

UNICEF

AGRICON

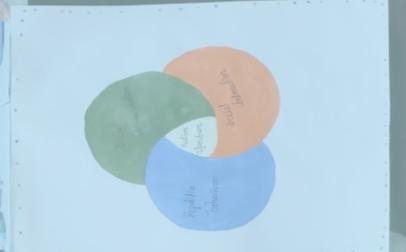
ALLIANCE FOR BEHAVIOUR CHANGE

CHHATTISGARH

BAHAOON KE AAGE KSHAMATA

NOONI JOHAR

CHAMPIONS OF CHHATTISGARH



Champions of **Chhattisgarh**

**नौनी जोहार**

**बाधाओं के आगे क्षमता**

Janjighi-Champa & Surajpur

**नौनी जोहार - बाधाओं के आगे क्षमता**

यह कार्यक्रम है, जो बाधाओं के आगे क्षमता के माध्यम से, बच्चों को सशिक्षित करेगा और उन्हें अपने सपनेओं को पूरा करने में सक्षम करेगा।

यह कार्यक्रम है, जो बाधाओं के आगे क्षमता के माध्यम से, बच्चों को सशिक्षित करेगा और उन्हें अपने सपनेओं को पूरा करने में सक्षम करेगा।

यह कार्यक्रम है, जो बाधाओं के आगे क्षमता के माध्यम से, बच्चों को सशिक्षित करेगा और उन्हें अपने सपनेओं को पूरा करने में सक्षम करेगा।



## Noni Johar 4.0

### Empowering Youth Leadership through Dialogue and Action

On 18–19 December 2025, UNICEF and Chhattisgarh Agricon Samiti hosted a two-day Youth Leadership & Dialogue Forum, Noni Johar 4.0, at Hotel Babylon International in Raipur. The event brought together more than 200 youth volunteers from over 15 districts, providing a platform for dialogue, learning, and collaboration on key social issues.

The forum focused on promoting youth leadership and raising awareness on child rights, mental health, gender equality, and digital safety. It also aimed to acknowledge the contributions of volunteers and encourage innovative approaches to community engagement.

The event featured inaugural addresses and the launch of the Sahaj booklet, followed by sessions on civic participation and emotional well-being. Interactive activities such as Volunteer Carnival and dance therapy promote engagement and mental wellness. Key discussions addressed child marriage prevention, gender equality, and mental health, alongside the introduction of the Manaswini guide and demonstration of the Yuvoday App for digital advocacy.

A guest talk by actor Smriti Kalra and sessions on digital safety enriched the program. Outcomes included improved understanding of child rights and mental health, strengthened youth networks, and increased awareness of digital tools for advocacy. Recognition of volunteer efforts boosted motivation, and feedback highlighted the success of the interactive, youth-focused approach.



## Beyond Work: A Team Retreat Experience



Chhattisgarh Agricon Samiti organized a four-day Team Retreat at Pench National Park, Madhya Pradesh, from 21 to 24 December 2025. The retreat brought together team members from different departments to reflect, learn, and realign with the organization's mission and values. It aimed to strengthen internal collaboration, enhance individual and collective capacities, and prepare the team for upcoming organizational priorities.

The retreat featured a series of engaging and experiential sessions facilitated by Abhishek Singh, Chetana Desai, Manas Banerjee, Manisha Motwani, Munish Kaushik, and Deepak Singh. Activities were designed around Human-Centered Design (HCD) and landscape-based approaches, which encouraged participants to

connect field realities with practical solutions. The program began with a guided Nature Walk, during which participants observed environmental and human behaviors and identified challenges, positive elements, and hidden needs through group-based learning.

Building on these observations, participants engaged in HCD exercises using community personas such as marginal farmers, rural women, adolescents at risk, and families affected by substance use. Through empathy mapping, journey mapping, barrier auctions, and role-play activities such as "Pause & Improve," teams explored lived experiences, prioritized key barriers, and practiced effective communication strategies for field engagement.

On the following day, a Landscape Simulation Exercise helped participants understand integrated planning, multi-stakeholder coordination, fund allocation, and accountability within a village context. This was complemented by a session on Human Rights and Gender Equality, which fostered open dialogue on gender norms, discrimination, and the need for gender transformation. The retreat concluded with an introspection and team reflection session, during which participants shared personal journeys, motivations, and future aspirations, thereby strengthening trust, belonging, and collective purpose.



## A New Beginning - Safe Drinking Water Project

### Laying the Groundwork for Community-Led Landscape Restoration

The Safe Drinking Water Project, supported by the Azim Premji Foundation, began in November 2025 in Bastanar Block of Bastar district. The project was implemented across five Gram Panchayats with the clear objective of strengthening community-led access to safe, clean, and sustainable drinking water. From November to December 2025, the project reached 1,899 households through baseline surveys, water source mapping, and community consultations involving PRI members, women, youth, and volunteers. These activities focused on safe drinking water, hygiene, sanitation, and prevention of water-borne diseases; through Gram Panchayat and para-level dialogues, the project laid the foundation for Village Water and Sanitation Committees (VWSCs), enabling long-term, community-managed water conservation, monitoring, and decision-making in Bastanar Block.



## Indravati Sabri Landscape Restoration Program

The Indravati Sabri Landscape Restoration Program is implemented across Tokapal and Bastanar blocks of Bastar district during the period October to December 2025, with a focus on building strong community foundations for long-term landscape restoration. Throughout this phase, the program actively engages PRI members, farmers, youth, and women through village-level outreach, structured dialogues, and training sessions, introducing the Four Returns Framework to connect ecological restoration with sustainable livelihoods. By December 2025, communities show improved understanding, growing trust, and readiness to move towards action. Exposure visits, Gram Panchayat-level meetings, and a large-scale awareness program at Kodenaar strengthen collective ownership and prepare communities for implementation in 2026, marking a solid starting point towards restored landscapes and resilient livelihoods in Bastar.



## Gandhi Jayanti: Mental Health Finds a Place in Village Budget



On 2 October 2025, Gram Sabhas across Bastar took a decisive step by officially including mental health in their annual village budgets. The Mental Health Gram Action Plan was discussed and unanimously approved, placing mental well-being alongside basic development needs like water, roads, and electricity. This marked a clear shift from talking about mental health to taking responsibility for it through village-level planning and funding. Villages also agreed to identify and train local volunteers as **"Mann Mitra"** to provide first-level mental health support, raise awareness, and link people to help when needed. Community members learned about basic mental health, early signs of distress, prevention, and the role

of nutrition in emotional well-being. With a named person, regular monitoring, and a clear plan, mental health is no longer ignored—it is now part of village governance in Bastar. A two-day training programme was conducted for Yuvoday volunteers focusing on the "Main Hoon Na" mental health initiative and Child Protection. The primary objective of the training was to develop capable, sensitive, and well-informed volunteers and resource persons who can play an effective role at the community level in addressing mental health and child safety concerns. Through this training, participants were oriented on first-level community mental health support, enabling them to identify signs of emotional distress, respond with empathy, and provide timely support. The training also emphasized the importance of referral mechanisms, helping volunteers understand how and when to link individuals with professional counsellors and specialized services in sensitive and serious cases. In addition, volunteers were trained on child protection rights, systems, and procedures, strengthening their ability to identify situations of abuse, neglect, or risk and to respond in ways that uphold the safety, dignity, and best interests of children. Overall, the training strengthened the role of Yuvoday volunteers as frontline community resources, contributing to safer, more supportive, and mentally resilient communities.



