



Gramin Vikas Samiti

Annual Report

2021-22

ENABLE | EMPOWER | INCLUSION

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ABOUT US

Gramin Vikas Samiti (GVS) was formed on 16 June 1992 and was registered under the Society Registration Act. GVS always has made an attempt to ensure the Right to Justice, Peace, Development, no caste, class, gender-based-discrimination; we have worked for a society in which the poor have control on their nature as well as livelihood resources, people co-exist with nature, equality prevails in the society, and the citizens of India have strong moral values. Our intervention areas are the remote areas of the following districts Damoh, Panna, Sagar and Chhatarpur of Bundelkhan Region. Where, the organization decides the priority keeping in mind these areas, the people who belong to tribal, dalit and backward community.

Vision

We envision the society in which the poor, weak, marginalized and vulnerable sections of the society, especially Tribal, Dalit, Backward Community, women and children of rural areas, have equal rights, social justice, peace, respect, security and dignity in their lives, where the society is free from discrimination and everyone has access to better health, education and livelihood opportunities.

Mission

We aspire to build a strong society by connecting the poor, weaker, marginalized, deprived and vulnerable sections of rural areas with the government's health related schemes and services, making education accessible to children preserving and promoting people's art and culture, building capacity of the community through empowering women and youth, assisting the farmers to adopt farm-mechanized and organic techniques of farming to improve their livelihood.

Goals for the next year

“To ensure stop more Child marriages rather than the last year and to altered beliefs amongst the people about the Child marriage. Dissemination and increase the reach to the more Children, Adolescents, and Youth”.

DEVELOPMENT ACTIVITIES AIM TO ACHIEVE

- Empowerment
- Education
- Environment
- Health of Adolescent Girls
- Poverty
- Maternal & Child Health
- Child Care & Protection
- Livelihood
- Nutrition Food

OUR RESPONSE TO COVID-19 PANDEMIC



OUR RESPONSE TO COVID-19 PANDEMIC

In the light of COVID-19 pandemic, Organization has been taking small initiatives towards the wellbeing of people and to save the lives. GVS organization is such a witness of covid crises where the people were in need of shelter, food, oxygen, and many more during the COVID-19 first, second and third wave. These are the children, women, and men who belong to vulnerable and marginalized communities from the remote areas and backward urban areas of districts Damoh, Chhatarpur, Panna, and Sagar of Bundelkhan region of Madhya Pradesh state of India. The migrants, they lost everything in this crises and come back home to save their lives.

During the second wave the demand of oxygen was too high throughout the country and all over the world. So as a veteran the organization made the plan to arrange the oxygen, medicines, and other essentials. We engaged with the district health department to fulfill the essential requirement of the health infrastructure like SHCs (Sub-Health Center) or Delivery Points, 16 PHCs (Primary Health Center), 6 CHCs (Community Health Center), 1 Civil Hospital and 1 DH (District Hospital). To fulfill the demand of oxygen and other basic medical equipments we provided 50 oxygen concentrations, 10 suction machines, 150 pediatric drip sets, 150 pediatric oxygen masks, medicines, IR Thermometer, Pulse Oximeter and masks to the district health department.

Furthermore, Organization handhold with the health department and worked together as a team worked to provide adequate assistance to the needy people especially the people from the remote areas. We spread awareness on covid-19 protocol compliances as well as in the covid-19 vaccination campaigns for the vaccination of 18+ and the children under 18 years (12 to 18 years old children). Our staff/mobilizers/volunteers collaborated in the campaigns that were organized throughout the district Damoh and communicated or did advocacy with the health department about their planning/schedule and reach at the places wherever the covid vaccination campaign organized. We encouraged, motivated and helped people in fetching them to the vaccination centers. Also we called people at the vaccination place. In order to increase the reach to more population and to generate awareness we had also participated in the VHND (Village Health & Nutrition Day) sessions those were conducted to cover 12 to 18 years children, adolescent girls/boys, women, and men from the remote areas of organization's Intervention areas. We have also distributed Fifteen thousand masks to the people. Collectively Fifty thousand adults and children got vaccinated and we have successfully reached up to more than 1.5 Lakh people from the intervention area.

Apart from it, during the visits in the intervention areas people seemed to be in the food crises due to which children had been suffering from the malnutrition and the women from anaemia from the most vulnerable and needy families. In order to provide them adequate support the organization made the arrangement of dry food to assist the two hundred & twenty three children from the identified families and provided dry food support to the families of children approx for a month so they can feed their children.



COVID-19 protocol compliance: consistently promoted adoption of healthy practices & ensured compliance across intervention area and stockholders in all operational areas.



Health Advisory shared with teams, messages displayed at ground locations/remote areas and at key corners of communities through wall writing, posters, electronic media, and infographics.



Frontline workers (Teachers, PRI, ANM, ASHA, AWW, CBO etc.) were sensitized to carry messages of preventive care to beneficiaries.



Hygiene Corner in community and school premises encouraged the adoption of healthy behavior among children and these values transferred to the families and neighborhoods.



Psychosocial support provided at the ground level and has been accorded high priority. A medical counselor mobilized to offer support to the community ensuring that they stay positive.



Life Skilling ensured greater inclusion, altered beliefs, practices, self-image and increased confidence.



Distribution of Masks and Soap as a sanitizer across project locations took initiatives of stitching masks to distribute across the remote areas and other stockholders including health officials and government bodies, which helped protect lives.

