

PROGRAM "S Reeport



2025



Organization BY
ABHAR MAHILA SAMITI

SAGAR ROAD RADHIKA GRADEN PANI PLANT KE
PASS Gali No. 4 CHHATARPUR MP.471001

E-mail-amschhatarpur@gmail.com -Ph. 8319403642-
9424344088.

Aabhar Mahila Samiti (AMS) We believe that true empowerment begins with the individual and extends to the entire community. Our mission is to uplift marginalized groups by providing access to critical resources, opportunities and support. We are committed to breaking the cycle of poverty and inequality by prioritizing women empowerment, child rights, adolescent girls, education, health and malnutrition, water conservation, protection of water, forests and land, vulnerable groups, and empowering women. Our ultimate goal is to create an inclusive society where everyone, especially women and children, can live with dignity, equality and opportunity. (AMS) focuses on several key areas that are central to our mission: child protection, women empowerment, and livelihood development. We work tirelessly to ensure that every class, community, and caste has equal access to education and healthcare. For women, we provide leadership opportunities in livelihood-based groups along with skill building, as well as promote gender equality in communities. Our livelihood initiatives address economic empowerment, and we also prioritise WASH (water, sanitation and hygiene) programmes, including mental health, nutrition awareness and menstrual hygiene education. In addition to social development, we are also fully committed to environmental protection and wildlife conservation, recognising the vital connection between a healthy society, a prosperous country and overall well-being. Through close collaboration with local communities, government bodies and partners, we strive to bring about lasting and sustainable change. Our goal is to promote social justice, equality and inclusiveness for all. Together, we can build a world where every voice is heard, every life is valued and every person has an opportunity to thrive.

About Us –

Abhaar Mahila Samiti (AMS) registered in 2003 is dedicated to empowering marginalized communities in the society by focusing on issues such as child protection, women empowerment, rehabilitation, livelihood development, health, education and environment, climate change, women empowerment, child rights, education, health, water conservation, agriculture, environment, adolescent girl education, child development, child development etc. We address issues as well as promote health, skill development and gender equality, ensuring equal opportunities and protection for all, especially for the safety, education and health of girls. We are a non-governmental organization committed to empowering marginalized communities through various initiatives. Based on the belief that real empowerment comes from providing resources, support and opportunities to individuals, (AMS) aims to break the cycle of poverty and inequality so that people can realize their rights and lead a self-reliant and self-respectful life. Our mission is to ensure that every individual from every segment of society has access to education, health protection and the resources necessary for development. Our focus is on women's empowerment and gender equality, promoting leadership, self-reliance and equal opportunities for women and girls in all communities. We also promote livelihood development through vocational training, financial literacy programs and job creation. In addition to economic sustainability, we address critical issues such as mental health, nutrition and public health awareness. We (Water, Sanitation and Health) programs ensure access to clean water and sanitation, while we advocate for environmental protection, climate change and wildlife conservation, recognizing the connection between a healthy environment and human well-being. Our commitment to social justice and advocacy is to promote policies and practices that protect human rights, dignity and equality for all. Through community-driven programs, AMS is dedicated to building an inclusive, equitable and sustainable future for all.

Organizational Background: About Us

Aabhar is a non-profit, non-governmental organization, established in the year 2003 under the Madhya Pradesh Society Registration Act 1973 by a group of committed social workers and volunteers. Aabhar strives for sustainable development of marginalized, deprived, weak, neglected sections of society by providing them a platform through its creative programs and activities. Vision To bring back the most oppressed, exploited and deprived people of the society to the mainstream and to bring them social, economic and cultural development so that the last person of the society can live peacefully, independently and with dignity. Mission To build the capacity of deprived and exploited women by making them aware and uniting them so that they can get their rights on their own and live their life with self-respect by joining the mainstream of society.

Vision

The social, economical and cultural development of the most suffering, exploited and deprived people of the society by bringing them back to the main stream so that the last man of the society may live peacefully, freely and with dignity.