## Drop-Out Survey: Reaching Girls Left Behind



In 15 Gram Panchayats across Bhairamgarh block, Bijaduteer volunteers are conducting a targeted survey to identify girls aged 14–29 who have dropped out of school, particularly after 8th and 9th grade. The objective goes beyond data collection; it focuses on reconnecting with these girls to understand the structural, social, and economic reasons behind their dropout and to identify realistic pathways back to education or skill development. In rural contexts where girls are often burdened with household responsibilities and early life pressures, this initiative seeks to bridge gaps between aspiration and opportunity. By linking identified girls with appropriate educational, vocational, and support mechanisms, the effort aims to enable informed choices and lay the

foundation for long-term social and economic empowerment.

## Night Choupals: Where Tradition Meets Health Awareness

At Gram Panchayat Chiger, Bijaduteer volunteers organized **night choupals** that drew large crowds from the community. Using video presentations in Halbi and Gondi, they shared critical information on mental health and malaria prevention. These gatherings—rooted in tradition yet forward-looking in content—proved to be powerful platforms for **dialogue, breaking down literacy barriers** and making health knowledge accessible to everyone, regardless of age or education level.



## Strengthening Democracy: Supporting the SIR Survey



Bijaduteer volunteers worked closely with **Booth Level Officers (BLOs)** and Block Coordinators to support the SIR Survey and the district election SIR process. During this period, many community members experienced mental stress due to difficulties in filling out SIR forms, incomplete documentation, and challenges in understanding the procedure. The volunteers assisted people in completing SIR forms and guided them in understanding and finalizing the required documents. As a result of this support, mental stress was significantly reduced for both community members and BLOs, enabling eligible citizens to connect with the Voter ID process and strengthening trust and confidence in the democratic process.

# Mental Health and Child Protection Training: Empowering Grassroots Champions



On **26–27 November 2025**, under the guidance of Collector Shri Sambit Mishra, Bijaduteer volunteers from 45 Gram Panchayats attended a two-day training on community mental health, child protection, and malaria prevention, focusing on mental health awareness, psychosocial first aid, child protection and the POCSO Act, and malaria identification.

On Day 1, State Coordinator Danish K. Hussain introduced the **"Main Hoon Na"** approach and trained volunteers in the **"Look, Listen, Link"** technique for responding to mental health needs. On Day 2, Ms. Ankita Thakur (DC Kondagaon) provided detailed inputs on child rights, protection

systems, and the POCSO Act. Volunteers also took part in a pledge and signature campaign against female foeticide, violence against women, and child marriage.

The programme, supported by the District Administration, WCD Department, UNICEF, and Chhattisgarh Agricon Samiti, featured a malaria prevention session led by BMO Dr. Vikas. The Collector and Smt. Namrata Chaube reviewed volunteers' monthly plans and stressed community outreach to strengthen the Malaria-Free Bijapur campaign. Coordination was managed by Bijaduteer District Coordinator Ashok Pandey and the field team.

## District Level Meeting: Charting the Path Forward

**December 30, 2025**, District Coordinator Shri Ashok Pandey convened CLC and BLC leaders from Bhopalpatnam and Bhairamgarh blocks for a day of strategic planning and coordination. The meeting centered on three pillars: community participation, health awareness, and education quality.

Leaders discussed organizing parent and SMC meetings to strengthen school-community ties, launching malaria awareness campaigns through night choupals and market gatherings, and encouraging every household to create a dedicated **"Study Corner"** for children. The **"Main Hoon Na"** mental health program was highlighted, with trained volunteers and VLC clubs tasked with spreading awareness at the grassroots level.

The session also emphasized expanding Yuvoday app adoption among youth, strengthening government scheme awareness, and aligning block-level actions with district goals. It was a moment of collective reflection and forward momentum—grounding ambitious plans in the realities and strengths of local leadership.



## B I L A S P U R SETU Program Training: Foundation of Child and Adolescent Participation



**October 6-8, 2025,** A three-day training workshop titled "Mentor in SETU Program – Foundation of Child and Adolescent Participation" was organized by CWC Chhattisgarh, AGRICON, and UNICEF, and facilitated by Kripa MM and Shivanand Shetty from CWC. The workshop aimed to strengthen mentors' capacity to promote child rights, facilitation skills, and adolescent participation. Through interactive sessions, group reflections, and field-based learning, participants explored child development milestones, inclusion, and adult-child partnerships. Activities like Woolen Web, Peel the Layers, Picture Reflection, and Bicycle Activity deepened understanding of children's perspectives. A field visit to Bannari School brought theory into practice, showing how participatory learning looks in real settings. The final day

focused on the qualities of a good facilitator, barriers and enablers of participation, and district-level action planning. The workshop concluded with a shared commitment to creating enabling, child-friendly environments where children's voices are heard, valued, and integrated into decision-making.

## World Mental Health Day: Starting Conversations in Khurdur

**October 10, 2025,** On World Mental Health Day, Yuvoday Manobal Volunteers brought a simple yet powerful message to Gram Panchayat Khurdur: mental health matters just as much as physical health. The team—Gopal, Kaveri, Savita, Priyanka, and Roshni—organized an awareness programme that reached children, adolescents, women, and the elderly, creating a space where talking about one's feelings became not just acceptable, but encouraged. Through creative slogans like "**Man Bhaari Lage T Baat Karav**" (When the mind feels heavy, talk about it) and "**Chinta Kam, Muskaan Zyada**" (Less worry, more smiles), the volunteers made mental health accessible and relatable. Games, discussions, and quizzes transformed what could have been a lecture into an engaging conversation about emotional balance, positive thinking, and self-confidence. Villagers appreciated the effort, recognizing that such initiatives don't just inform—they inspire. The Honorable Bilaspur Collector reinforced this message, reminding everyone that mental health is as important as physical health. With support from Mental Hospital Bilaspur, Agricon, UNICEF, and Yuvoday Volunteers, the district is building a movement where healthy minds create strong communities.



the volunteers made mental health accessible and relatable. Games, discussions, and quizzes transformed what could have been a lecture into an engaging conversation about emotional balance, positive thinking, and self-confidence. Villagers appreciated the effort, recognizing that such initiatives don't just inform—they inspire. The Honorable Bilaspur Collector reinforced this message, reminding everyone that mental health is as important as physical health. With support from Mental Hospital Bilaspur, Agricon, UNICEF, and Yuvoday Volunteers, the district is building a movement where healthy minds create strong communities.

