

SARTHAK JAN VIKAS SANSTHAN



Sarthak Jan Vikas Sansthan
Surguja

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01. INTRODUCTION

Sarthak Jan Vikas Sansthan is a voluntary organisation started in Ambikapur, Surguja, Chhattisgarh which works for the upliftment of poor section of the society, especially the tribals, and economically and socially poor communities.

It evolved through a voluntary work of a group of friends who wanted to contribute concretely to the poor communities during their studies. It follows Gandhian work and ideology to reach out to people

It came into existence on Gandhi Jayanti on October 2, 2004. It was legally registered on March 27, 2006 (Reg. No. 1329) under the Chhattisgarh *Societies Registration Act* 1973.

A group of friends from Ambikapur, while they were still in high Schools, had a special interest on people's development. They decided to do something concretely for people. They did not have much resource at their disposal as they were just students from various high schools. They organised general knowledge competition in various schools. They were delighted with the positive response they received from students, teacher and parents. They were motivated to do more for people's development. The second thing they did was the collection of old books of passed out students of various classes. They gave those collected books to the poor and needy students in the following year so that they have necessary books for their studies.

This noble work got good response from the poor students and parents.

The group also received some old books authored by Mahatma Gandhi for general reading, like *India of My Dreams*, *Gramswarajya* etc. Each member read these books and gave others students to read and draw inspiration from the rich resources for life. We were inspired from Gandhian work and ideology and wanted to do more for people based on Gandhian ideology. There were serious discussion in the group on state of people's life and the applicability of Gandhian ideology and work for people's development especially in rural and tribal areas. They also discussed with community elders about their aspirations for development work. They started yet another activity in a few villages of bringing awareness on infant health and hygiene. They conducted some kind of competition on infant health care and hygiene. They came to know during the village immersion that many infants were malnourished and sick. They started linking lactating mothers and small children with various government schemes so that they receive nutrition food supplement.

The boys received a lot of appreciation for their work in the villages. The villagers started inquiring who they were and how long would they work in the villages. They did not have any concrete answer to their queries because they did not have any legal

identity nor did they have any concrete plan. They were engaging themselves in such benevolent work in their free time and on holidays as they all were still students on high schools. Looking at the noble initiatives they were taking, some elders suggested that they visited Shree Gandhi Seva Ashram, Ambikapur. They visited the Ashram to know its work for people and discussed various issues with people in the Ashram. The Ashram was working for the poor people to make them self-reliant. They volunteered to work with Shree Gandhi Seva Ashram for poor people. After a few months, when the group member came together for some discussion and action plan, they reached to a consensus that they establish an institute of their own to work for the people on Gandhian ideology.

Finally, on the birth anniversary of Mahatma Gandhi on October 2, 2004, Sarthak Jan Vikas Sansthan came to existence to further the Gandhian work and ideology. The group members continued their work for people under this newly found institute. Now they had a name and an identity of their own to tell the world that they were Gandhian band for development work. After one and a half of year, Sarthak Jan Vikas Sansthan was legally registered on March 27, 2006 under the Chhattisgarh Societies Registration Act 1973.

Sarthak did not have financial resources to undertake any developmental work in the villages. However, group members went to villages to listen to people's issues and problems, and they tried to resolve them through concerned government officials. For example, a few eligible senior people were not getting old age pension, and they received pension after their intervention. Looking at selfless services, many more young people joined the band and work volume increased. Yet they enjoyed their work for the people. People used to come to the organisation for their work and somebody from the organisation took the issue to the concerned officials and followed it up till work was done. However, it was realised that people were becoming dependent on them for their work. People would ask them to resolve every issue with government officials. People, instead of becoming self-reliant, and directly approaching to the officials, were coming to the organisation. At this juncture, with series of serious discussion among the group members, it was realised that it was time to empower people through quality education as well as good health, though it does undertakes related projects. Once people are educated and healthy, they can do their work for their own development. And with this, they as an organisation decided to work for children's education and health care.

02. ABOUT THE ORGANIZATION

Sarthak Jan Vikas Sansthan is a non-government, non-profit and grassroots voluntary organization established on October 2, 2004 adopting the Gandhian philosophy of village and rural development for its interventions. It was formally registered under Chhattisgarh Societies Registration Act 1973 on March 27, 2006 having registered No. 1329. Sarthak is working in the tribal majority area of

Surguja district and established with a mission to work towards strengthening people's capacities and institutions to get their due shares in every aspect of human existence. Hence it is a long-term strategy for emancipating the whole community, through interventions at three levels i.e. - the child, the family and the community with extra emphasis on child specially girl child, rural dropout child and disabled child.

Vision

A Society based on legitimate rights, gender equality, democratic governance, justice, honesty, social sensitivity, access to resources and a culture of service in which all are self-reliant.

Mission

Sarthak Commits itself to work for marginalized communities and groups-tribal, dalits, children, landless, subsistence farmers, and within this the most vulnerable like children, women, elderly, and People with Disabilities helping them to build their capacities-skills and knowledge, to fulfill their dreams and aspirations.

Objectives

1. To work for socially marginalized, including child and women, landless and forest dependent communities, small and marginalized farmers, particularly those who are denied their rights to ownership of the natural resource base.
2. To promote quality primary education for children in rural areas through the available resources community has and it receives from the government towards this end.
3. To facilitate development processes with and for economically and socially deprived and physically and mentally challenged children to help them better educated, skilled and aware.
4. To strengthen and foster capacities of people and village level institutions to get their share in the development process.
5. To ensure livelihood opportunities for the poor, especially tribal communities, whose livelihood security is threatened, and whose basic rights and entitlements are being ignored and unmet.