Women Empowerment

बच्चों की सुरक्षा एवं संरक्षण के लिये
24 Hours Helpline for children in
Need of Care and Protection
CHILDLINE 1098
शेवरा, बेसमारा और मुरीचत में बच्चों के लिये
दिन रात मुफ्त कॉल सेवा 1098 भादवदनदन
G.V.S. CHILDLINE DAMOH M.P.

अंतर्राष्ट्रीय महिला दिवस
8 मार्च 2022
स्थान : धनगौर, तेंदुखेड़ा, दमोह (म.प्र.)
आयोजक : राखी दुर्गाचिदि काँचिमा पंचायत धनगौर
एवं नागरीण विकास समिति दमोह (म.प्र.)
Supporter

अंतर्राष्ट्रीय महिला दिवस
के अवसर पर
मुनीसिमा लोडि दमोह
आयोजक अरविंद कर्मा



Women Empowerment

Women are the future of our lives. For emerging, empowering and strengthening the women, 62 women's group were formed of the women who belongs to tribal, dalit and backward class from the remote area of Damoh district of Bundelkhand region.

Motivational Activities for the Women: Programs like International Women's Day have been organized, in the programs by giving priority to women's awareness for women's rights. **International Women's Day (IWD)** is celebrated on the 8th of March every year around the world. It is a focal point in the movement for women's rights. The day aimed to help nations worldwide eliminate discrimination against women. It also focused on helping women gain full and equal participation in global development. Gramin Vikas Samiti (GVS) is the organization which has been working for the development and empowerment of women therefore GVS celebrate this day in the intervention area to aware women and people on its importance every year in the remote area of district Damoh.

The theme for 2022, the UN (United Nations) given theme is “**Gender equality today for a sustainable tomorrow**”, which aims to recognize women who are working to build a more sustainable future.

The **International Women's Day** March 8th 2022 was celebrated by Gramin Vikas Samiti Damoh at gram Panchayat Dhangour at High School Dhangour ground which is 8km away from Tendukheda block of district Damoh, Madhya Pradesh, India. The program was hosted by 'Rani Durgavati Balika Bal Panchayat' Dhangour, Tendukheda, the Chief guests were Present Vice President District Panchayat Mrs. Kaunshalya Memar, Ex. District Panchayat President Damoh Mrs. Anita Singh Gond, Dr. Deepti Namdev from CHC (Community Health Center), female Teachers from schools, College's female faculties and ASHAs from 22 villages were also present there. First of all, the celebration was started by putting garland and tilak on the portrait of legacy Rani Durgawati with a motivational song then all the chief quests were honored and congratulates by putting garland and tilak on their forehead by the GVS team and the members of Balika Bal Panchayat.

All the 550 women and adolescent girls were exited to here chief quests and also wanted to know about the program International Women's Day. So the motivational speeches were given by all the chief guests presented, in which they told about the dignity, courage, victory, huge success, determination, and enthusiasm of Women's for example Kalpna Chanwla was the first Indian Women who gone to space, courage of Rani Laxmibai, MC Mary Kom Gold medalist in Boxing, Saniya Mirza, Sayna Nehwal, Hima Das, Peeti Usha and many more example of successful women. And also told that in our villages, often illiterate women's are there, who don't know about their rights and women's from village remains unmoved from their participation. Due to which such programs are organized to empower the women and to inform about their rights. Other than this they were also told that women's has been ahead of the times of naadi age.

Furthermore, it was also explained that, it's a day when women are recognized and celebrated for playing various roles in different spheres of life. Women have a robust spirit which makes them excel in their fields. They contribute massively to the lives of their family members and the country. It's the day for praising women who work hard each day to accomplish individual and professional goals. All across the world, different events take place including movements or March to observe International Women's Day. There are some countries where women are not treated equally. In these countries, protests are observed for the liberation of women. For many people, the role of women is limited to household chores only. However, this needs to change as women deserve equal freedom and opportunities in everything like men. The world is moving towards gender equality. It is moving towards a balance between both men and women. A change is required and is also essential. It is observed that men have had more advantages in every sphere of life in comparison to women since ages. However, this needs a change as we all are humans and should be treated equally with equal rights and opportunities. On International Women's Day, everyone appreciates the women in their lives. Everyone acknowledges the worth and significance of women in their lives, and their tremendous contribution towards society as well. Be it in professional life or personal life, celebrating women is a sense of obligation to each and every woman in one's life. Women across the nation come together crossing all the boundaries from various cultural and ethnic groups to remember their struggle for peace, justice, equality, and development. International Women's Day is all about feeling self-worth and achieving the goals as per the potential. Besides that, women should gather the courage to cross all the hurdles in all the spheres of life to make a tremendous improvement. It is a general myth in society that women-related issues are not a big deal. Many people believe that the gender gap does not really exist in society and efforts by individuals are not enough and cannot bring any change to the gender gap. Women's Day is all about making the society realize that each individual has to work in a different way and changing society towards a better future.

Furthermore, Women's were very happy and told that they never got the chance to put their own voice in front of allied systems, and never participated in such type of programs and such programs was never organized for them. And women's happily told us that they want to sing and dance on their traditional songs. So, we have made the arrangement of the music instruments for them. All the women were sung their traditional songs and some of them were danced and enjoyed the International women's day. Other than this, Women and adolescent girls shared their happiness by playing Holi and celebrated Holi with colorful Gulal before the festival.