## Youth Charter: Voices of the Next Generation

Yuvoday Volunteers proudly submitted the Youth Charter to the District Collector, a document reflecting the collective commitment of young people toward creating a responsible, inclusive, and progressive society. The Charter captured their aspirations on education, health, gender equality, and environment—issues they see as central to their future. During the submission, volunteers shared their vision for youth-led community development and emphasized the importance of active participation in nation-building. The District Collector appreciated their initiative, encouraged their continued engagement, and assured support for future youth-driven actions. It was a moment of validation—proof that young voices matter and that leadership listens



## Rajyotsav Celebrations: Mental Health Takes Center Stage



As part of Bilaspur's vibrant Rajyotsav celebrations, Yuvoday and Manobal Volunteers led a district-wide mental health awareness campaign that drew significant public attention. Using creative games, demonstrations, and interactive modules, volunteers explained key aspects of mental well-being, sensitized citizens about early signs of emotional distress, and introduced coping mechanisms. The programme became even more inspiring with the presence of the District Collector, Commissioner, and esteemed dignitaries including Hon'ble Nagar Nigam Minister Shri Tokhan Sahu and Shri Amar Agrawal. Their guidance and appreciation validated the importance of community-driven mental health initiatives,

encouraging volunteers and proving that mental health awareness is now part of Bilaspur's public discourse.

## Main Hoon Na & Child Protection Training: Building Community Mental Health and Child Safety Champions

A two-day district-level training programme was successfully conducted for **30 Yuvoday volunteers**, with equal participation from **Kota Block (15 volunteers) and Bilha Block (15 volunteers)**. The training was designed to strengthen volunteers' capacities as **frontline community resources** for mental health support and child protection.

**Day 1** focused on the Mental Health – "Main Hoon Na" initiative. Volunteers were introduced to core concepts of mental well-being, early identification of psychological distress, and the basics of supportive and empathetic communication. The sessions encouraged open dialogue, reflection, and active participation.

Volunteers demonstrated strong engagement, asked insightful questions, and showed a clear willingness to learn. The positive and interactive learning environment helped build confidence among participants and laid a strong foundation for the subsequent modules.

**Day 2** focused on Child Protection and was conducted at the district level. The training covered key child protection themes, including UNCRC principles, child rights, categories of Children in Need of Care and Protection (CNCPC) and Children in Conflict with Law (CCL), along with detailed orientation on the Juvenile Justice Act and the POCSO Act. Volunteers were also oriented on the roles and functioning of the Child Welfare Committee (CWC) and support mechanisms such as Foster Care and Sponsorship. The district's current CNCPC-CCL situation was discussed,



highlighting the importance of early identification, timely reporting, and effective coordination among field-level stakeholders. The District Collector, Shri Sanjay Agrawal, addressed the volunteers and shared practical insights using relatable examples. He emphasized the critical role of mental health awareness, child-friendly communication, motivation, teamwork, and sensitivity while working with children and families. Volunteers were appreciated for their dedication, active participation, and commitment to strengthening community-based mental health awareness and child protection systems. The two-day training reinforced their role as key community champions, contributing to safer, more supportive, and resilient environments for children and families.



## Volunteer Leadership Circle: Building Collective Strength

A Village level Club (VLC) meeting brought together members from two Cluster Level Clubs—Bilha Cluster and Kota Cluster—each representing five villages. This wasn't just a meeting; it was a space for volunteers to align their vision, share ideas, and plan collaboratively. During the session, volunteers discussed Yuvoday's objectives, mapped out weekly and quarterly plans, and explored the importance of mental health awareness in their communities. A brainstorming activity encouraged teamwork and creative thinking, fostering a spirit of collaboration that extended beyond the meeting room. When volunteers leave such gatherings feeling connected and purposeful, the ripple effect reaches every village they serve.



The "Coffee with Collector" session was more than a formal meeting—it was an inspiring exchange between grassroots volunteers and district leadership. Yuvoday volunteers from across Bilaspur gathered to share their field experiences and insights with the District Collector, who listened, appreciated, and motivated them to continue their work toward a drug-free Bilaspur and school-level mental health awareness. The Collector also reminded volunteers of something crucial: those who care for others must also care for themselves. Mental health isn't just something volunteers promote—it's something they must protect in their own lives. A certificate distribution ceremony recognized volunteers for their active contributions, and media coverage gave their work the visibility it deserved. The session left volunteers deeply inspired and more determined to continue making a difference.

## Mental Health Awareness at Baki Ghat: Community Comes Together

A meaningful Mental Health Awareness Programme was organized at Baki Ghat, witnessing active participation from the Sarpanch, Panch members, Anganwadi workers, teachers, children, and a large number of community members. The primary objective was to enhance community understanding of mental health, address common myths, and promote a supportive and empathetic environment. During the session, simple and practical information was shared on the importance of mental well-being, ways to manage daily stress, and the role of communication and mutual support in maintaining good mental health.



A teacher highlighted key aspects of child rights and child protection, increasing awareness among both parents and children regarding children's rights, safety, and well-being. Cultural performances by children, including dance and other engaging activities, added vibrancy to the programme and helped convey positive messages in an enjoyable manner. Through these activities, children effectively promoted the values of good mental health, self-confidence, and collective participation within the community.

## Strengthening Adolescent Mental Health Through Teacher Capacity Building



October 26 to November 11, 2025, To support adolescents during a critical stage of physical, emotional, and social development, **a district-wide teachers' training on adolescence and mental health** was conducted in Dhamtari district with support from UNICEF and district stakeholders. The training was implemented across all four blocks—Dhamtari, Magarlod, Kurud, and Nagri—through **11 training batches** facilitated by **27 Master Trainers**. A total of **386 teachers** were oriented on understanding adolescent behavior, identifying early signs of emotional distress, and creating supportive classroom environments. The initiative has a wide-ranging impact, as these trained teachers collectively engage with 22,261 students, including 11,449 girls and 10,812 boys, across the district. Teachers reported increased confidence in addressing students' emotional and behavioral concerns and fostering safe, inclusive spaces in schools. The program also generated key learnings around **contextual adaptation, logistical planning in remote blocks**, and the importance of inclusive training design, including participation of teachers with disabilities. Overall, this initiative highlights how strengthening teacher capacity can play a crucial role in promoting adolescent mental health and creating supportive school environments, laying the foundation for long-term wellbeing of young people in Dhamtari district.

# Showcasing Rural Community Centric Innovations: ANJOR 2025

ANJOR was a two-day rural community-centric event held on November 6–7 at G Shyam Palace to recognize local innovators developing practical, resource-based solutions to everyday village challenges. The event was rooted in the Changemaker Stories Initiative, launched in June 2024, which aims to identify and document grassroots problem-solvers across the Kabirdham landscape. The initiative was implemented by Tesu Media Lab in collaboration with Commonland, Chhattisgarh Agricon Samiti, and Samerth Charitable Trust. Field teams covered 217 villages within the CHIRP landscape, engaged with 5,400+ community members, and documented 504 local innovators, from which 82 were shortlisted to participate in ANJOR. Aligned with the objectives of the CHIRP land restoration program, the initiative linked environmental restoration with sustainable livelihoods and local solutions. At the ANJOR event, the 82 shortlisted innovators hosted stalls to showcase their tools and locally adapted practices, enabling direct interaction and learning. The event saw participation from over 5,400+ people from across Kabirdham, offering practical and relatable solutions to shared rural challenges.