Mission

To build the capacity of deprived and exploited women by making them aware and uniting them so that they can get their rights on their own and live their life with self-respect by joining the mainstream of society.

Objectives

To promote income generating activities to generate self-employment, capacity building and sustainability. To create awareness among the community especially women about gender issues, reproductive health, rights and importance of hygiene etc. To plan for livelihood and provide support wherever needed. To act as demand creator for the group so as to maximize resources generated both internally and externally. To enhance the capacity of people through various interventions and capacity building. To socially organize people into groups that can act as change agents/peer-educators for the society. To develop and provide better educational and health services for the community (SC/ST and OBC) and children.

1- Training Support on Health (days)

The last program was organized under the above program by Aabhar Mahila Samiti in which apart from all the employees of the organization, the adolescent girl group formed in the village along with the school students and as reference persons, the officials and employees of the Department of Women and Child Health and Livelihood Project participated in the program.

Sangeeta Mishra ji while introducing the organization said that thanks Mahila Samiti Chhatarpur is working in the district for the last 25 years. Our organization is working on many issues in different blocks in which various programs like women empowerment, livelihood, self employment, health education, mental health, malnutrition, agriculture along with water conservation environment are being run by the organization. The organization is working on topics like adolescent education, health, malnutrition, child rights, mental health along with greenery to employment, social gender discrimination in 15 villages of Block Lavkushnagar.



The objective of today's program is that adolescent girls should be aware of their health and also be aware of the changes that are happening with time, as well as what kind of changes come in adolescence, what kind of food they should eat, when is Adolescent Day celebrated, when is World Health Day celebrated,

What is adolescent thali, what is healthy food, why is Adolescent Day celebrated, such topics can be known and in the coming time they can take proper care of their family and society, with this objective these programs are being organized.

All the reference persons who came to the program were welcomed by the organization staff and girls and the adolescents expressed their views.

Kavita ji told that the biggest problem in today's time is that whether it is adults or boys or girls, no one is aware or conscious about their health, due to which there is no problem in youth, but a time comes when our body becomes weak or starts falling sick, especially if we talk about women or girls, we see that they are not careful about themselves from youth and as the age increases, they either become anaemic or suffer from Leucorrhoea ST or other stomach related diseases. It has been seen here that most of the women have problems with uterus after marriage and they get their uterus removed by undergoing surgery, so it means that from today itself we have to be aware about our health so that when we start family life, we can avoid any kind of disease. Here girls are not responsible for their mother or family. Women do not give any information to their children about menstruation or things related to it, like what precautions to take at that time and what to use during menstruation, how to do cleanliness, how to lead life after marriage and what things to take care of, because it has been seen that here girls get married at young age and keep struggling with diseases, so keep in mind that get your health checkup done from time to time, pay special attention to cleanliness, use sanitary napkins instead of cloth, if you feel that there is any problem, then take medical advice so that any disease can be avoided and solution can be found beforehand.

Supervisor Tara Tiwari told that in today's time whether it is children or girls or women, all are anaemic i.e. weak or malnourished. Especially here women and girls have been seen to be malnourished to a great extent, for which the government has been running awareness campaigns from time to time, but people of the society are not becoming aware and the scope of malnutrition is increasing.

If girls have to remain healthy, then Poshan Thali will have to be adopted in which the body can get food to the full and girls can be saved from anemia. It is necessary to know what is Poshan Thali so that our body gets nutritious food every day which has all the vitamins and calories in sufficient quantity.

There should be a mixture of many colors in your plate like- green vegetables / fruits / milk / curd / ghee / sweets / egg / fish // whole grain / pulses / salad / etc. If you eat this kind of food, then you will not be malnourished in life, your immunity will not decrease and you will not fall sick frequently. Also, if you use oil like soybean, peanut, olive, mustard, sunflower in food, then fat will not increase and it will also help in keeping you healthy. Use sweets as little as possible in food. If we talk about healthy diet, then take care of these things like green vegetables, beans, fruits, meat-fish, poultry products, grains, milk products like - cheese, curd. If you take care of these things, then you will not fall sick.