03. THEMATIC AREAS & COMMUNITIES

Sarthak started its development intervention with community mobilization so as to empower the community to become self-reliant community. Systematically, Sarthak worked first for child health care issues. While working on child health care, it realised that children's health is closely related to issues like livelihood, access to government schemes and education. Sarthak, thus, adopted a development intervention which is more holistic and integrated to address these issues of the people.

- **Children:** proper functioning of Anganwadi Centres and ANMs, child nutrition, health, and development, primary education, issues of teachers in primary schools.
- **Women:** formation and facilitation of women self-help groups for economic sustainability and to develop a critical group to monitor the "last mile delivery of services" i.e. nutrition, health, PDS etc. Skilling of women for entrepreneurship development
- **Farmers:** organic cultivation and indigenous seed conservation and propagation
- **Community:** Local governance- Gram Sabha and Panchayats, sustainable development of the community as a whole.

Sarthak works for and with four tribal communities namely **Pahari Korwa**, one of the most backward and marginalised communities in India, and classified as Particularly Vulnerable Tribal Groups (PVTGs) by the Government. **Manjhi** and **Majhwar** are two major scheduled tribe communities in Mainpat plateau of Surguja district. These tribes are very backward though not classified as Particularly Vulnerable Tribal Groups. **Kanwar**, a tribe highly dependent on non-timber forest produce (NTFP) and agriculture in the programme area. Sarthak is skilling them for effective agriculture practices. **Gonds** are one of the agrarian tribal communities in Chhattisgarh. They practice traditional agriculture. Sarthak accompanies these tribal communities for better primary education, better child and women health

care, income generating activities, and better agriculture practices.

Sarthak has a well experienced team for implementing projects and programme of primary education and drop out children, women and child health care, livelihood, children's groups, community based people's organization, Gram Sabha and Panchayati raj, health awareness, issues of mal-nutrition etc. Sarthak has been involved in mobilizing the community towards social transformation especially through education, women & health, MGNREGA, setting up village level institutions and community based organizations etc.

Education and child rights

This is to ensure that children of school-going age are admitted in schools and

create awareness among parents to send their children to school. Sarthak also runs remedial classes for children to support them in their studies to reduce dropout rate and improve retention of children in school. Creating awareness on RTE and ensuring the proper functioning of SMCs are also taken seriously by the organisation to ensure quality education and check dropout rates. It also works on child rights to ensure no child is victim of harassment of any kind. Teachers of primary schools and parents are motivated constantly for best results.

Child and women health

Sarthak has been working to ensure that children grow with normal pace. They do not suffer from mal-nutrition as it affects badly the growth of children. Therefore, it collaborates with Anganwadi centres and ANMs to ensure that supplementary food reaches to children, pregnant and lactating women. The badly malnourished children are sent to government treatment centres. The adolescent girls are given special attention, especially during the menstruation period. Systematically both parents and others in the family as well as the community is given awareness on this natural process of life in adolescent girls. Women groups are formed and trained for common health issues, monitoring government health and education services, income generating activities. Sarthak also organising training of village health volunteers and organizes health camps for

early detection and treatment of the diseases and referral services.

Implementation of MNREGA

The government has guaranteed work for food through Mahatma Gandhi National Rural Employment Guarantee Act. Sarthak brings awareness among people about its provisions so that they take benefit of it. They train community members and village institutes on various provisions of the Act, ensure it's implementation with true spirit. Youth are trained to monitor the implementation of the work. This is precisely done because the earning improves the health of children and women directly.

04. APPROACH

Sarthak works for and with the tribal poor and backward communities. These tribal communities had isolated themselves for centuries and lived a life away from others, both tribals and non-tribals. They are exposed to the outside realities today and they cannot isolate themselves any more due to present circumstances as well as the need. They are going through a process of change more rapidly since few decades. They need a helping hand to accompany them into the process of change so that they are not lost but they get positive results in the process. Sarthak has taken various approaches to development which acceptable and appealing to them. Its approaches can be summarised in the following:

- Participatory Approach
- Empowering approach especially the women and children
- Building upon the socio-cultural and economic resources they have
- Respecting their cultural heritage and economic system
- Constant accompaniment before, during and after the programme

05. PROJECT UNNATI

Sarthak Jan Vikas Sansthan in collaboration with BALCO initiated the Project UNNATI in 5 villages of Mainpat district. The five villages include Sapnadar, Ropakhar, Barima, Kesara and Kudaridih. From the development point of view, SHG groups were formed and linked with various livelihood generation activities. Such activities have been designed in a manner

to strengthen them financially through livelihood activities wherein these women hold a strong image and status in the society. SJVS conducted a number of meetings in five villages including 21 SHG comprising of 227 members. Some of the important activities inducted under the Project UNNATI during the period June 2019 – Mar 2020 comprises of:

A. Meeting with the SHG groups

During the period from June 2019 - Mar 2020, various meetings were conducted with the SHG women members in five villages of Mainpat district. Agenda of the meeting comprised of figuring out the feasible Livelihood generation activities, improving the financial strength of SHG groups, maintenance of Registers and learning upon Profit and Loss Accounts of the Groups. Some of the major intervention areas include:

- Maintenance of Registers
- Maintaining the Profit and Loss Registers
- How to avail Bank Loan and the procedure of repaying the same
- Strengthening the Savings Accounts
- Increased Attendance of Women members
- Focus on Monthly savings
- Livelihood Generation Activities
- Capacity Building & other Training programs for women members
- Home set functioning in Ropakhar Village
- Method of Loan Disbursement and other documentation part

B. Training on Mushroom Farming

A training session was scheduled on Mushroom Farming for 8 SHG groups in the month of August 2019. In this program, respective Gram Panchayat Members of the five villages and other ward members were also invited and prior permission was availed to make the program successful. Time, date and place for training were co-ordinated by the SJVS professionals with the respective team members.