Stall  
1

## Landscape Restoration Reviving the Four Capitals



This stall introduced landscape restoration through a simple education-to-action approach. Visitors first learned about the Central Highland Restoration Project and the 4 Returns framework through a short visual experience, and then made personal pledges related to social, natural, financial, and inspirational outcomes. The stall encouraged community participation and shared responsibility for long-term restoration.

Stall  
2

## The Carbon Treasure

The Carbon Treasure stall made the concept of carbon easy to understand for farmers through a simple three-step experience. Visitors first entered a “heat chamber” to physically feel the impact of rising temperatures, creating a strong connection to climate change. This was followed by clear visual infographics linking emissions to everyday farm activities, and practical demonstrations through the Kavir Khet model, including Direct Sowing and Alternate Wetting & Drying (AWD). Carbon credits were introduced as an added benefit of good farming practices, linking climate action directly to farm-level decisions and benefits.



Stall  
3

## The World of Microorganisms – KAVIR Lab Live



The KAVIR Lab Live stall challenged the common belief that soil is “just mud” by revealing the rich, living ecosystem hidden within it. To build trust in bio-fertilizers and microbial science, the team focused on making the invisible visible.

This stall highlighted soil as a living system by explaining the role of microorganisms in simple, local language. Short videos and live demonstrations helped farmers see microbial activity in soil, building trust in bio-fertilizers and sustainable farming practices.

Stall  
4

## Behaviour Change A Journey of Inspiration



The Behaviour Change stall demonstrated that large-scale improvements in health and nutrition begin with small, individual actions rather than large, abstract interventions. Through the Kavir Behaviour Lab, complex social challenges were broken down into three relatable levels—individual, family, and community—showing how a single habit at each level can lead to meaningful impact. The stall went beyond awareness by actively engaging visitors through a pledge board, where farmers, community members, and local leaders publicly committed to specific behavioural changes they would adopt. The overwhelming response, visible in the form of hundreds of written pledges, became a tangible measure of success, highlighting how personal

commitment and shared ownership can drive inclusive, resilient, and lasting social change.

Stall  
5

## New Dawn of Change – KAVIR



This stall showcased the role of farmers, women, and volunteers as local changemakers within the KAVIR movement. It highlighted how collective action, leadership, and shared values strengthen communities and support sustainable development.

Stall  
6

## The School of Equality



The School of Equality stall focused on transforming inspiration into empowerment by combining emotional connection with a clear, actionable pathway. Visitors were first invited to reflect on the achievements of “Daughters of Chhattisgarh”, with a central mirror allowing women and girls to see themselves among these role models—creating a powerful moment of self-belief and possibility. Building on this inspiration, the stall then presented the Kavar Saarthak Model, an operational framework that turns aspiration into action through village-level Kavar Clubs, the Mera Padhai ka Kona initiative for dedicated learning spaces, and community-led modules on gender equality and child

protection.

The event was made possible by the collective efforts of Commonland, Chhattisgarh Agricon Samiti, Tesu Media Lab, Samerth Charitable Trust, FES, WTI, NCCI, PRADAN, and Gramodaya.

## Educate Girls Pragati Program – 3 Days training

A three-day residential training was conducted from 10–12 November 2025 at Rajput Kshatriya Samaj Community Hall (Saurya Bhavan), Kawardha, organized by Chhattisgarh Agricon Samiti under the Educate Girls – Pragati Program. The training aimed to prepare Preraks for effective implementation of Neev Camps by strengthening their understanding of program objectives, community mobilization, learner engagement, teaching methodologies, and assessment processes. The sessions were facilitated by Master Trainers Mr. Vipin and Mr. Venkatesh. Out of 35 nominated Preraks, 33 attended all three days, with 29 successfully completing the training. The training focused on learner-centric pedagogy, communication with adolescents and parents, use of digital tools (Pragati Didi chatbot, Google Maps, Google Lens, YouTube), safety protocols (CPP/YPP), assessment and PPA data entry, and group facilitation skills. Interactive methods such as group work, practice sessions, presentations, tests, and revision activities were used throughout. Overall, the training enhanced the confidence, skills, and field readiness of Preraks, enabling them to conduct Neev Camps more effectively and responsibly.



## On-Ground Review and Capacity Building Visit



To review the progress and quality of implementation of the Educate Girls Pragati Program, Mr. Shubhsam and Ms. Yogita from the Educate Girls team conducted a **field monitoring visit from 8–13 December 2025**. During the visit, they observed **Neev Camp sessions and Enrollment Drive activities** across villages and interacted directly with Preraks and learners to understand on-ground challenges and learning experiences. In addition, the team reviewed learner forms and documentation, assessed adherence to program processes, and provided practical guidance and feedback to Preraks for strengthening field

implementation. The visit helped ensure that activities were being carried out as per plan and contributed to improving data quality, field coordination, and overall program effectiveness.

## From Lab to Field: Samerth's Exposure .Visit on Sustainable Farming Practices

On 15 December 2025, **representatives from Samerth Charitable Organization** visited **KAVIR Lab** as part of a one-day learning and exposure visit, conducted in collaboration with Chhattisgarh Agricon Samiti (CAS) to promote sustainable and modern agricultural practices among farmers. The visit included a technical session by Dr. Taruna Borule, who explained bio-fertilizer preparation, application methods, and precautions, followed by a lab demonstration on bio-fertilizer



production and soil testing for 12 essential nutrients. The field visit to **Village Dashrangpur** showcased the benefits of bio-fertilizers, vermi-composting, and the use of Yellow Sticky Traps for pest control, as shared by **Mr. Manak Lal**. In **Village Khairipar**, **Mr. Narayan Chandravanshi** demonstrated drip irrigation, intercropping, modern nursery techniques, and sugarcane cultivation using drip systems, along with a live demonstration of Trichoderma and bio-fertilizer application through drip irrigation. The visit concluded with an interactive discussion where farmers shared challenges and received practical solutions, making the exposure visit a meaningful learning experience.

## Promoting Organic Farming on Kisan Diwas



On **Kisan Diwas 23 December 2025**, a one-day organic farming training program was organized in **Devpur village, Balodabazar district**, under the guidance of the Divisional Forest Officer (DFO), Balodabazar, to promote sustainable and eco-friendly agricultural practices. The program brought together farmers from nearby villages, members of Self-Help Groups (SHGs), and forest officials with a shared focus on improving soil health, reducing chemical use, and enhancing crop quality.

The training was led by expert resource persons Dr. Taruna Borule and Ms. Kavita Lanjhi from Chhattisgarh Agricon Samiti, along with Mr. Chandrakant Yadav from Gramodaya. Participants received hands-on training on the preparation and application of bio-fertilizers and traditional organic formulations such as **Jeevamrit, Ghan Jeevamrit, Neemastra, Dashparni Ark, and Panchparni Ark**. Special attention was given to women SHG members, who were guided on organic vegetable cultivation, pest management, and disease control. The program concluded with renewed motivation among farmers to adopt organic practices, strengthening community self-reliance and advancing sustainable agriculture in the region.