When was the National Girl Child Day started? National Girl Child Day was started in the year 2008, by the Ministry of Women and Child Development. The purpose of this day is to raise awareness about the injustice done to girls in Indian society. Apart from this, there is another special reason behind this day. Actually, in the year 1966, Indira Gandhi was sworn in as the first woman Prime Minister of the country. In this sense, this day became even more special for women in the history of the country, because for the first time after independence, the command of the country was in the hands of a woman. In India, National Girl Child Day is celebrated on 24 January and 11 October as International Girl Child Day Education Desk. National Girl Child Day Today is a very special day for all of us and that is why. National Girl Child Day is celebrated every year on 24 January across the country. The special purpose of celebrating this day is to eliminate the difference between a boy and a girl. Daughters can be made aware of their rights. On this day, this awareness is not only for girls, but the message is also given to the whole society that there is no difference between a boy and a girl.

2- Training Support on Group Projects / Team development and Project Guidance (days

Aabhar Mahila Samiti organized programs with 33 groups formed in 15 villages under Ek Kadam Project. In which all the employees associated with the organization, ASHA workers and Sahayika of the village as well as employees of the health department were also present. In which the organization talked about the objectives of the project and the work being done by the project and the role of the team and the group or team formed at the village level along with adolescent health and hygiene were discussed.



What is the role of the support team in a project?

- 1- The group members formed at the village level should be given correct information about the project,
- 2- why the project is there, why the project is being run, why the project is needed etc.
- 3- What is the role of the village team in the project, what is their role, how will they play this role.
- 4- How the project will work in the beginning, who will join the project in the future will be different, along
- 5- with this, in what way the members will be added, who will not join and what will be the role of which member, there will be a need for a team to decide and in which area the team will work but this will also be decided by the same team.

The main objective of this program is that the Kishori team and leader need to be alert and aware towards the society and the activities happening in the society, which includes 1-Health 2-Education 3-Law 4-Cyber Crime 5-Social Development 6-Women Violence 7-Local Self-employment 8-What are the rural issues 9-What are the issues of your group. What kind of resources will the team prepare and what kind of work will it be involved in or try to get involved in, this will need to be seen after the completion of the project. Keeping documents with the project based work and making proper use of them will have to be done to get involved in the further process. The team has to keep in mind who needs what. Along with this, responsibility will be given to one or two people in the team as to who can play what role. In the program it was told that adolescent girls need to be aware of their health so that in future they do not fall prey to any serious disease and take nutritious food and take special care during menstruation, do not use cloth, if you use cloth then change it at least twice a day and wash it with dettol and dry it in the sun, also if there is any problem then consult in the hospital or contact the nurse sister without asking, stay away from any medicine or other tricks etc. If there is any other disease or problem or any other health problem then without any fear go to the hospital and consult. The organization is regularly distributing sanitary pads so that girls can be saved from IST / SST / other infections, such efforts are being made continuously. Program supervisor Sangeeta Mishra thanked everyone and asked them to contact her in case of any problem or trouble.

3- Training of Trainers (trainer)

Aabhar Mahila Samiti Chhatarpur organized a two day residential staff training in which the staff was discussed about the work of the project and the objective of the project as well as how the project is to be completed. Along with this, what kind of team should be there, how to work, where documents are required, related to law /health /education/leadership/cyber crime/documentation/employment/ as well as environment/sanitation/adolescent issues, training was done on such topics at block/district level in which Dr. Prabhudrat from Mission Hospital, Dr. Josina Baseli, officials associated with the N RLM team, apart from Garh, all the important people associated with the organization were present. The team leader did the documentation, how to conduct programs at the village level, how to prepare the team, Water Shed Officer Shri Prabhu Sharan ji, Hemat Prajapati ji from local management, Dharmendra and Anil ji from Ajeevika Mission, apart from police IS Pratha Dubeyvi ji and her staff from the department were prominently involved.