As a result, all the participants has come to know about the story behind International Women's Day celebration and also come to know about their rights, dignity, what importance they has in the society.

Collectively, the information of the celebration of International Women's Day has spread in throughout the intervention area. All the women were happy and thanked GVS for organizing this program for them and through this program they also came to know about their rights. GVS also thanked to the entire Women's for their participation and for making the International Women's Day huge successful.



Empowering Adolescent Girls by Creating Adolescent Girl's Bal Panchayat

Empowering Adolescent Girls

Girls are the future, so let us improve their life. For the betterment and welfare of Adolescent girls, Organization has been working for the backbone of lives and the future of adolescent girls. As we all of us know that from the ancient times women play a significant role in the family and they are the caretaker of their family, **“They feed their family members first, after that they eat leftover food”** due to which they often not beware about their health so as a result most of the women and adolescent girls have been suffering from anemia.

In order to empower and strengthen the adolescent girls we formed 27 Adolescent Bal Panchayats in each villages of the remote intervention area. Wherein, organization conducted various significant programs/sessions for the Adolescent girls and covered the following key points like health education, menstrual hygiene, sanitation, anemia, education, their rights and so many more. Accordingly, in health we facilitate health schemes and menstrual hygiene session. Adolescent girls suffer from the various embarrassments due to the traditional cultures and the illogical thoughts.

Also to prevent themselves from anemia, GVS organized small health campaigns in which we disseminate relevant information about the importance of most significant iron rich foods, seasonable green leafy vegetables easily found in their locality such as spinach, munga bhaji, sarso bhaji, lalbhaji, chana bhaji, norpa ki bhaji, maithi ki bhaji, bhatua ki bhaji etc. and explained the benefits of sprouting rajma, grams, lentils like moong, and eat it with Jaggery were told to adolescent girls to prevent anemia. This benefited more than 2200 adolescent girls of the area.

Facilitation of menstrual hygiene session

Hygiene is a vital part of our body and to maintain the quality of life. We facilitated the menstrual hygiene session to the Adolescent girls and women. Initially we have explained about the menstrual disorder, which affects the quality of life of adolescents and young adult women. We introduced them about the most frequent gynecologic complaints. Briefed the information about normal menstrual cycle, abnormal uterine bleeding, amenorrhea and dysmenorrhea. Prevalence and impact, menorrhagia, iron deficiency, affect the quality of life and absenteeism from work or school in bothersome. In these meetings we discussed on menstrual problems, sanitation/hygiene and explained all the necessary things that adolescent girls should follow such as the importance and the use of sanitary pads to prevent themselves from any infection occur due to menstruation among adolescent girls. We have explained them to use and the importance of IFA tablets to prevent themselves from anaemia. Also explained that don't bother about any problem related to menstrual hygiene. They can discuss with mother, sister, grandmother about it or consult with the lady doctor.

Through these health sessions information related physical and external self-consciousness was given to more than 3500 Adolescent girls for their good health. The use of napkin for girls was explained and it was advised to avoid physical weakness by regular consumption of iron tablets, to prevent them from anemia, made aware of the benefits of consuming seasonal fruits and vegetables available in the area and motivated for the establishment of the concept of kitchen garden and promoted as well.

Capacity Building of Frontline Workers



Capacity Building of Frontline Workers

In order to prevent the people from the COVID-19 epidemic GVS made plan to build the capacity of frontline workers (Panchayati Raj Institution (PRI), Teachers, AWW, ASHA and ANM) on COVID-19 Pandemic and seasonal diseases.

GVS conducted the small group meetings adhering to covid-19 protocol compliances in the remote areas of the intervention area built the capacity of frontline workers. In these meetings we discussed and explained the things that we have to follow when generate and spread awareness among the children, adolescent girls/boys, women and men.

Here are some key discussion points like what are the symptoms of covid-19 and the seasonal diseases? Such as common cold (Sneeze, watery eyes and Nasal congestion), Flu (Fever, Head congestion and pain in the extremities), treats infection, viral infection (any diseases caused by virus) etc.

What are the responsibilities of PRI, Teachers, AWW Workers, ASHA Workers and ANMs? How to aware adolescent girls/boys, women, communities etc? , What are the seasonal diseases? How people can prevent themselves from seasonal diseases such as viral fever or viral infection, cough & cold, itching and the other viral infections. How to aware children who are enrolled in Anganwadi Center's, Schools, College and dropout children about the COVID-19 pandemic. How to aware people for covid-19 vaccination? Also briefed about the basic precautions that can be used in the prevention from covid-19 pandemic such as drink boiled water, wear mask, maintain social distance, wash hands frequently and get both doses of COVID-19 vaccine along with the children under 12 to 18 years. It was decided that all the above things must be followed by the children and the people belongs to our intervention area. Also briefed about the basic precautions that can be used in the prevention from the seasonal diseases such as use net to protect themselves from mosquito's, well cooked food and healthy food such as Munga ki Bhaji, Munga ke flower, Konse, Chana Bhaji, Bhatua Ki Bhaji and the other seasonal vegetables available in their village.

Capacity Building of Community Groups



Capacity Building of Community Groups

Maternal & Child health care issues are the very important part of our society so in order to build the capacity of community groups on maternal and child health care. Organization conducted various capacity building meetings with the community groups. Through the meetings we are quite successful in building the capacity of these groups in the intervention area.