## Rajyotsav-Community Mental Health & Child Protection Engagement

As part of the Rajyotsav celebrations on 2-3 November 2025, Yuvodaya Kondanar Champs set up an awareness stall in Kondagaon focused on community mental health and child protection. The stall provided a space for people of all ages to engage, reflect, and discuss emotional well-being and child safety, while showcasing ongoing community-level initiatives and volunteer-led interventions emphasizing listening, awareness, and early support. Interactive tools like Hopscotch, Snake & Ladder, and Smiley Dart helped simplify complex concepts and encourage active public participation. The stall was visited by Chief Guest Ms. Lata Usendi, Hon'ble MLA, along with the District Collector, CEO Zila Panchayat, and Superintendent of Police, who appreciated the innovative engagement methods. The District Collector recognized the volunteers' grassroots contributions, motivating them and reinforcing the impact of community-driven approaches. Overall, the Rajyotsav platform allowed the initiative to reach a wide audience, enhancing awareness and community ownership of mental health and child protection in Kondagaon.



## Volunteer Platforms (VLC, CLC, BLC) Spaces for Dialogue, Planning, and Capacity Building



During the quarter, Village Level Club (VLC), Cluster Level Club (CLC), and Block Level Club (BLC) meetings were conducted across Kondagaon district to strengthen volunteer engagement, reflection, and action.

**VLC meetings** served as open dialogue spaces where volunteers and community members discussed locally relevant social issues. Topics were decided collectively and included domestic violence, social media influence, youth livelihoods, migration, discrimination, and school dropout. These discussions created safe spaces for honest exchange and multiple perspectives.

**CLC meetings** focused on consolidating insights from VLC discussions and translating them into action

plans. Volunteers from multiple villages identified priority issues such as mental health, child protection, adolescent participation, and public outreach, and planned coordinated engagement involving schools, parents, and PRI members.

**BLC meetings** emphasized capacity building and deeper understanding of complex social issues. Sessions across Kondagaon, Farasgaon, and Keshkal blocks addressed reasons behind school dropout, early marriage, migration, child labour, and adolescent vulnerabilities, along with life skills and decision-making.

Together, VLC, CLC, and BLC platforms formed a connected engagement system—linking community dialogue, collective planning, and continuous learning—ensuring that volunteer actions remained grounded, coordinated, and responsive to community needs.

## “Aaj Kya Khaya”: When Everyday Habits Begin to Shift

“Aaj Kya Khaya” is a Behaviour Insight Unit (BIU) intervention supported by UNICEF that aims to understand and influence adolescent food habits through reflection and community dialogue. Instead of prescribing dietary rules, the intervention encourages adolescents to observe and reflect on what they eat and how often junk food appears in their daily meals. Adolescents were introduced to a simple monthly food tracker based on the question “Aaj kya khaya?”, helping them recognise patterns and imbalances in their eating habits over time. Yuvoday Kondanar Champs facilitated discussions at the village level, engaging parents, teachers, PRI members, and peers to sustain conversations around food choices. Adolescents also became active contributors by creating and sharing short nutrition-themed videos in the local language, which served as discussion starters within communities and schools. While habits did not change overnight, the intervention triggered awareness, dialogue, and small shifts in food choices. The initiative demonstrates that behaviour change begins with self-observation, peer influence, and community engagement rather than instruction.



Yuvoday Kondanar Champs facilitated discussions at the village level, engaging parents, teachers, PRI members, and peers to sustain conversations around food choices. Adolescents also became active contributors by creating and sharing short nutrition-themed videos in the local language, which served as discussion starters within communities and schools. While habits did not change overnight, the intervention triggered awareness, dialogue, and small shifts in food choices. The initiative demonstrates that behaviour change begins with self-observation, peer influence, and community engagement rather than instruction.

## High-Risk Pregnancy (HRP):

### A Community-Led Initiative for Safer Motherhood

The High-Risk Pregnancy (HRP) initiative was launched on 17 November by the Hon'ble Chief Minister of Chhattisgarh, Shri Vishnu Deo Sai, to strengthen maternal care in remote and tribal areas of Kondagaon district. Led by the District Administration under the leadership of District Collector Ms. Nupur Rashi Panna, the initiative focuses on early identification, regular follow-up, timely referral, and strong system convergence, with technical support from Chhattisgarh Agricon Samitee and IEC support from UNICEF. The initiative has been nominated for the Prime Minister's Awards and featured on the Good Governance Portal. A key component of the initiative is the **HRP Corner**, a dedicated coordination hub for tracking, counselling, follow-up, and referral of high-risk pregnancy cases, supported by a 24x7 helpline for emergency communication. The model brings together Health and Women & Child Development departments to ensure coordinated action and preparedness for institutional delivery. At the community level, **Yuvoday Kondanar Champs** support HRP women and their families through regular engagement, promoting timely check-ups, immunisation, institutional delivery, and maternal well-being. The initiative demonstrates that timely data-driven action, combined with community support, can significantly reduce maternal risks and improve outcomes.

**उच्च जोखिम गर्भावस्था (HRP) वाली महिलाओं हेतु 24\*7 एकीकृत सहायता प्रणाली**  
**कोंडागाँव, छत्तीसगढ़**  
**☎ 07786-450507**

**मुख्य उद्देश्य**

- दूरस्थ एवं वनांचल क्षेत्रों में रहने वाली उच्च जोखिम गर्भावस्था (HRP) वाली महिलाओं को 24\*7 हेल्पलाइन के माध्यम से समय पर सलाह, सहायता, आवश्यक सुविधा एवं मार्गदर्शन उपलब्ध करना। उच्च जोखिम गर्भावस्था वाली महिलाओं तक सुदक्षित एवं गुणवत्तापूर्ण मातृत्व सेवाओं की पहुँच सुनिश्चित करते हुए, संव्यागत प्रसव को बढ़ावा देकर IMR एवं MMR में कमी लाना।

**उपलब्धियाँ**

- अब तक जिले की 1446 HRP महिलाओं से कॉल के माध्यम से सतत निगरानी एवं निरीक्षण देखभाल की जा रही है।
- हेल्पलाइन नंबर की जानकारी हेतु सामुदायिक स्तर पर जागरूकता बढ़ाई जा रही है तथा MCP कार्ड के साथ हेल्पलाइन नंबर उपलब्ध करवाया जा रहा है, जिससे महिलाओं को घर बैठे टेलीफोनिक मार्गदर्शन एवं परामर्श मिल रहा है।
- प्रत्येक अनुवर्ती कार्डवाई एवं निगरानी का डिजिटल रिकॉर्ड बनाकर जमा किया जा रहा है, जिससे हेरद कार्याधिकरण एवं वेक्टर विभागेण संभव हो रहा है।
- सुदक्षित संव्यागत प्रसव को बढ़ावा देने हेतु प्रत्येक गर्भवती महिला को 102 सेवा के माध्यम से जिला अस्पताल पहुँचाने की व्यवस्था सुनिश्चित की जा रही है।

**प्रमुख गतिवित्तियाँ**

- डिजिटल प्रणाली के माध्यम से उच्च जोखिम गर्भावस्था के सभी मामलों की सतत, तकालिक निगरानी सुनिश्चित करना।
- स्वास्थ्य विभाग एवं महिला एवं बाल विकास विभाग (पादप्लानेशन टीम) के संयुक्त प्रयास से इन सेवा का 24\*7 पूर्णतः नि:शुल्क संचालन।
- आपातकालीन परिस्थितियों में तकाल उन्मुक्त सुविधा उपलब्ध करना।
- जोखिम के आधार पर प्राथमिकता का निर्धारण कर, जिला स्तर पर नियमित समीक्षा एवं निरीक्षण देखभाल सुनिश्चित करना।
- प्रसव पश्चात 42 दिवस तक नियमित देखभाल एवं निगरानी।

**जिला प्रशासन, कोंडागाँव (छ.ग.)**

At its core, the HRP model reinforces a guiding principle:  
 “Data has value only when it leads to timely action and real impact.”