Pradeep ji while introducing Aabhar Mahila Samiti Chhatarpur told that Aabhar Sanstha is working in five districts other than Chhatarpur district. It has been working on different issues for social development in Chhatarpur district for the last 25 years. In this, Ek Kadam project is being run in 15 villages in the last 5 years in Block Lavkushnagar/Chhatarpurid/Warigarh/Bijabar. In this, such teenage girls of the society have been included who have left education or are unable to study due to some reason. Apart from this, the organization is training girls on education, health, employment, cyber crime, gender as well as other rural topics and an effort is being made to make them self-reliant through this program.

In this program, an effort was made to connect the employees, staff, organization managers and rural leaders associated with the organization. If we talk about the topics in the trainings organized by the institute, then different topics were added, including In the two-day training, mainly the objective of the project, what is the project, for whom is the project and what is to be done, what is to be done, as well as how will the documentation be done, why is it needed, what will be the timeline, how to make it, were explained by Pradeep Kumar Khare / Prabhati ji / Kalpana Singh.

Selection of team leader: How should the work of the team be? The team leader is primarily based on the characteristics of the team. At the village level, at the block level and at the district level, along with this, the leader can lead at every level. How will he do his work? How will he make plans and do the documentation? How will the documentation be done? Prabhudatta ji put forth his views on this. Topics like adolescent health, adolescent issues, social gender discrimination, changes in youth, menstrual cycle, reproductive process, determination of gender, what is anemia were talked about by Dr. Josina and Wesley ji. An open stage program was organized in which everyone put forth their views and a strategy was prepared to take the process forward.

– A two day staff training was conducted at Hotel Shri Swami Police in which what is cyber crime, how it happens, who become its victims, what is a victim case and how a woman / girl gets trapped in this process, the officials from the police department told. In this training it was told that many times cyber cases are not solved for years and many times people even lose their lives. In such a situation cyber crime has become a disease today where even well educated people are its victims and many times it takes money, rape and takes one to the doorstep of death and we police personnel are also unable to do anything. In such a situation today it is necessary that we remain alert and vigilant. Do not get misled by anyone, connect on mobile, Facebook and other social media platforms after careful

consideration, inform the police in time, do not be afraid, apart from this the police procedure, working method of police was discussed and necessary numbers were also given, only today's caution can protect us, so your organisation is doing a good job by taking this information to every village and efforts are being made to help all of you, you gave us the opportunity to express our views, for which I am very grateful to you all.

During the two day training, the previous trainings conducted so far were discussed and the issues that remained during the work were discussed. The same discussion was held on how leaders can work strongly and have an important role in the program. The same discussion was held on paying attention to the needs of local employment and adolescent girls, so that they remain connected with the program and how to deal with the challenges of their future.

In the training, the leaders also expressed their views that some such efforts should be made through the program so that adolescent girls can get facilities at the block level in terms of education and health, so that any girl can come and express her views, can study or if there is any other problem, then a solution can be found to solve it. In which the future of adolescent girls can be secured, in which there should be training centers on technical education / training / employment / different issues, in which new opportunities can be provided and education as well. At the end of the program, Sangeeta Mishra expressed the views of all and announced the closing of the program.

1- Village Sessions Training on various subjects - such as - Cyber Crime, Legal Processes, Womens Rights and Domestic violence, Financial Independence.

Abhaar Mahila Samiti Chhatarpur, under the Ek Kadam project, training was organised in Block Luvkushnagar, District Chhatarpur, from village level to cluster block level, on cyber crime, women's rights and violence against



women, as well as what are gender rights and what kind of help can be provided in these cases, in which officials from different departments, apart from the fort, people from Police Department, Women and Child Development were present. The efforts made till now were told in the programme. Apart from this, what kind of help the organisation is providing to adolescent girls through this programme and how efforts are being made to expand this process in the future too. After this, all the dignitaries present expressed their views and said that how the incidents are increasing day by day in the society, somewhere we ourselves are responsible for it, we are not aware and are not able to decide between right and wrong and the internet has affected all of us and the children somewhere due to

which cyber crime is on the rise in the society.