The following key points were discussed with the community groups like- what is maternal and child health care and why it is important?, why prenatal and postnatal care are essential?, what things should be remember while giving care to mother and child?, Why it is needed to take care of mother and child?, what are the advantages of providing care to mother and the child, what are adoptive process to take care of mother and child, and what are the disadvantages of not giving care to mother and child.

Furthermore, during these meetings we had also explained that How pregnant women can consume 100IFA (Iron Folic Acid tablets) tablets on the regular basis, intake of nutritional food and high iron rich food. The timely ANC checkup of pregnant woman and PNC checkups of lactating mother at least four ANC and PNC checkups, and regular visits in VHNDs (Village Health and Nutrition Day), safe Institutional delivery, colostrum feeding after birth, exclusive feeding up to six month, and after completing six months early initiation of complementary feeding along with the breast feeding.

In case of child the following things were discussed with the community groups like how take care of child after birth how children get Iron Syrup, Folic Acid, Vitamin-A. How community groups can aware pregnant women about the prenatal care and postnatal care. How community groups helpful to stop child marriages happening in intervention area. It was also explained that how can community members monitor these things and they can inform about these situations to the concerned.

How community groups support in the immunization of children who did not participated in the complete immunization to protect children from their health issues especially children of migrants. The following things discussed in these sessions. Explained, how to improve the maternal and child health spread awareness about health & nutrition of pregnant women's, lactating mothers, and adolescent girls. How people can prevent mothers from the corona virus (COVID-19) infection.

Capacity Building and Development of Youth



Capacity Building and Development of Youth


The COVID-19 pandemic has disrupted all business verticals, all communities; all age groups and economic classes. One of the areas of acute disruption is visible in the youth generation, the current high school and college bound students. Suddenly, their future has been clouded by the complete lack of opportunities on the one hand and how and what skills will be necessary to address the new challenges of the future. They have seen disruption in the lives of those around them and have found it difficult to comprehend how this will impact their own futures. Interestingly, it is this age group that constitutes the future of communities, states, and countries, globally. They are, after all, the future work force and will soon be the drivers of change, development and economies. Yet, in the current situation, any opportunities to gain practical knowledge, work experience, and income have evaporated for this youth generation.

The Chamber and its partners seek to entrust this age group, today's youth, with skills to help build capacity by bringing together key constituents in a unique way. The objective is to engage, excite, and empower this generation by enhancing their knowledge base and their problem solving abilities while building confidence and self-worth, acknowledging the role they have to play in tomorrow's decision making processes and as future consumers. Quite simply put, to 'employ' their minds to efficiently seek solutions to address social, business, and community issues as seen from the eyes of their generation. To say that the younger generation thinks and behaves differently is an understatement. Their views on topics from the environment to economics, from social issues to social media, from community building to community caring all demonstrate a very different set of priorities and the need consequently to approach existing challenges through different approaches.

Our team has been bringing together and encouraging all kinds of private and public schools districts, law enforcement, which stands to benefit from the insights of the youth generation or 'consultants.' This is a different slant to corporate social responsibility and an investment in tomorrow's generation by 'listening' to them and their suggestions by encouraging them to explore their minds by introducing them to the nature of challenges ahead in a changing global and local environment. This will be done by compensating these 'youth consultants' financially to find creative solutions to the problems/challenges/concerns that organizations are facing today for tomorrow. Typically these should be issues that are in some form related to or impact the youth generation as their insights would help corporate or organizational enterprises build/change their strategies/approaches.)

All the above things have been done using a simplified Design thinking approach to help identify/solve issues/problems. Design thinking is a process for creative problem solving. By using design thinking, one can pull together what is desirable from a human point of view with what is technologically feasible and economically viable. Rather than teach students basic skills, the objective of the Design thinking approach will be to help them to think 'outside the box,' understand how to apply the thought process to and in different situations, how to gather and filter information through research and discussion, build prototypes and models for solutions and develop effective presentations for the client to adopt. The process also relies on the use of technology to help build prototypes and make presentations.

Maternal & Child Health Care



We conduct Pregnant & Lactating Mother (PLM) sessions to create awareness on pre-natal and post-natal care timely check-up as well, safe institutional delivery, colostrum feeding, exclusive feeding, early initiation of complementary feeding, and the regular participation in the Village Health and Nutrition Day sessions (VHNDs).

Positive Deviance (PD) Health Camp

Nutritious Plate

Place:
Date:

Organizer: Gramin Vikas Samithi (GVS) Damoh (M.P.)

PD (Positive Deviance) Hearth Session



PD (Positive Deviance) Hearth Session

In order to generate awareness on malnutrition, maternal & child health care issues and to reduce the malnutrition, maternal and child health issues. Also to generate awareness on seasonal diseases and to change deviate peoples traditional practices on maternal & child health care. Organization has conducted 12 days activity on PD (Positive Deviance) hearth session as well as the health camp in 27 villages from the intervention area. Through these sessions we had discussed on the following objectives PD/Hearth is a community-based approach with three interrelated goals:

- ✓ **To reduce the prevalence of malnutrition among children under five years**
- ✓ **To build local capacity to treat malnourished children and sustain the rehabilitation of children**
- ✓ **To prevent future malnutrition among all children in the community**