## Child Protection Training: Strengthening Community Safeguards in Kondagaon



A district-level Child Protection Training was organised in Kondagaon on 25 November 2025 at Government Higher Secondary School, Kondagaon, with the objective of strengthening community capacity to safeguard children and respond to protection risks. The training brought together 45 Yuvoday Village Level Club volunteers, creating a focused learning space on child rights and community responsibility. The session was facilitated by Ankita Thakur, District Coordinator, Kondagaon, and Master Trainer – Child Protection, who guided participants through key child protection themes including child rights, child vulnerabilities, child labour, child marriage, abuse and neglect, and available support mechanisms. Volunteers were oriented on the POCSO Act, Juvenile Justice Act (CNCP categories), District Child Protection Unit (DCPU) and Child Helpline 1098, with emphasis on early identification and

timely referral. A key focus of the training was on identifying Out-of-School Children (OOSC) as an early indicator of vulnerability. Volunteers discussed how school dropout often intersects with migration, economic stress, and protection risks, and reflected on their role in supporting school re-linkage as a preventive child protection measure. Through interactive discussions, scenario-based learning, and group exercises, volunteers gained clarity and confidence to engage sensitively with children and families. The training reinforced the idea that child protection is not only a legal mandate, but a shared community responsibility, where informed and alert volunteers play a critical first-response role.

## “Main Hoon Na” Training: Strengthening Community-Based Mental Health Support

A district-level “Main Hoon Na” Mental Health Training was organised in Kondagaon district on 24 November 2025, with the aim of strengthening volunteers’ capacity to provide first-line emotional support within their communities. The training brought together 30 volunteers from Kondagaon, Keshkal, and Farasgaon blocks, creating a shared space for learning and reflection on mental well-being. The training was facilitated by Danish Khatoon, State Resource Person and Project Coordinator (Mental Health), who guided participants through key themes such as understanding emotions, recognising psychological distress, empathetic listening, and



supportive communication. The session focused on helping volunteers respond sensitively to community members facing stress, anxiety, or emotional difficulties. A strong emphasis was placed on practical learning. Volunteers engaged in interactive activities and demonstrations that helped them translate concepts into real-life situations, building confidence to listen without judgement and respond with care. The “Main Hoon Na” Training reinforced the idea that mental health support begins with human connection. By strengthening volunteers’ emotional awareness and communication skills, the training helped position them as trusted community anchors, capable of offering timely support and guiding individuals towards appropriate help when needed.



## From Starting to Staying: The Harder Work of Showing Up

### Starting something, new feels energizing

There is momentum in the first meeting, excitement in the pilot launch, and hope in those early conversations where possibilities seem endless. We celebrate beginnings and rightly so. Starting takes courage, especially in complex, community driven work.

But over the years, I have come to realise this. Starting is only the first step. Staying is where the real work begins. Staying means showing up after the novelty wears off. It means returning to the same village where progress feels slow, or revisiting a strategy that once looked promising but has not quite worked the way we expected. It is sitting through meetings where attendance drops, questions repeat, and change feels almost invisible.

There are days in the field that do not produce a success story. No breakthrough behaviour shift. No headline worthy outcome. Just familiar faces, half-finished conversations, and small movements that are hard to capture in numbers. And yet, these are often the days that matter the most.

I remember a visit where nothing new seemed to happen. No announcements. No big decisions. But someone who had stayed quiet for months finally spoke up. Another person asked a question they had never asked before. At the time, it felt ordinary. Only later did I realise that trust had quietly taken root.

That is what staying does. It builds credibility slowly, often without drawing attention to itself.

In social and behaviour change work, we spend a lot of time thinking about innovation. New tools, new messages, new approaches. But communities do not change simply because something is new. They change because something is consistent. Because the same people keep coming back. Because commitments are honoured. Because listening does not stop once a pilot phase ends.

Staying also asks something uncomfortable of us. Patience without immediate validation.



here are quarters when indicators plateau. Campaigns that need rethinking. Moments when it feels easier to move on to the next exciting idea. Staying means resisting that urge. It means refining instead of replacing. Listening again, even when we feel we have already listened enough.

**This is true not just for programmes, but for people.**

A farmer does not adopt a new practice overnight. A young woman does not find her voice in one meeting. A community does not shift long held norms because of a single campaign. Change settles in gradually, through repetition, reassurance, and relationships.

**And relationships take time.**

What I value most about our work at CAS is not only the ideas we start, but the commitment to remain present. Through uncertainty, course corrections, and those quiet phases that rarely make it into reports. The real impact of our work often shows up much later, when behaviours stick not because we were persuasive, but because we were dependable.

As we move through this quarter, I find myself thinking less about what we are starting next, and more about what we are choosing to stay with.

Staying is not glamorous. It does not always feel productive. But it is deeply transformative.

Because when communities see that we are still there listening, adapting, and walking alongside them, change stops feeling like an external push and starts becoming something they truly own.

**And that is when it lasts.**

**Manisha Motwani**  
**Program Manager**



## Where Community and Mental Well-Being Come Together

Mental health exists in every community, even when it is not openly discussed. Daily responsibilities, social pressure, economic challenges, and expectations quietly affect how people think, feel, and cope. Many individuals continue their lives carrying emotional stress without recognizing it as a mental health concern. Our work within communities shows that mental well-being is deeply connected to everyday experiences. It appears in family relationships, in the confidence of young people, in the resilience of women, and in how communities respond to change. Mental health is not separate from development; it is a foundation for it. Community-based mental health work focuses on creating safe and respectful spaces where people feel comfortable sharing their thoughts and emotions. Rather than providing ready-made answers, the approach emphasizes listening, understanding, and building trust. When people feel heard, they begin to recognize their own strength and capacity to cope. Small and consistent efforts make a difference. Open conversations, reassurance, and emotional support help reduce stigma and encourage healthier ways of dealing with stress. Gradually, communities start viewing mental health as a shared concern rather than a personal weakness. Our experience highlights that sustainable change comes from within the community. When mental well-being becomes part of everyday dialogue, communities grow more connected, supportive, and resilient. Mental health is not only about healing individuals; it is about strengthening communities so they can move forward together with understanding, dignity, and hope.