First of all it is necessary to know what is cyber crime. Cheating someone through online social media via mobile or extracting money for caste marriage or cheating in the name of marriage, making and sending such obscene photos or videos is cyber crime. If someone does such an incident or troubles us then we should immediately take the help of police or cyber crime police so that help can be given on time. Along with this it is also necessary to keep in mind that you should not open or update any unknown site on your mobile, do not give your information to any unknown person, even if sometimes a call comes in the name of the bank, do not give any kind of information, the bank never asks for any information on the mobile, so be careful and be alert and cooperate with the police.

There was a discussion on violence against women in which it was said that every day in the society, some or the other small or big incidents are happening with women and girls, leave aside the matter of other districts or states in our own villages, blocks. For which we have to be united so that any woman or girl can be saved from any kind of trouble. One more thing to be noted here is that little girls need more protection, that too from their acquaintances and relatives, because the incidents that have happened in the past few times have happened with girls between



the ages of 3 to 9, which have been done by our own people, in which kids were taken away on the pretext of buying chocolates / ice cream and were exploited, raped or killed and thrown away, so today we need to be aware ourselves, what can the administration do, first of all you have to see that what type of person is this and where are the kids being taken from. Firstly the police does not know that what type of person is this and whether he is your relative or an outsider. In such a situation, do not trust any outsider too much, keep them away from your house, if there is any doubt then inform the police, do not hide the matter, only then the police can take cognizance in any kind of case.

Nowadays children are lost in the glamour of mobile phones, everything seems right to them, whatever they see on TV or Facebook or other social media, they ruin their life by getting caught in the trap of love. So stay away from this kind of social media and do not get into any kind of show-off or nonsense, if you are entangled in any kind of problem then first talk to your parents, do not hide anything and talk openly, it is possible that some right solution can be found. But nowadays children take wrong steps on small matters which is not right. Have you thought what a parent goes through when a child takes his own life, who they took under their care and brought up for years and considered them the support of their old age, is it our responsibility to leave them alone for their whole life and they keep dying slowly every moment in our memories, then we should think seriously and decide the role of an ideal family.

Yes, if any such incident happens, then there is provision of many types of punishment in the Women Violence Act



2005 along with Parso Act and Juvenile Rights Act, in which the victim side is given full facility and protection from the court to the lawyer. If someone commits any violence, then do not be afraid, fight, the police and the law are with you. Pradeep Kumar told how a lesson should be told to children so that they can do the right work in the right direction and know how to use money correctly - Financial independence child: Efforts should be made to make children financially independent for the future. So that if financial understanding is developed in children from the beginning, then their life can be easy in the future. In the future, these children will attention to your behavior than your words. Whenever possible,

model good financial habits for be able to do their financial management in a better way. Parents should practice financial management from the beginning.

Provide your children with opportunities to earn as they grow older. You can ask them to give their time to help you, another relative, or people in need with different tasks. In return, give your child (child finance tips) some money as wages. This will make him understand the value of money and your child will also get an opportunity to understand its value. Model ideal behavior Your children will pay more them. Show them how much thought goes into making big purchases. Involve them in major financial decisions at home and tell them about your savings and investment plans. If they grow up seeing your good financial behavior (financial independence), then there will be a possibility of developing prudent habits in them. In the program, the organization tried to train the girls in such a way that there will be an opportunity to see and understand the impact in the future. Virendra Mishra ji expressed his gratitude to everyone.