‘Positive deviance’ means straying from the norm, but in a beneficial way. Despite stark poverty and food scarcity, some parents find ways to raise well-nourished children. Understanding what these ‘positive deviant families’ are doing differently from the parents of malnourished children in the same community is key. This inquiry often identifies positive practices that are unique to that context, such as Vietnamese mothers collecting shrimp for their children while working in rice paddies, Ecuadorian women pre-masticating meat before giving it to their children, and mothers in Democratic Republic of Congo feeding their children dried and powdered caterpillars in their porridge. Families with malnourished children are then supported to adopt these positive practices through hands-on nutrition education and rehabilitation sessions conducted in the home (‘hearth’) of a community volunteer. During the hearth sessions, the children are fed nutritious meals based on positive deviant foods, which the caregivers prepare together using ingredients they have contributed. As the children respond to the improved nutrition by gaining appetite, energy and weight, their families experience first-hand the value of the positive deviant practices. After the hearth session, volunteers continue to monitor the children’s growth and support the families to apply the new behaviors they have learned. Collectively we have covered 369 SAM & MAM children, 452 pregnant women, 537 Lactating mothers and 1580 Adolescent girls. And quite successful in changing their best feeding practices.

Self Help Group



Livelihood

Organization has been working to improve the quality of life of the tribal, dalit, and backward marginalized communities. Organization did various things such as, we organize demonstration in the real time in the community of remote/unreached areas, to do so farmer clubs were formed in the intervention villages of Damoh district, with the objective of improving the livelihood of these small and marginal farmers, reducing the cost of cultivation and increasing the production of paddy, wheat, gram, lentils, paddy, Demons were conducted by training people to cultivate mustard. In this, the technology of organic manure prepared by the organization was told to the farmers. Also there are 55 women's self help groups. Women in these groups are encouraged to adopt small savings methods and help their group mates when needed, so that women can escape from the clutches of moneylenders and meet their normal needs. We have also motivated these women group to start small enterprises/business/wages like goat rearing, poultry farming, brick kiln, grocery shop etc.

Promotion of Establishment of Kitchen Garden:

As a part of livelihood we have been promoting the concept of kitchen garden and family farming to reduce anemia among adolescent girls and women and also to reduce malnutrition. We motivated people and promoted the concept of Kitchen Garden and established in the backyard or 'Sapanna' (the place used to bath utensils and to take bath) of their houses by providing seeds of seasonal vegetables.

Furthermore, also discussed how these Sak bhajis and seasonal vegetables grown in the surrounding forests are collected and cooked and how delicious their taste is. We demonstrated cooking and testing demos and these kitchen gardens were shown to more than 750 families in and around the village by taking a tour so that they could also understand its benefits. These Sak Bhajis are being used in a better way by the people.

Throughout the year we had successfully established kitchen garden at the homes of 360 families. We gave demonstrations of kitchen garden, how to cultivate the kitchen garden. Vegetables like spinach, fenugreek, naurpa,

bathua, mustard seeds and gourd, beans, turai, barvati were planted in these kitchen gardens.

Promotion of the concept of Family Farming:

The concept of family farming "Family Farming (which includes all family-based agricultural activities) is a means of organizing agricultural, forestry, fisheries, pastoral and aquaculture production which is managed and operated by a family and predominantly reliant on family labor, including both women's and men's. Family farmers depend predominantly on their own household labour. In India, traditionally farming has been family based and majority of the farmers are smallholders. Family farms maintain bio-diversity and hold the key to ending rural poverty cycles. Wherein more than one farmer do crop intensification seasonally and share profits. We have been promoting the concept of Family farming among the families those are belongs to tribal and who has adolescent girls, malnourished children, and anemic women and also has financial problems as well as social issues. This is all to improve the quality of life of women and the livelihood of families.

Child Care and Protection



Child Care and Protection

Child care and protection is the biggest issues throughout the country and in the whole world. GVS has been working for the welfare of children since its establishment and for the conservation of child rights such as rights to live, rights to development, rights to education, rights to participate and to protect their childhood. Organization provides essential support to such children by reaching them through the various outreach activities.

For Child protection, the Ministry of Women and Child Development, Government of India has entrusted the responsibility of providing security for children on CHILDLINE 1098 by selecting the Gramin Vikas Samiti (GVS), which the organization is fulfilling the responsibilities with full responsibility.

The CHILDLINE works in 1250 villages of Damoh district of Madhya Pradesh for the Care and Protection of children in trouble, destitute children, missing children, abused children, orphan, abandoned, runaway, children are in conflict with law, to stop child marriage etc. Through the campaigns, information about child safety and child rights was given among about 7000 children in 14 Higher Secondary Schools, High Schools and Middle Schools of the district. Through outreach, information was reached to 15 Lakh people in Damoh City, also award 15 Lakh population of the Damoh district through wall writings, posters, pamphlets and newspapers etc. also explained about the work of CHILDLINE.

During the year, 913 cases were registered in CHILDLINE 1098, out of which provided Medical help in 150 cases, stopped 92 Child Marriages, Intervention in 27 Child sexual abuse and 36 Beggary case, restoration of 48 missing child, 88 cases pertaining to child protection, Emotional Support & Guidance 26, Referral 1, Child labour 3, Covid-19 & Food Support 223 and In 219 cases provided other kind of assistance such as sponsorship, Aadhar making, Admission in schools and so on were resolved; issues like beggary, child labor, sanitary pads for girls were placed before the district administration, which drew attention to their problems.