**Anyrose Tadar**

**District Coordinator  
Bilaspur**



## Empowering Women for Better Health and Nutrition

Women play a central role in shaping the health and nutrition of families and communities. Beyond their traditional responsibilities, they influence daily decisions that determine well-being, resilience, and healthy futures. When women are informed and empowered, the positive impact is reflected not only within households but across entire communities. As key decision-makers in food preparation and consumption, women directly affect nutritional outcomes. Their choices around balanced diets, use of locally available nutritious foods, and proper feeding practices support the physical and mental development of children and help prevent malnutrition and lifestyle-related diseases. Women also act as primary caregivers and frontline health providers. Whether caring for family members or serving as ASHAs, Anganwadi workers, community health workers, or volunteers, they play a crucial role in ensuring timely care, early identification of health issues, and access to essential services. In addition, women are powerful educators and change-makers. Often a child's first teacher, they shape everyday habits related to hygiene, nutrition, and healthy living. Educated and confident women foster positive behaviors that create long-term benefits for families and society. Empowering women with knowledge, resources, and decision-making authority transforms them into agents of change. Supporting women strengthens health systems, improves nutrition outcomes, and builds resilient communities. By investing in women, we invest in healthier families and a stronger future for generations to come.

**Chitra Sahu**  
**Women Development Facilitator**



## Listening Is Where Healing Begins

Working as a Block Coordinator in Kondagaon, I spend most of my time in villages and Gram Panchayats, listening to people's stories. This work has taught me one clear truth—mental health is everywhere yet rarely spoken about. People carry stress, anxiety, and emotional pain silently. Not because they don't feel it, but because they don't always feel safe talking. Over time, I've realized that most people are not asking for answers. They are asking to be heard. When mental health is discussed in simple, relatable words, something shifts. People begin to connect the conversation to their own lives. Hesitation slowly turns into dialogue. Stigma starts to loosen. One of the most powerful parts of my work is engaging youth volunteers. When young people step forward to talk about mental well-being and child protection, the message spreads faster and feels more genuine. Their energy proves that change doesn't need loud campaigns—it needs consistent presence. At the grassroots level, awareness shows up in everyday ways—wall writings that keep messages alive, Campaign, Discussion on gram Sabha and small conversations that plant big ideas. These moments remind me that community change grows quietly. Through all of this, my belief has only strengthened: Mental health awareness is not about giving advice. It is about listening with empathy.

I carry one message wherever I go:

**“Talking is important, and listening is healing.”** And that is where change truly begins

**Akash Mali,**  
**Block Coordinator**  
**Kondagaon**



## Sowing the Seeds of Change: Story of The Gokaran Sonwani

In Jamuniya village of Kawardha block, Kabirdham district, 35-year-old Kavir farmer Mr. Gokaran Sonwani depends entirely on agriculture for his livelihood. For years, he practiced chemical-based farming, which ensured yields but gradually affected soil health and raised concerns about food quality and family well-being. His journey of change began after joining the Kavir Farmer Group, where he gained knowledge on soil health management, organic and natural farming, crop diversification, and market awareness through community-based learning. This exposure led to a clear shift in his mindset—from focusing only on yield to prioritizing health, sustainability, and self-reliance. Today, Mr. Sonwani believes in reducing chemical use and adopting multiple cropping to minimize risk and improve income security. He is planning a gradual transition to organic farming, at least for household consumption, to ensure nutritious and chemical-free food for his family. His story reflects how awareness, guidance, and collective learning can empower farmers to adopt sustainable and resilient agricultural practices.

**Gokaran Sonwani**

**Village Jamuniya, District Kabirdham**



## Prerak & Volunteer Pratima Dhurve

### Village Rouchan

Pratima Dhurve (Prerak) from Village Rouchan has demonstrated exceptional dedication and community leadership under the Pragati Program. Her commitment to promoting girls' education and identifying new learners is truly inspiring. In Rouchan, Pratima faced several challenges. The Sarpanch offered very limited support, which made early mobilization difficult. However, the Up sarpanch and many community members supported her strongly, giving her confidence to continue her efforts. Among the major challenges were three girls from the village who had failed in the 10th grade and were not willing to join the program. In addition, their parents were also not agreeing in the beginning. They believed the girls were needed for household work and that continuing their education might not be possible anymore. This made the process even more challenging. Whenever Pratima visited their homes, the girls would avoid meeting her—sometimes going to the fields, sometimes hiding inside the house. Their parents too repeatedly refused, saying the girls were not ready to study again. But Pratima did not give up. She started conducting meetings in different mohallas and hamlets of the village, engaging with families and explaining the importance of the Pragati Program. With patience and consistent effort, she motivated both the girls and their parents, assuring them that education could positively shape their future and that the program was designed to support them. Slowly, her persistence began to create change. Eventually, the parents agreed, and all three girls decided to resume their studies.

Today, they are motivated, confident, and committed to continuing their educational journey. This success story from Village Rouchan proves that with patience, perseverance, and sincere commitment, even the toughest challenges can be overcome. Prerak Pratima Dhurve has shown that one dedicated volunteer can inspire not only children but an entire community—reminding us that no barrier is too big when the goal is to educate and empower every child.

**Nitesh Chandel**  
**Program Manager**  
**Educate Girl**



## A Story of Change: The Inspiring Journey of Young Farmer

In Uslapur village of Bodla block, Kabirdham district, lives a 26-year-old young farmer, Manas Verma whose life revolves around agriculture. His family depends entirely on farming for livelihood. But two years ago, life took a painful turn—Manas lost his father due to a brain hemorrhage. Suddenly, the responsibility of the entire family fell on his shoulders. He had to support household expenses, take care of the fields, and most importantly, ensure his younger brother's education. With a heavy heart, Manas dropped his own studies and stepped into the role his father once held—with hope, but also with uncertainty. Although he continued farming, the challenges grew with time. Irregular rainfall, single-crop dependency and low income despite hard work often left him disheartened. He wondered... How do I increase my income? How do I secure my family's future?" During this phase of confusion and worry, he met Surendra Sonkar, Program Officer from Chhattisgarh Agricon Samiti. They discussed sustainable agriculture practices, multiple cropping systems, advanced sugarcane cultivation through drip irrigation, and how intercropping in sugarcane can multiply income. At that moment, Manas didn't respond much. But the conversation stayed with him... After reaching home, he discussed the ideas with his family. And soon, he made a decision—to join the Kavir Kisan group and adopt these improved agricultural techniques. He said to himself: "If I have to work hard, why not work smart and better?" Today, Manas is motivated and determined. He sees farming not just as a routine job, but as an opportunity for growth, stability, and higher income. This is not merely a story of learning new techniques-It is a story of behavioral change A journey from struggle to hope.

**Manas Verma**  
**Kavir Kisan - Kabirdham**



## Lighting Up Lives: How Jyoti Brought 'Saksham' to Four Widows

In Gram Panchayat Mirtur, Lakhi Kadi was drowning in worry. A widow with four young children, she couldn't afford their schoolbooks or clothes. There was no steady income, no safety net—just the constant weight of not knowing how her children would get through the next month. She wasn't alone. Three other widows in the village—Asmati, Somari, and Kope—faced the same crushing reality: single mothers carrying the full burden of raising children with no financial support. When Bijaduteer volunteer Jyoti Kadi learned about their struggles, she knew exactly what they needed. She introduced them to the Saksham Yojana, a government scheme offering loans for self-employment. But awareness wasn't enough. Jyoti sat with each woman, explained the process, helped them fill out forms, gathered documents, and walked them through every step until their loan applications were approved. Each woman received 1 lakh—4 lakhs in total across four families. Lakhi opened a small grocery store near her home. The other three women started chicken shops, turning small investments into steady income streams. Today, these women aren't just surviving—they're thriving. They pay school fees without panic, buy books without guilt, and sleep without the suffocating fear of tomorrow. Lakhi's words capture it all: "If you hadn't come, I don't know what I would have done. You brought light into my life and put me on the right path." Jyoti's intervention didn't just change four lives. It transformed four families, gave hope to twelve children, and proved that one committed volunteer can break the cycle of despair.