2- Gender with Boys



Under the project Gender with Boys program, three programs were conducted at cluster level in which an attempt was made to connect children of 6 to 17 years from 15 villages. It was told that the organization is planning to do some programs with you people in the coming time. To run the society, we cannot take only one side because just like any vehicle or family cannot run with one wheel or person, we will have to work with everyone and try for equality in the society so that gender equality can be achieved in the society.

Right now we are working with some children from 15 villages but in the coming time we will connect other villages with children as well. In the coming time we will try to connect you people with the group and the work will be done properly. If we talk about gender, the first image that comes to our mind is the image of women but it is not so. If we look at it from a natural level, then man and woman were created to take society forward, but society has given a different direction to gender, in which if he is a boy, he can do big and powerful work and he can roam anywhere anytime and you are a girl who will do small work, will stay at home, will do household work, will wear fakra, cannot eat paan, a boy is the lamp of the house, will give fire to the parents, girl is someone else's wealth, all such things are a part of the system of our male dominated society, which people have created according to their need, but naturally, boy and girl were born to run the structure of this society, just as a bicycle cannot run with one wheel, similarly, to run the society, it is necessary to have both the wheels, so this is the gender which needs to be abolished. We have to give equal opportunities to both in the family. Today, whether it is a girl or a boy, both are doing big jobs. For example, whether it is running a train or an airplane, or protecting the country, or being a doctor or an engineer, you will find girls at every place. So we should also fully support our mothers and sisters and give them new opportunities so that they can perform their role and bring glory to their family. So we should try that we will not discriminate against any sister, mother or sister-in-law in our family and will not let it happen and will fully support them. Gender means the state of being a woman or a man, i.e. the state of femininity or masculinity and in the social context it means the social differences between men and women. Boys/girls learn these differences with their growth in the society and they differ from one culture to another. In the society, women and men have been divided separately; this is the gender which has been created by the society, it can be changed and today we see that for every 1000 boys 931 girls are born. Have you thought why this is so, because in our family and society the desire for a boy and the boy is the light of the house and the heir, whereas the girl is a burden on the house, dowry is someone else's wealth, such evil practices are prevalent due to which girls are being killed in the womb itself or they are not even allowed to be born, which is a big problem, so think how will the boys get married, if this is decreasing then pay attention and talk about equality in the society and family.

Under the project, training was given to adolescent girls from 15 villages in 5 villages in which the volunteers associated with the project and the village's ASHA and Anganwadi workers were involved. It was told under the project that we all know that Aabhar Mahila Samiti has been working here for the last 3 years under Ek Kadam project in which work is being done on different issues in which discussions are being held on education, health and employment scale so that in the future the adolescent girls can become self-reliant and lead a successful life. Today we have the opportunity to talk about family plan with the health and malnutrition of adolescent girls, in which you can know what a girl needs and why –

As we all know that a girl child develops rapidly after 1 month of birth and her age starts increasing rapidly and by the age of 10 years, she is fully developed and her body starts changing and sometimes menstruation also starts, due to which she needs more nutrition and care. Adolescent girls are especially vulnerable to malnutrition because they are growing faster than at any time after the first year of their life. They need protein, iron and other micronutrients to meet the nutritional needs of adolescent growth spurt.

What is the importance of nutrition during adolescence class 8? It is important to eat a balanced diet during adolescence because the body grows and develops rapidly during this period. A balanced diet helps the bones, muscles and other parts of the body to get adequate nutrition required for rapid growth. It is important for adolescent girls to be aware of information and services related to nutrition, reproductive health, family planning and



and general health so that they can get the right information when the time comes and take the right steps. For this, it is necessary that village health programs reach girls in schools and promote healthy