Education

To connect children with education, by participating in the government-run School Chalon campaign, cooperation was given in Block Tendukheda, Jabera of district Damoh. The children whose names could not be registered in the school, those children were searched and presented in front of the senior officials of the district, attention was drawn and the admissions of the children were done. Children have been linked with education by providing child protection and child protection by providing hostels for destitute children. By identifying dropout out children, such children have been prevented from being deprived of education by getting them back in schools and classes. Girls have been motivated for higher education so that due to the efforts of the organization, girls struggling in the life of scarcity are also studying in colleges.

Health & Hygiene

Health & Hygiene is the essential need of our body which keeps us safe from the various bacterial infections and viruses as well. So in order to generated awareness on health & hygiene we used the following methods such as wall writing, putting up posters, and distribution of pamphlets, street meetings, and painting competition. Through these programs in relation to physical cleanliness, mental cleanliness, cleanliness of the premises and cleanliness of the surroundings, this message was reached to about 19 thousand people. To give the message of cleanliness to the children of 6 to 18 years in Anganwadi Centers, Primary, Middle and Higher Secondary schools of the area and in the created children's and adolescent girl's groups. We organized the campaigns and meetings and we have practiced of hand washing in all the 13 habitations and villages. People were also motivated to wash their hands with soap by doing regular practical. People were made to practice so that the diseases of the people are reduced, the campus remains self-clean, so that the heart and mind remain energetic and further steps should be taken to join the main stream of development.

Life Skill Trainings for Children



Life Skill Trainings for Children

Key Objectives:

- To increase understanding of children's community activities
- Developing leadership abilities in children
- To increase understanding of child rights
- To develop the concept of child participation, the views of children and their Ideas should be respected and implemented.
- Developing self-confidence in children
- To develop leadership qualities in children so that they can express their issues and ideas successfully in front of the society
- To increase understanding on education and health issues related to children.
- Child related malpractices, abuse, and exploitation of children like other children
- Finding, understanding problems so that children can try to solve them
- Finding out school dropouts and reconnecting them to school.
- Motivating for covid vaccine and vaccination
- To bring health and cleanliness into the behavior of children
- To eliminate gender inequality
- To develop understanding on issues related to child exploitation such as labour, physical abuse.

Everyone must need to have good skills for the betterment, improvement, bright future and to achieve the goals. This shows that life skill matters.

According to the Child Rights and Child Center Module, GVS organize various activities for the life skill development of children. In order to increase the enthusiasm of children, girls and boys, children were encouraged by the institution, and promoted them to play tribal games and all the professional sports and games such that race, sack race, jalebi race, bow arrow, gilli danda, ghor and ghor rani, teepu etc. some of them are traditional games. Further, for their motivation prizes were distributed to them. Further, GVS also organize small workshops for the children from the intervention area, wherein, we taught them about their rights, development, and compulsory education etc. especially for the girl child/girls.

Child Activity Center



Child Activity Center

Organization have reached up to more than 1500 children for the development of children Physically, Mentally, and Intellectual and to build capacity we have organized capacity building sessions, provided life skill trainings. Through the various small group meetings we explained children about their growth from their birth, how your environment family, society, culture, institution etc. affects their life, what most significant things they should have, how they can achieve their goals, how imagination become true, what are the factors which may affect them more. Also aware children about the importance of education and explain how it plays a vital role in their life as well as more essential things.

We have organized life skills trainings for children group and adolescent group members and we have done the following activities such as follows: Initially we explained all things which covers children's growths such as Physical growth, the growth of the body and its organs: physiological systems, pubertal changes, the appearance of physical signs of aging, the change in motor abilities etc. We also discuss about their cognitive growth, development of the child's mental abilities such as perception, language, learning, memory, problem solving, and other mental processes. The third one is psychosocial development, development of personal and interpersonal aspects such as motives, emotions, personality traits, interpersonal skills and relationship, and roles played in the facility and the larger society. Awareness spread about Child Rights among the children such as rights to live, rights to education, and rights to participate etc. According to Child Centre Module spread awareness about Child Rights among the children and informed their parents to take care of their kids along with the information of their psychosocial wellbeing.

Environment

The world's most scenic thing is the nature, it give us various things to stay alive. Due to regular consumption of natural resources states that we must save our environment which is the store-house of various vital things for our life. For the wellbeing of the humanity and for the long sustainability of our lives it is most important to save the nature. Since last few decades it has been felt the impact due to over consumption of natural resources.

GVS works at the grassroots level to protect the nature and the natural resources. We built community groups at the grassroots level and aware them about nature and disadvantage of deforestation. We explain how the things are vital and taught the significant lesson to save the lives of upcoming generations.

We work within the community such as tribal, dalit, and backward. By living with them we organize campaign to save the water, soil erosion, deforestation etc. In hill stations people use water from the natural or human made resources that contains most of the time contaminated water, due to which people are suffer from various water borne diseases in different seasons, due to which they have to face problems as well as spend a lot of money to maintain their health. Health is an issue that hinders people to rise. To reduce this problem, the organization made indigenous water filters to clean water from locally available sand, pebbles, clay and charcoal, in villages, water was made clean by making this water filter in people's homes. Chlorine tablets were distributed in the homes of the people by the government; efforts were made to clean the water by putting bleaching powder in wells and head pumps. Drinking boiled water during the rainy days reduces diseases by telling such methods to the people.