C. Mushroom Farming

In the month of January 2020, four SHG groups were selected from the villages to pursue Mushroom Farming. The 42 women members of these SHG groups were provided various technical trainings on Mushroom cultivation, conditional details, its process of storage and other essential details. Similarly places to pursue Mushroom cultivation were finalized and along with the expert's guidance, all the raw materials and other necessities were provided to these SHG women members for effective mushroom plantation and yield. The details of the same have been provided as below.

S.N.	NAME OF THE SHG GROUPS	VILLAGE NAME	NUMBER OF FAMILIES LINKED WITH MUSHROOM FARMING
1	JYOTI SELF-HELP GROUP	KESARA	10
2	AASTHA SELF HELP GROUP	SAPNADAR	11
3	KHUSBU SELF HELP GROUP	ROPAKHAR	10
4	MOTI SAMAKSHA SELF HELP GROUP	BARIMA	11

D. HIV Camps

In the village Kudaridih, HIV camps were organized for the women members to disseminate important information regarding HIV disease. These villages being in the remote zones hold very little information regarding such diseases. SJVS conducted such camps with prior information to all the village members, Sarpanch and other ward members. During such camps, information regarding the symptoms of HIV disease, precautions to be taken and other such essential information were presented to the village people.

E. Pig Farming

An exposure visit was conducted for the women SHG members of Kudaridih village wherein these women visited the Kesara, Barima, Penga, Kumhata village to forsee various breeds of pigs. These members were interested in Pig farming and to pursue the same, they bought 11 pigs to pursue pig farming and generate income for their family as well as their groups.

F. NRLM

From the Kudaridih village, 2 SHG groups namely Asha Kiran SHG & Maa Durga SHG were linked with the National Rural Livelihood Mission. On enrolling; these members benefitted from the Government scheme financially thus strengthening the group's position.

G. Exposure Visits

In collaboration with BALCO, SJVS planned exposure visits for SHG women members from the village Kudaridih on Goatry farming. During the month of November 2019, these women members visited the Ranapur Goatry farming centre to learn on various aesthetics of goatry farming. During this visit, they were provided information regarding the vaccination for goatry, disease at various life stages of goats and identifying them, their feeding and other such essentialities.

Similarly for the women SHG groups in Barima village; exposure visits were conducted in Poultry farming at Sakola Ambikapur. It was during the month of December wherein these women members could sense livelihood generation in poultry farming. They learnt on various aspects including the investment and revenue part of poultry farming. Many such women members at a later stage went on to pursue poultry farming at a small scale in their home backyard and earned a part of their livelihood from the same.

Moving further, four SHG groups were selected from the Mainpat village for exposure visit in Mushroom farming. This was made successful in collaboration with BALCO wherein these women members visited the Drishti Foundation Mushroom Cultivation Centre in Korba.

H. Capacity Building of SHG groups

Capacity Building of the women members were planned and conducted in February month at Kudaridih village bhawan. Several eminent members from BALCO and SJVS presented their views and how to strengthen a woman's position and image in the society. Important topics included financial inclusion of women members, functioning of SHG groups, feasibility and pursuance of various livelihood generation activities, register and documentation keeping, particulars of financial accounting, Bank Linkage and procedure of availing Loans from Banks etc.

I. Functioning of Beauty Parlour

In the Ropakhar village, 2 SHG groups were linked with C.I.F foundation to avail loans wherein these members went on to initiate Beauty parlours in the village. The two SHG groups namely Bela SHG and Gulab SHG utilized the funds in procuring different beautician items and thus started their business to strengthen their financial position and earn livelihood from the same.

J. Awareness on COVID

With the outbreak of COVID pandemic, all the activities of SJVS came to a standstill thereby halting the SHG functioning. However during this pandemic phase, the SJVS members went

on to disseminate important information on taking precautions from COVID. Some of the important activities under this banner include:

- Information dissemination on COVID by visiting each and every house in the village
- Wall Paintings to spread the COVID awareness at a very high level
- Maintain social distance in the village be it meetings or visiting market
- Presenting Food packets in the poverty stricken villages which included the senior citizens, divorcee etc.
- Nearly every hand-pump in the village were cleaned and bleaching powder was used to ward off possible virus or bacteria that could infect the village people
- Similarly cleanliness drive in the zones filled with dirt was also bleached to ward off any such virus and prevent diseases.

K. Bank Linkage with SHG Groups

During the COVID outbreak, 10 SHG groups were linked with the Bank for availing loan to fulfill their livelihood. SJVS ensured that these loans were granted to the groups without any interest charge for at least 6 Months.