programs reach girls in schools and promote healthy

education and literacy among adolescent girls so that the nutrition of girls can be improved and girls can be helped to become healthy women. Adequate nutrition is important for women, not only because it helps them become the leaders of the society, but also because maternal nutrition has a direct impact on the health of the next generation. How to nourish adolescents Balanced nutrition can be provided in adolescence by consuming a variety of foods such as dal, chapati or rice, green vegetables, seasonal fruits and milk in the right quantity. Nutritional guidelines for adolescents state that girls need an average of 2,200 calories per day. Fruits and vegetables. Starchy foods, such as potatoes, bread, rice, pasta and other carbohydrates. Beans and pulses, fish, eggs, meat and other proteins. Dairy products. What nutrients are required for physical development in adolescence, in which adolescent girls should consume protein, iron, fiber, calcium-rich foods and water in proper amounts. Protein works to build muscles and repair tissues. Protein is found in pulses, sprouted gram, eggs, cheese, milk and milk products. At the same time, calcium makes bones strong Balanced diet for teenagers. If a teenage girl eats the right kind of food, she can avoid all the problems in her life. Milk, fruit salad or vegetables. Vegetables can be taken in the form of salad or soup. If she takes grain-rich bread, biscuits or muffins, fruits, nuts, roti or bread, chicken or fish, soy products or cheese, she can avoid malnutrition. Apart from this, information like when and how pregnancy takes place, how a boy/girl is born, why mother's milk is necessary for children, what is the menstrual cycle, what precautions should be taken, etc. were given through the program.

3 Village Sessions on Health menstrual and sexual health, Adolescent health, Nutrition, disability, mental health.

Under the project, training was given to adolescent girls from 15 villages in 5 villages in which the volunteers associated with the project and the village's ASHA and Anganwadi workers were involved. It was told under the project that we all know that Aabhar Mahila Samiti has been working here for the last 3 years under Ek Kadam project in which work is being done on different issues in which discussions are being held on education, health and employment scale so that in the future the adolescent girls can become self-reliant and lead a successful life. Today we have the opportunity to talk about family plan with the health and malnutrition of adolescent girls, in which you can know what a girl needs and why –



As we all know that a girl child develops rapidly after 1 month of birth and her age starts increasing rapidly and by the age of 10 years, she is fully developed and her body starts changing and sometimes menstruation also starts, due to which she needs a lot of nutrition and care. Adolescent girls are especially vulnerable to malnutrition because they are growing faster than at any time after their first year of life. They need protein, iron and other micronutrients to meet the nutritional needs of adolescent growth spurt. muscles and repair tissues. Protein is found in pulses, sprouted gram, eggs, cheese, milk and milk products. At the same time, calcium makes bones strong Balanced diet for teenagers. If a teenage girl eats the right kind of food, she can avoid all the problems in



her life. Milk, fruit salad vegetables. Vegetables can be taken in the form of salad or soup. If she takes grain-rich bread, biscuits or muffins, fruits, nuts, roti or bread, chicken or fish, soy products or cheese, she can avoid malnutrition. Apart from this, information like when and how pregnancy takes place, how a boy/girl is born, why mother's milk is necessary for children, what is the menstrual cycle, what precautions should be taken etc. was given through the programme.

Under the Aabhar Mahila Samiti Ek Kadam Project, a two-day adolescent girl exposure visit was organized by the organization with the adolescent girl and village leader selected in 15 villages, in which 45 adolescent girls and the entire staff participated in this visit. On the first day of the program, the work being done in the field of agriculture in the villages by the Krishi Vigyan Kendra of Nagaon as well as the government in the direction of making the village self-reliant along with livelihood was discussed.

A meeting was organized by Krishi Vigyan Kendra in which the work being done by the government as well as the work being done at the local level was discussed. The work being done by the students in Adarsh Gram Gathewara was discussed in detail and kitchen garden plank station organic farming as well as organic food and green energy were discussed.