**Jyoti Kadi, Bijaduteer Volunteer  
Bhairamgarh**



## Shape When the Rains Came: Rita Yalam's Race Against Time

Padmani Anganpalli was in her ninth month of pregnancy, and fear was her constant companion. This was her first child, and the unknown terrified her. But in Bijaduteer volunteer Rita Yalam, she found more than support—she found strength. Rita made regular home visits, counseling Padmani not just on physical health but on mental well-being. She taught her to stay positive, manage stress, and prepare mentally for childbirth. Those conversations brought Padmani relief she didn't know she needed. Then came the crisis. For over twenty days, torrential rains had battered the region. Roads were flooded, transportation had collapsed. When Padmani's labor pains began, the family panicked. They called for an ambulance, but bad weather and vehicle breakdowns left them stranded. No one was willing to risk the journey to the hospital. Except Rita Yalam. She understood the gravity of the situation and refused to give up. After persistent efforts, she convinced an auto-rickshaw driver to make the trip. Then she did something extraordinary—she accompanied Padmani herself, navigating flooded roads and impossible conditions to reach Bijapur District Hospital just in time. Padmani gave birth to a healthy baby. Without Rita's courage and quick decision-making, the outcome could have been tragic. The family's gratitude was immense, but Rita's words were simple: "Social work like this inspires me. It makes me happy." Rita Yalam's story is proof that grassroots volunteers, especially those in the Bijaduteer program, can be lifesavers for their communities.

**Rita Yalam,  
Bijaduteer Volunteer**



## Bringing Children Back:

### Dalmani Thakur's Mission to Restore Education

Under the "School Phir Chalen" (Let's Go Back to School) campaign, Bijapur district is working to bring uneducated, never enrolled, and dropout children back into classrooms. Bijaduteer volunteer Dalmani Thakur has made this mission personal, and her efforts are nothing short of inspiring. During her village survey, Dalmani discovered a troubling pattern: many children were being kept home by their parents to graze cattle or help with household work. These children were being denied their right to education. Dalmani identified each one and began visiting families individually. She spoke to parents about the importance of education, the necessity of schooling, and the long-term benefits it would bring to their children's lives. It wasn't easy. These conversations required patience, persistence, and cultural sensitivity. But Dalmani didn't stop with families—she brought in teachers and community members, creating a collective movement. Slowly, parents began to see education differently. They agreed to send their children back to school. The result? Twelve children were reconnected to education. Twelve futures were reopened. Twelve families began to imagine a different tomorrow. Dalmani Thakur's effort is not just about her village—it's about the future of Bijapur district. Her dedication, positive thinking, and sense of social responsibility have given multiple children a new direction in life. Her contribution to the "School Phir Chalen" campaign is commendable and exemplary.

**Dalmani Thakur,  
Bijaduteer Volunteer**



## Vikrant: When a Volunteer Becomes a Hero

When tragedy struck at Lalkhadan in the form of a devastating train accident, Yuvoday Volunteer Vikrant didn't wait for instructions or permissions. The moment he heard the news, he rushed to the site, driven purely by his instinct to help others in distress. Upon reaching the accident spot, Vikrant quickly assessed the chaos unfolding before him. Injured passengers were in shock and severe pain, and panic was spreading fast. Without hesitation, Vikrant began assisting the wounded, working tirelessly alongside local community members, police, and rescue teams. He helped lift and move the injured to safer areas, provided immediate first aid, and ensured that several victims were transported to ambulances on time—actions that proved crucial in saving lives. Despite the chaotic and emotionally charged atmosphere, Vikrant maintained calm and composure. His presence of mind became a source of reassurance for those in fear. His compassionate words and steady actions helped stabilize panic-stricken victims and encouraged other bystanders to step forward and assist in the relief work. Vikrant's unwavering commitment and empathy stood out as a shining example of what volunteerism truly means. His act of bravery not only brought hope and relief to the victims but also inspired the entire community to believe in the power of collective action during emergencies. His selfless contribution serves as a powerful reminder that true leadership and humanity are defined by action—by standing up and serving others when they need it most. Vikrant's spirit reflects the very essence of the Yuvoday movement, proving that even a single individual's compassion and courage can make a profound difference in saving lives and restoring faith in humanity.

**Vikrant**  
Yuvoday Volunteer



## Standing on Her Own Feet— and Always There for Her Village

Ramula Pradhan comes from a family of five sisters and has been associated with the Yuvoday program as a volunteer for the past three years. What began as a journey of volunteering gradually became a process of self-discovery, resilience, and purpose—shaping not only her role in the community but also her own sense of identity. Through Yuvoday's trainings such as Aao Baat Karein, Swayamsiddh, and various district- and block-level sessions, Ramula experienced a deep shift in the way she understood herself and the world around her. These trainings strengthened her emotional resilience, confidence, and ability to navigate difficult situations—teaching her that mental strength is as important as any external resource. Ramula faced early struggles when starting her Choice Centre, with financial losses and self-doubt testing her resolve. With perseverance and her sister's support, she rebuilt her business and now stands independent, supporting herself and her family. Alongside her work, she volunteers in the community, applying lessons from “Aao Baat Karein” to listen, understand, and support others. As a “Main Hoon Na” presence in her village, Ramula shows that quiet courage, empathy, and resilience can truly transform lives.

**Ramula Pradhan**  
**Kondagaon**



## Breaking Taboos, Building Health:

Naresh Kumar Baghel, a BSc student and Yuvodaya volunteer from Kodenaar, has become a strong voice for positive change and awareness in his village. Balancing studies with social work reflects his determination and commitment. Naresh was driven to act after seeing how poor hygiene caused serious illness and even deaths among women and children. After sanitation training, he began spreading health awareness in his village—but his most impactful work has been on menstrual hygiene, a topic still surrounded by silence and stigma in rural areas. Using clear, scientific, and respectful language, Naresh educates adolescent girls and women on menstrual health, proper nutrition, cleanliness, and safe use of sanitary pads. His approach has built trust, allowing girls and women to ask questions openly and families to better understand menstruation. As a result, myths are breaking, shame is reducing, and many girls have adopted healthier menstrual practices. Naresh's work shows that real change comes from courage and mindset, not age. In Kodenaar, he is now seen as a sensitive and responsible youth volunteer who is improving women's health and dignity through awareness.

**Naresh Kumar Baghel**  
Kodenaar





मानसिक स्वास्थ्य  
हेल्पलाइन नंबर :



+91 8123922651



+91 7898987848



**CHHATTISGARH AGRICON SAMITI**

404, Progressive Point, Lalpur, Raipur (C.G.)