06. PROJECT ON ENSURING MENSTRUAL HEALTH AND HYGIENE THROUGH “SAKHI SWASTH SUVIDHA KENDRA”

The project in collaboration with BALCO intends towards creating enough awareness, usage of sanitary napkins etc. regarding the hygienic way of managing menstrual cycle through usage of low cost sanitary napkins in the different parts of Korba cluster of Chhattisgarh. The project is aimed at initially creating awareness among girls and women by establishing Sakhi Swasth Suvidha Kendra and subsequently setting up of 02 Sanitary Napkin manufacturing enterprise unit in the area of operation of BALCO, Chhattisgarh spread over a span of 3 years. The initial program started at KORBA cluster. The program first conducted awareness and change behavioral pattern of women towards Menstrual Health and Hygiene. This shall be followed by enterprise development in the second and third year which are to be run by the functional Self-Help Groups i.e. SHG's in the respective Panchayats which will be called as **Swastha Saheli Samiti**. One of the most important aspects of this project is to develop the **adocelcent girls and women as entrepreneurs** through tapping their potential and imparting them the necessary skills to function an enterprise. The major objective of the project stands for:

- To create awareness among rural girls and women on Menstrual Hygiene Management through Sustainable Health and Hygiene Committee called as Swacchta Saheli which would be governed by Sakhi Swasth Suvidha Kendra in the area
- To set up low cost sanitary napkin production unit to be managed by Self Help Groups/ Rural women for ensuring adequate supply of sanitary napkins at an affordable price
- To improve the economic and social conditions of women & provide them a sustainable livelihood opportunity

Major Activities governed during the FY 2019-20

A. Women based community mobilization through Self-Help Group

SHG are the best way to spread awareness among the society. For MHH project, SHG plays an important role as regular meeting & interactions were done which further helped to change the orthodox mindset of the people & make them aware about MHH. There are total 276 SHG registered under BALCO and all the groups which covered all the activities like group discussion, counseling, meetings, Chinese whisper etc. to make them aware about MHH. SHG under nagar nigam also have been addressed by SJVS team for MHH.



B. Regular Meetings with Groups

Intervention	Approach & Process	Outcome	Observation	Details, if any
-Meeting -Awareness program, -Ice breaking session	-Visited women to interact individual groups	- co-operative - partially listen - less objection to discuss on MHH - Details of SHG name, presidents and Group heads were recorded.	- Few women found it comfortable and briefly spoke about menstrual cycle and its practices, myths/ taboos, use of cloths & sanitary napkins and dispose of sanitary napkins. - Women blindly follow myths and taboos. - shared their personal experiences. - requires medical opinion regarding women health problems.	There are total 276 SHG in which all covered & 451 meeting were undertaken & 1631 women were addressed about MHH.

C. Women based community mobilization through Cluster Awareness

When 10 or more SHG's joined together then they forms a CLUSTER. The reason behind to address cluster after SHG's being addressed is to make possible interaction of all the groups together. Generally few women do not want to talk individually, so cluster group discussion is conducted. Total 8 clusters have been registered under BALCO, in which all cluster were addressed by SJVS team. Group discussion & group meetings were done to break the myth & taboos about MHH. They were made understand to stop the bad practices for menstrual health.

Intervention	Approach & Process	Outcome	Observation	Details, if any
-Meeting -Awareness program, -Ice breaking session	Community mobiliser participated in cluster meeting to interact with group representatives	- listen/ interact - partially listen & discuss their problems - Initially Objected to discuss on MHH again & again but now if any MHH related problem occurs they seek advice from SJVS team.	- Women disagreeing to participate in talk of MHH but few women later cooperated & sent their girls to join our adolescent girls group. - presented interest for sending their girls to make people aware about MHH	Total 8 clusters in which all were addressed about MHH. In few cluster follow up meetings were taken by Community mobiliser.

D. Formation of Adolescent girls group

Adolescent girls of age 12-18 years are involved in MHH project. The objective was to assess the experience & factors that determines the prevailing practices of adolescent girls, MHH & to identify issues & challenges faced (including health) during their menstruation. To make adolescent girls feel ease & express freely on MHH discussion storytelling, games jokes etc. methodologies were used. They were assured for the anonymity & confidentiality of the information & allowed to refuse to participate at any time if they wish.

Total **28 adolescent girls group** were formed in 29 villages. Regular meetings were conducted by community mobiliser in these 28 villages, and continuous visit were done in Azad nagar to form a group. The registers were distributed to identify group leaders (two leaders from each group) is being maintained & the problem occurred due to unhealthy or unhygienic practices are being noted down further monitored by the community mobiliser.

Intervention	Approach & Process	Outcome	Observation	Details, if any
-Meeting, -Awareness program -Ice breaking session	2-3 times a week, community mobiliser visited the village to form the group & for meetings. - Conducting games (including story- telling, games, yoga, debate, competitions, dance etc)	28 adolescent girls' group has been formed and 1 group are in process and 1 group are not interested to form a group at Azad Nagar	- Few parents aggressively didn't permit to meet/ interact with other girls. - Initially Even the girls want to form group or attend the meetings, but their parents/ guardians strict not allow them to do so - Or they give some vague to ignore - Now Actively participates & helps in creating awareness about MHH in their respective areas.	There are total 28 adolescent girls group in which 322 girls are present & actively participate in spreading awareness about MHH in their respective areas.