Furthermore, GVS motivates people for the plantation in their locality and in their farms. We suggest them to collect dry woods from forests, they shouldn't cut trees because they give you life, and it means oxygen. Plantation also prevents soil erosion, lastly we taught about the earnings who they earn from the forest. Last year we have reached up to more than 4800 households herein we have covered children more than 7500.

Apart from fit, we also create awareness on the disadvantage of the use of insecticides, pesticides, fertilizers rather than natural organic fertilizers. How these effects our environment. It cause soil pollution, water pollution, and air pollution by burning crop residue. It also the main cause of global barbing so don't so such kind of activities to save the nature and environment.

TESTIMONIALS

GVS have been working for the welfare of children, women and underprivileged people of society. If we looked at our society where we found so many stories which openly disclose that how our society ignores the core problems which need to address by them, but because of societal ignorance we need some other way, where GVS plays a pivotal role to address their problems and also try to resolve it. We would like to present some stories from our intervention areas these are as following:

Infant Baby and his Compelled Mother

There was a story of an infant child which tells his pains through his gesture towards his mother. Child who didn't wear single cloth looked at his mother by giving mouth chewing gesture with dry lips which indicates his appetite, in hot summer in June month where temperature was 45 degree, in this temperature where body need some shadow and water to maintain body temperature and because of the heat and appetite, infant eyes were shrink, and his face expression tells his pains, But helpless mother who couldn't own any roof, so he stays under a tree by feeding him some hot water (temperature was at 45 degree) because she was not able to feed him some milk, she stays alone with his child and whole village abandon her with her child and she was not able to arrange some food (her mental stress so high because of social evils) which she took and able to breastfeed his child.

There was a passersby who saw this and on the humanitarian ground try to help them he call on 1098 which is helpline for child who are in stress and need care and protection so that she got some help and after that GVS team immediately react and reaches to that village and after saw female and her child situation they also tried to help

female and her child, but again she was not ready to accept team help and warned them that don't even tried to came close to her and her child, after saying all this to team she hugged her child tightly. GVS team were astonished and try to find out the reason behind this and went to village and after inquiring about her in villages through different mediums and they were found that the women works in Belaji as a sweeper and her name was Suri Sahu. Suri was married and her husband who left her 3 years ago in searching of work and never returned back to her. The child she had been belongs to his new partner who was a cattle harder shepherd in Belaji. Suri and her partner both works in Belaji where they became friends and after that fall in love and had a baby child and partner was also not live with her. And society abandon her and her child because her husband leave her 3 years ago and the child she had was with a inter caste guy on which society was not ready to accept her child. After listen these entire things, GVS team wants to help the child and his mother but they couldn't because she didn't have any shelter or any medium where she store food and prepare it.

GVS Team were worried about child and his mother and this time they tried to reach child's mother family with help of villagers and found that her mother who lives in Devdongra in a hut with an 11 years old child and that child was born with his husband who left her 3 years ago. So the team got to know that she didn't have any shelter, in summer she stays under a tree and in rainy season she found under sheds of hut. Then team members ask Suri's mother why she can't help her daughter, on which she replies that she wants but she can't. Firstly she was financially weak and also she was scared from the society.

On this GVS team decided to leave some essential food items to Suri's mother home for approximately one month along with some cloths for Suri's child, so that mother gets proper nutrition and because of this she became healthy and able to produce milk and could feed milk to her child.

And after this GVS team contact DCPO (District Child Protection officer) to provide Suri nutrition supplement which provided under ICDS (Integrated Child Development Services) and also contact health department so that infant baby got required vaccination and provide medical care because child suffer from fungus infection and also told Suri to take care her child.

And GVS team also aware about the fact that they didn't have any shelter so to provide them shelter GVS team contact to DM (District Magistrate) and Janpad CEO through District CEO and ask him to arrange shelter to Suri and her child, on which Janpad CEO replied that her name was not in the registration list, that is why she was not eligible for PM-AWAS scheme but he promise to mention Suri name in next survey list so that she will be eligible for PM-AWAS scheme and by which she got his own shelter.

This was all the things done by GVS team for the welfare of that child and his mother Suri.

Promotion of the Concept of Family Farming

In Imlidol, there are three families belong to tribe (Gond) community, the members of these families are Guljar Singh Gond, Seetabai Gond, Chandabai Gond, Parsottam Gond and Nonibai Gond the financial condition of these families are not same due which the nurture of these families are impacted and most of the time they used to do laborer work in the nearby locations and nurture

their family. Sometimes they migrate temporarily for few months along with children.

GVS Mobilizer have been working in this area on health & nutrition project since 2016, since then tried to identify the issues of Gond tribe families and after the recognizing them, in order to eradicate these problems GVS Mobilizers started the promotion of the concept of family farming and explained them how they can started it and how they can share their profits from farming and how they can eradicate their financial problems and how they can avail the cultivatable crops from their village or market. So there are three families who implemented this concept and firstly they cultivated the following crops wheat, grams, lentil, Pea, mustard and coriander in their field and family members from both the families take care of these crops like timely irrigation, Weeding hoeing, timely spray of insecticides and fertilizers etc. as well as the protection from wild/pet animals. And after all they cut these crops and sale them to the government's market and lastly share their profits among them.

As a result the concept of family farming adopted by these families and they practice on the regular basis and sharing their profits in every season and as an impact 25 families also started the cultivation of crops by following the concept of family farming throughout the GVS intervention area.