E. School Visit

School visit activities were conducted to provide menstrual education to school girls. Many girls experienced their first period in school, or say menstruation is typically covered in biology class. They do not know about MHH & how to deal with such issues. Proper Menstrual education, its cycle, myths taboos, Usage of pad & its proper disposal all this is must for all school girls. MHH education, accessible sanitary product, pain relief & adequate sanitary facilities at school & to school girls shall help improve schooling experience of adolescent girls. To achieve gender equality, it is important that girls can attend & reach their full potentials in school. Schools were visited, meetings were held with head masters, Principals. Sessions were taken on to elicit information on sanitation status of school, knowledge about menstruation, pre-menarche, menstrual practices, beliefs, & effect of menstruation in life.

There are total **29 schools** in which **25 schools** with **895 girls** have been addressed. **Out of 895 girls, 671 girls reported menstruating** & were unaware about MHH. Majority of girls reported taking leave during first & second day of periods, due to fear of staining or smell or losing the cloth. Girls who used pad were significantly attend school during menstruation & less frequently concentration or other problem during menstruation.

Intervention	Approach & Process	Outcome	Observation	Details, if any
School Headmaster and teachers	Briefing of MHH concept to principal and senior teachers and seeking permission for interaction with adolescent girls from class 6 to 12th standard through writing application in letter head.	Permission granted	Principals/ school masters and senior teachers allowed us to interact with their students on topic and discuss on MHH.	Out of 29 schools, MHH sessions have been taken in 25 schools
Interaction and awareness with girls' children from 6 to 12th class.	Class room interaction	Direct interaction with girl children for developing a basic understanding on MHH.	Adolescent girls are active and they spoke about menstrual and its practices.	895 schools girls have been addressed about MHH

F. Visit to ICDS

Health based mobilizers like MT, Mitanin, ASHA worker, ANM, Doctors plays an important role to make women aware about their health and hygiene. Health mobilisers are involved in MHH project as they have all the data and information regarding census, female population, Diet & nutrition, Anemic women & girls in the locality, vaccination etc. All this further is being collected & helpful to work in the right direction to bring positive impact about MHH in the society. In every MHH event, be it small or big health mobilisers are specially invited to address the women & MHH issues, motivates to used good practices about MHH etc.

Health mobiliser actively participated & supported the MHH project helping in spreading awareness and effective implementation.

Intervention	Approach & Process	Outcome	Observation
ASHA workers	Information on MHH Management	No of adolescent girls going to schools, drop-outs and staying at home.	- Few ASHA workers cooperated with team and provided all the details about the village. - And some ASHA workers not agreeing to interact.
Mitanin	Collected information of disabled girl children, death rates due to poor MHH practices	No of disabled women/ girl child, deaths due to poor MHH	- Few ASHA workers cooperated with team and provided all the details about the village. - And some ASHA workers not agreeing to interacted.
ANM	Sought information on health practices among women	To know about how/ what do they interact with Mitadin about MHH	- ANM are good and ready to interact with team and provided all the details about the village
MT	Sought information whether <i>mitadin</i> are trained on health practices	To collect information the ToT conducted for mitadin.	-MT are good and ready to interact with team and provided all the details about the village
Doctor	Information on health issues - pain and other related problems during MHH	To know about menstrual related problems and its cycle	Doctor cooperated with staff. Had a detail discussion on MHH and dispose of sanitary napkins.



G. Door To Door (Family/Individual Counseling)

A total number of 4 areas were selected for individual family counselling. This activity started in selective areas - **3 nagar nigam areas (Parsabhata, Belgiri Basti and Belgiri Nala) 1 gram panchayat area (Belakachar)** covered 2671 household. The objective of this activity was to involve men and women in larger groups and make these **4 villages 100% usage of sanitary napkins.**

S.N.	AREA	NO. OF HOUSEHOLD
1.	BELAKACHAR	400
2.	PARSABHATA	1350
3.	BELGARI NALA	471
4.	BELGARI BASTI	450

Out of 2671 House Hold, Use of old cotton cloth- 1062(39.79%), Use of Sanitary Pad - 973 (36.42%), Use of both Pad/Old Cloth -635 (23.79%)

Intervention	Approach & Process	Outcome	Observation	Details
-Door to Door (Family Counseling)	<ul style="list-style-type: none"> - Introduction & interaction about the vision & purpose of project. - Individual or counselling of head of family (Especially eldest member/male member) to know exact information about MH. - provide them all do's & dont's information about MH - motivate them to use pad & explain its pros and cons. - Provide information of proper disposal of used pads. 	<ul style="list-style-type: none"> - Women started using pads in place of cloths. - we get to know about their MH like (swelling of ovaries, white discharge, gapping in periods, vaginal infection, miscarriage, problems after removal of uterus, less/more bleeding, menopause(aging 26-29years), uterus cancer, conceiving problem. -Awareness about MHH 	<ul style="list-style-type: none"> - Few families cooperated while giving information's about MHH but few just closes door at the face. -They want to interact about them & their families. - Due to financial status some use cloth in place of pads. - Some mentally retarded girls/disabled girls are found not using pad. 	3 Nagar Nigam areas (Parsabhata, Belgiri Basti and Belgiri Nala) 1 gram panchayat area (Belakachar) are covered in which 2671 household are counseled.

H. Awareness Program On MHH

- Awareness Rally/Roadshow

Rallies were organized at different areas to make people aware about MHH, in which adolescent girls, women, school girls, Mitanin, Asha worker cleaning staff, teachers, SHG women, ANM participates. The main motto of the rally was to spread awareness in the society through posters, banners & slogans. Rally/Roadshow results in bringing positive impact about MHH in society. Now adolescent girls come forward to organize rally, roadshow via auto in their respective areas to break myth & taboos about MHH, old rituals, & to change mindset of the people.

04 Awareness Rally & 01 Roadshow via were organized by SJVS team in which **total 248 women, adolescent girls, mitanin, cleaning staff etc. participated.**

- Poster Pasting

Centers identified including all public areas - schools, ICDS, community halls, sub-health centers, Panchayat Bhawan and common places of villagers visit. Posters on MHH about menstrual health, myth & taboos, how a girls feels on her first period, how her family & society reacts, old beliefs & thoughts, usage of pad , its disposal, such posters were pasted in **38 centers of 29 villages**. The reason behind pasting posters on MHH in all public areas was to allow people continuously sight them and positive impact shall change their mindset towards menstruation.

- IEC Materials

ICE materials were developed with **14 different illustrations** and **10 albums**. One copy of album was submitted to BALCO-CSR, 4 albums to community mobilizers, one copy submitted to Women and Child Development. The objective of distributing this album was to include in Door-to-Door counselling activity, so that men of the community will be involved directly into the project of MHH. The men of the community also play important role to bring change within their society and household decision making.

During survey, it was observed that men, as the head and earning member of family play a vital role in decision making i.e. don't enter to kitchen and serve food to any of the family member(s), for 5 to 7 days of menstruation - rules like not entering to the kitchen, temple, garden, water to plant, etc. were strictly followed by men even after the death of mother and father-in-law. In this Door-to-Door individual counselling activity, men and other family members were invited for interaction, so that each member of family can be covered. **STICKERS & COMIC BOOK** were also printed to create awareness about MHH.

I. Workshop & Training

SJVS conducted workshop & training with 1028 women & adolescent girls engaged, more than 1500 people in focus group discussion, teachers, doctors, Psychologist, community health workers, anganwadi workers, mitanins, ANM, ASHA workers, cleaning staff indicated a huge appetite for more MHH training & workshops specifically to address :

1. Lack of knowledge of health issues of MHH at grassroots level.
2. Lack of MHH knowledge and skills among grassroots level workers from health, education and integrated child development services(ICDS).
3. Unclear roles & responsibilities of society, family on MHH & stakeholders on implementation of MHH education & training.
4. Lack of motivation among grassroots workers to tackle the MHH subject

Motivational speaker, Guest faculty, psychologist, doctors are invited to take trainings for the overall development of team & society. The main purpose of organizing workshops & trainings is to bring a positive change in the mindset of the people who are directly involved in the upliftment of the society. Good menstrual hygiene is essential for the health and dignity of girls and women. Discussions on menstrual hygiene are important for women to clarify existing myths and misconceptions around menstruation. Improving menstrual hygiene is important from the point of view of personal comfort and increased mobility. It also reduces the likelihood of infections resulting from poor hygienic practices during menstruation.

S.N.	Methodology Used	Objective
1	Games like (Chinese whisper)	To let them know about myths and taboos been carried out from generation to generation
2	First menstrual experience sharing	To let everyone understand to include periods in normal conversations & not talk about it in secret codes.
3	Nukkad Natak	To make people understand about the myths & to break stigmas and taboos about it.
4	Stop-walk training energizer	To involve the team and make comfortable and session energetic



07. OTHER ACTIVITIES ACCOMPLISHED DURING THE FY 2019 - 20

S.N.	AGENDA	ACTIVITIES	PROCESS	RESULT	
				IMPORTANCE	PARTICIPATION NUMBER
1	EDUCATION AND CHILD RIGHTS	World Sports Day conducted on 28.05.2019 in Bardandpara	On the occasion of World Sports Day; different types of sports activities & cultural programs were conducted in Mainpat Gram Panchayat	<ul style="list-style-type: none"> - It instills a sense of sportsmanship, Team work among the children - It also inducts a sense of environmental concern amongst the children's mindset 	61 children, SMC Members, Panchayat Members, SHG groups from 10 Villages participated
		Bal Panchayat Meeting	<p>In a single year, 49 number of Bal Panchayats meetings have been conducted in which total 503 children participated. Amongst these 503 children; 215 are Boys and 288 are Girls.</p> <p>Agenda of the meeting was to make the village alcohol free zone, Child Marriage and inducting drop-out children in the school. These messages were disseminated through Nukakd Nataks</p>	<ul style="list-style-type: none"> - Increased Attendance in Schools - Learning Environment created in the Village and Schools - Cleanliness Drive and sense of Environment caring nature developed amongst the students - Information on Child Rights - Behavioral Changes in School Students 	<ul style="list-style-type: none"> - 9 Drop-Out Students inducted in Schools - 27 Shala Tyagi students also inducted in schools
		School Visits	Volunteers from the SJVS organization visited Primary & Middle level schools. The purpose was to assess the Teacher's Quality, enhancing the Education Quality, increasing the Children's Attendance in Schools, Inducting Drop-out students in Schools, Impact of sports in schools etc.	Information on Drop-Out Children Entry to Drop-Out Children Teachers Participation in school activities Children's Interest towards Education	
		Figuring of School Drop-Out Children	In April month, new children to be inducted in school were figured out Data from Bal Panchayat, Baseline and Parents were collected Reasons for children not attending schools were assessed.	Awareness on compulsory attending schools were done Parents were convinced to send their children to schools	Of the total 6 Drop-out children, 27 children enrolled in school in July month; of 18 non-going school children; 9 children were enrolled in school