Children are Benefited by Psychosocial Activities

In the light of COVID-19 pandemic there are some children in the GVS intervention area that was in need of counseling and suffering from psychosocial challenges so this is all about the psychosocial wellbeing of children those are in distress, alone, orphan due to lockdown in the prevention of corona and children who lost their parents due to COVID-19 infection.

During the visits GVS mobilizers found that the children in worry because school are closed due to lockdown, due to which they are worry about their further education and children are alone those who had lost their loved ones. Other than this, children are in hypertension due to deprived from education as well as to live their childhood life because they were kept in their homes and they did not have permission to go outside to play with their friends. Other than this children are also impacted due domestic stressful environment due to poor financial condition and their families has lost their wages and they the migrants come back to their home, they were also faced severe pain on losing loved ones due to COVID or other reasons during the epidemic.

In order to provide child friendly environment GVS Mobilizer conducted psychosocial activities to overcome these children from such kind of evils, worries and depressed. The activities are as following organized local games like Gada Gend, Gilli Danda, Teepu, Milla, Langdi etc., puppet making or puppet show, drawing, painting, tell a tale, singing, dancing etc. with the children from 27 villages. We conducted meetings with parents/guardians/caretakers of these children and took counseling of them and explained the things which are good for them we engaged them with various activities such as mentioned above and told them to do not worry about anything else. During the psychosocial activities we have tried to understand their problems and needs.

Removed a Girl from Loneliness

There is a 15 years old girl name Anita Gond. She lives in Khakariya Khurd with her Mother Damyanti Gond and elder brother. Village Khakariya Khurd is 12Km far away from block Tendukheda towards West-South. She has lost her father during the lockdown due to sudden severe illness. After her father's death she was alone and due to her

loneliness she was worrying about her further education because she lost her father and due to poor financial condition she was not able to continue her further study and she also has worry about her mother.

As a ray of hope GVS Mobilizer visited to Anita's Home and talked to her mother why she is in loneliness. Is she worried about anything? Then Anita's Mother told that yes she in worry for her father's death and she keep herself alone and stopped taking to anyone else. As Mobilizer come to know Anita's condition he gave counseling and find out the main problem and as a solution Mobilizer consulted her and told her to don't worry about anything we will help you and eventually Mobilizer provided support in the admission in Girls Hostel Tendukheda. Now, she is in 9th class and lives in that Girls Hotel and she continued her study happily. Apart from it, GVS Mobilizer has provided psychosocial support to Anita by engaging her with various psychosocial activities conducted in the village Khakariya Khurd during the epidemic.

Removed a little boy from Loneliness/sadness

In the light of COVID-19 pandemic, many children had lost their loved ones. GVS is such a victim and this story is about such a 9 years old little boy name Deepak Gond. He lives in Imlidol with her Mother Damyanti Gond and father Pawan Singh Gond. Imlidol is 13Km far away from block Tendukheda towards West. He has lost his Grand Father two months ago and after one and half month suddenly he lost his Grand Mother during the lockdown due to sudden severe illness. After her Grand-father's death the little boy spent time alone and feel loneliness and stopped taking to anyone else even family members.

As a ray of hope GVS Mobilizer visited to Deepak's Home and talked to her parents and asked them

why he is in loneliness. Is he worried about anything? Then Deepak's Mother told that yes she in worry for her Grand-father's death and he keep himself alone and stopped taking to anyone else. As GVS Mobilizer come to know Deepak's condition he gave counseling and find out the main problem and as a solution Mobilizer consulted her and told her to don't worry about anything we will help you and eventually Mobilizer provided psychosocial support to Deepak in which we have explained his parents that how they can create child friendly environment which will be very useful to him to overcome from worry and loneliness. Eventually, we have seen an impact and now, he is at home and living happily with his parents and he continued his study and started playing with his neighborhood friends. Apart from it, GVS Mobilizer has provided psychosocial support to Deepak by engaging her with various psychosocial activities conducted in the village Imlidol during the epidemic.

Recovered the growth of Little Girl

This story is all about a 3.6 year old little child Aashima (Muskan) Gond. She lives with his parents mother Seeta Gond, father late Lalsingh in a small village Mohad of block Tendukheda of district Damoh. Aashima lost his father in an accident when she was a fetus. There are four members in this family in which two are her sisters and mother. Her mother is widow and she is alone and she has

no source of income rather than wages due to which Aashima's mother has been facing financial problem. She nurture her daughter by working on filed and sometime she go for wages outside from home.

Aashima Gond was in close consideration from January 2021. Her mother was advised to take caring him by maintaining hygiene and include coarse grain in his diet. A little improvement shown of 9.4kg in March 2021 and also GVS mobilizer promoted kitchen garden and finally they established kitchen garden in the backyard of their home in which they grown seasonal vegetables like tomato, spinach cucumber, eggplant, cauliflower, pumpkin, green beans, zucchini etc. and advised to take its benefits for her child's healthier life. Apart from it IFA syrup was also provided to her. Mobilizer advised and counseled her frequently to start Peanuts, sprout beans/lentils/grams with Jaggary and give him boiled water to drink. Her mother followed the same; as a result Aashima's health condition improved as well as his weight and Aashima started eating food properly. Eventually he gains 9.5kg weight in August month. Aashima's mother followed the same process continuously and surprisingly he shown grade movement SAM to MAM it means red to yellow and his weight was measured 10.8kg in November 2021 and she is good in health condition. Now, Aashima is absolutely fine and her mother do hard work to nurture Aashima and her siblings as per the guidance.



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