		<p>"School Chalo Abhiyan" for 1st Standard</p>	<p>The Abhiyaan was conducted in 15 villages. In consultation with the Teachers, rallies were conducted. An environment for "sending children to school" was created. Students, Teachers and SMC Members raised slogans on going to schools. 15 such rallies were conducted wherein 570 village people and students from 22 schools participated</p>	<p>Awareness on going to Schools Parents convinced to send their children to schools.</p>	<p>Students - 438 Teachers - 30 SMC Members - 2 Youth - 9 Anganwadi members - 9 Others - 22 Volunteers - 18</p>
		<p>Second Phase for "School Chalo Abhiyan"</p>	<p>In the target 15 villages; 14 Primary and 8 Middle Schools were taken into account which shall stand as the center-point for initiating the Abhiyaan. During this phase; teachers, Students, SMC members and parents of the children were consulted and rallies were conducted. The motive behind conducting this rallies was to create a learning environment for students in the village</p>	<p>A positive environment was created for "School Chalo Abhiyan" - Increased Attendance in Schools - Awareness regarding "Importance of Education" in the village was created</p>	<p>"School Chalo Abhiyan" was conducted in 15 villages of which 750 Students, Parents, Panchayat Members, Teachers, SMC Members participated</p>
		<p>List of Hamar Sangwari developed and Essential Items distributed</p>	<p>In every Village, Hamar Sangwari centers were located and essential items were distributed through proper channel 15 Hamar Sangwari Centers were made functional wherein Volunteers along with Children performed all the essential functionalities</p>	<p>- Essential Daily items distributed - Children were content and happy after receiving the essential Items</p>	<p>In 15 Villages, 15 Hamar Sangwari centers were located to distribute the essential Food items</p>
		<p>Establishing Study Corners in Children's Home</p>	<p>SJVS Volunteers discussed and convinced the children parents to improvise on their children's education. In lieu of the same, special study corners in the Household were established</p>	<p>- Study Corners established in each Children's Home - A study environment was created in the village and individual household - A separate corner for study was established in the home - Students interest towards education enhanced</p>	<p>The movement was carried out in 15 Villages Of the 15 Villages; Study Corners were established in 336 children home.</p>

		School Management Committee Meeting	School Management Committee of 22 Schools in the Project Villages were connected and discussed about the functioning of schools, importance of education, sports etc.	Re-formation of SMC with new values, importance	In 15 Villages, 44 members of 22 School Management Committee. Of the total 352 members participated, 196 members were active.
		Capacity Building of School Management Committee	In the Projected area of 15 villages; SMC of 22 Schools were connected and discussed about the problems. Simultaneously Trainings were imparted on 9th & 10th November at Badandpara Anganwadi Centre	<ul style="list-style-type: none"> - Information on Child Rights were disseminated to the participants - Information on Free and Compulsory education - Awareness on SMC functioning, its responsibilities - Understanding of the School Improvement Program 	36 Participants from 15 Villages participated in the Training program
		Training of Bal Panchayat Members	Volunteers from SJVS and Hamar Sangwari members from 15 Villages were connected and trainings delivered to members on 12th & 13th October 2019. Parents were convinced to send their children to the schools	<ul style="list-style-type: none"> - Child Volunteers started getting connected with the Hamar Sangwari centers - Information on non-going school children were collected 	30 Children from 15 Villages of Mainpat and Lakhanpur Block attended the training session Cleanliness Drive in Schools were conducted
			In the second phase, Bal Panchayat trainings were conducted on 12th & 13th January 2020 at Narmadapur Panchayat Bhawan	<ul style="list-style-type: none"> - Information on Child Health were provided - Through Sports, children acknowledged the value of Team spirit and Unity 	47 participants from different centers attended the training session
		Bal Mela conducted	At the cluster level of 15 villages, total 5 Bal Melas were conducted. A total of 369 people participated in the Melas wherein Sports, Culture, poetry, Action Songs etc. were conducted	<ul style="list-style-type: none"> - Sportsmanship values were induced in the children's mindset - Children provided with a platform to showcase their skills - Fear and Anxiety disappearing from the Children's mindset 	A total of 369 people participated in 5 Bal Melas of 15 villages

		Capacity Building of Volunteer Workers	Capacity Building trainings were organized for the Volunteer members of SJVS dtd. 14th & 15th March 2020. The motive was to let the members have an understanding of the Mission, Vision and Goals of the Organization	<ul style="list-style-type: none"> - Understanding of the Organizations Mission, Vision and Values - Understanding of the challenges at the Village level 	14 Volunteers and 5 SJVS senior professionals attended the training session
2	WOMEN AND HEALTH	Visit to Anganwadi centers	Every Tuesday, visit to Anganwadi centers were conducted. Problems and other challenges were discussed in context to Infrastructure, Functional problems, Child Vaccination etc.	<ul style="list-style-type: none"> - Challenges at the Centers were discussed, listed and sent to the concerned authorities for resolving - Anganwadi functioning were performed better - Regular nutritionist food were given to the children 	A boundary wall was built for the School and Anganwadi center n Kudaridih 9 Anganwadi Centers were made functional and active
		Nutrition Mela conducted from May 20 - June 6th	For every Anganwadi Center in the project area, Nutrition Mela was conducted. The objectives of this mela was to create awareness on malnutrition, diseases occurring due to malnutrition amongst children and symptoms of such diseases, ways to prevent the same etc.	<ul style="list-style-type: none"> - Information on Children suffering from Malnutrition were collected - Nutritious Food served to the children - Information on pregnant Ladies in the villages collected 	In all the 15 villages covered, a total of 491 women and children participated along with 136 Male members and 70 Youths 25 children suffering from malnutrition were brought to normal zone.
		Health Awareness Camps	SJVS in collaboration TDH conducted free of cost Health Awareness Camps in Paiga, Barima and Dongakarcha village dtd. 22nd & 28th Aug, 6th Sep., 1st Nov 2019 and subsequently on 7th February 2020. Under this awareness camps, doctors and other consultants provided important information on various season diseases and ways to combat the same	<ul style="list-style-type: none"> - Information on seasonal diseases - Children's suffering from seasonal diseases were treated freely - Precautions to prevent such diseases were also informed 	310 people participated in a total 5 Camps conducted in 5 Villages

		SHG Group Meeting	All the different functional SHG members were connected and discussions were done regarding the Livelihood programs, Alternative Livelihood Generation schemes, Poultry Farm Business, Profit and Loss Account etc.	<ul style="list-style-type: none"> - Information and Ways to increase to Monthly Savings - Alcohol Free Village - More Women Members interested to join the SHG groups 	51 Families linked with the Livelihood Generation Schemes
		Training of SHG members	A two day training program on 19th & 20th Jan 2020 was conducted at Kamleswarpur village. The aim of the training session was to teach the SHG women members about the essentialities of Savings Account, Profit & Loss Account, Loan Disbursal Mechanism, Loan payment procedures etc.	<ul style="list-style-type: none"> - Income generation activities were figured - Members learnt about the Register Maintenance, Savings Accounts etc. 	39 Participants attended the Training programs
3	LIVELIHOOD & GOVERNMENT PROGRAMS	Farmers Committee Meeting	A meeting was conducted with the Farmers Committee wherein Organic farming was discussed, advantages and its feasibility in the village.	<ul style="list-style-type: none"> - Farmers located to pursue Organic Farming - Farmers learnt about the techniques and other essentialities of Organic Farming - 76 Farmers presented their interest in pursuing Organic Farming 	119 Males and 38 Females participated in overall 21 meetings Of the 15 Villages, 25 Farmers were selected to pursue Organic Farming
		Kitchen Garden - Seeds Distribution Program	Information on different types of seeds, its quality and list were prepared and imparted to the farmers	Seeds were distributed amongst the selected Farmers	Meetings were conducted in 10 Villages wherein 136 Families, 22 Schools and 15 Anganwadi Centers were selected to distribute the seeds
		Linkage with MGNREGA Program	Sarpanch of the projected Villages were consulted to plough in employment opportunities for the village people by linking with MGNREGA program		38 days of Income generation work were located and provided to village people

		Plantation Program	Different ward members, Sarpanch and other eminent figures from the villages were connected to drive a Plantation program with the help of Volunteers	<ul style="list-style-type: none"> - Environment caring ambience was created in the village - Families and other eminent pledged to take care of the plantation 	96 Families from 5 Villages were located to drive the Plantation program
		Celebration of World Plantation Day	<p>On the occasion of World Plantation Day on 15th Jun 2019; plantations were done in 15 villages</p> <p>Rallies to protect the environment was conducted along with Painting Competition and exhibitions were held for the same</p> <p>Highest Plantations in the history of these villages were done during these occasion</p>	<ul style="list-style-type: none"> - Information of protecting the environment was disseminated - People pledged to take care of the Environment 	Different varieties of Fruit plants were planted in the villages in Kudaridih village, 50 plantations done in 15 schools 200 Plantations were done in Barimakhas villages, 150 in Uranga, 300 in bardandpara and 200 plantations in Kamleswarpur village
		Linkage with Skill Development program for the Village Youth	<p>Different skills in context to electrical, mechanical, motor winding, mobile repairing, civil work, stitching etc. were conducted by enrolling the village youth in such training programs</p> <p>90 Youth Committee Meetings in different villages were conducted to check the feasibility of such Skill development programs</p> <p>A three day training program was conducted for the village youth from 18th - 20th Oct 2019 at Narmadapur Samudayik Bhawan. Similar training session were conducted in Ropakhar village from 19th - 21st Feb 2020</p> <p>The objective of this training program was to instill in youth the importance of unity and aims of creating Youth groups in villages, linkage with different employment schemes of the Government</p>	<p>58 Male and Female Youth from different villages enrolled in various Skill Development programs</p> <ul style="list-style-type: none"> - Information on various Government employment schemes presented to the Youth - Understanding on MGNREGA and Panchayati Raj System - Understanding on the Krsihi Vigyan Kendra - Information on Forest Rights Act 	<p>Females also enrolled in the Skill development programs to enhance their employment options</p> <p>41 Youths from 15 Villages attended the Training session</p>

		Exposure visit of Youth	<p>On 28th Jan 2020, the youth of Balco Nagar in Korba district underwent an exposure visit to the Mushroom Farming centre. They were presented the feasibility, technicalities and other information's on Mushroom Farming</p>	<ul style="list-style-type: none"> - Knowledge on Mushroom Farming - Motivation to self-generate employment through Mushroom Farming - Exposure after meeting members of other villages 	16 Youth participated in the Exposure visit
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