On the second day, historians and ancient Dharodhar were discussed and Maharaj was also present. Along with the contribution of Chhatrasal, a tour of the thousand year old museum Dhuvela was conducted in which the swords used by the Maharajas, their costumes and ornaments, utensils, cannons, palaces etc. were visited in which the girls participated enthusiastically and talked about working together and cooperating with the organization for this visit. Through this tour, the girls not only learned about livelihood but also understood and learnt the benefits of



agriculture. They got an opportunity to learn about the history from the Dhuvela Museum and today the whole world is seeing and knowing the work done by them. Today the girls told that they had never been on such a tour before and could not learn anything. Through this tour, we got an opportunity to learn and know a lot, for which we

will always remember the work and teachings told by the organization and will include this teaching in our family and society in our life. In this way, we celebrated this tour. was concluded

5- Kishori Panchayt Cluster Meeting (3 clusterx one per quarter)meeting .

Kishori Panchayat cluster meeting was organised at the institutional level in which girls from 15 villages and people representatives associated with the Gram Panchayat, apart from the ASHA workers/teachers/Aganwadi workers of the village were mainly involved. During the discussion it was told why there is a need for Kishori Panchayat and what work is the Kishori Panchayat planning to do for which the presence of public representatives of the Gram Panchayat is essential so that along with the adolescent girls, the women and children of the village can get the benefits of the scheme and it is necessary for it to become an ideal

village.

It was discussed in the Kishori Balika Panchayat that a Kishori Sandarbh Kendra should be formed at the Gram Panchayat level in which there should be various arrangements for the adolescent girls and they can work according to their interest along with their problems, in which the Panchayat should



support them and help in the arrangements, some of it should be done by our organization Karegri and some by the public representative or the Panchayat. In which different types of sports material / library / computer system / Kishori Sandarbh Kendra / material related to the health of girls should be available. All the adolescent girls of the village should join this Kishori Sandarbh Kendra. In the meeting, all the girls shared their dreams. Pradeep Khare ji told that we are making some similar efforts where the adolescent girls can get an opportunity, an environment where they can show their talent, a clean environment so that they can study whenever they want and get all kinds of facilities for studies. So it is possible that in the coming time, an attempt will be made to make such arrangements through the project.

The Panchayat representatives said that we are ready to fully cooperate in this work of the organization and if there is a livery for the children, we will make arrangements for light, water and other things. Along with this, we will also give a proposal for playgrounds and other arrangements for the children through the Panchayat so that such development work can be done in the coming time. After this, information was given about the schemes being run by the government for teenage girls, in which information related to Mukhyamantri Kya Daan Yojana, Ladli Bahana Yojana, Gaon Ki Beti Yojana, Handicapped Pension Scheme, Matgav Sahayata Yojana etc. was given along with information related to school. Everyone was thanked in the program and the program was declared over.

6- Kishori Panchayt Project Level.

Through the project, a Kishori Balika Project Level Workshop was organized by the organization in Luvkushnagar



in which apart from the girls associated with the Panchayat of 15 villages, the leader members of the groups as well as the CO of the District Panchayat and the Gram Sevak Sarpanch along with the Sarthi Gadh associated with the organization were also present. The program started with Deep Prajvel introducing the organization and Pradeep Kumar gave information on the work done and being done till now. Pradeep ji told that the main objective of today's workshop is to know what kind of efforts have been made by the Kishori Balika groups till now and what kind of experience has been there after forming the Kishori Panchayat and

what have we been able to know about the Panchayat. As we know that groups have been formed in every village, some of the girls have been added to the Kishori Panchayat, some have been kept as leaders, so all of us have different roles in which we have got to learn something or the other. Today there is a need that at least in every cluster there should be a Kishori Samridbh Kendra where all the information related to the adolescent girls should be available.

All the facilities for the adolescent girls should be available there. Along with this, what is the problem of which person in the Panchayat, who is not getting pension, what work is being done or what work is required, apart from this, information related to the project should also be there so that the adolescent girls can tell how our project works, how the work is being done, who makes the plan and who is included in the team. In the coming time, efforts will also be made to help in preparing the plan for the project and everyone works together so that everyone knows how the organization works and the organization also knows that there are many issues related to



adolescent girls that need work and what new can be done so that a proper outline can be made in the coming time. Adolescent girls can become self-reliant so that they do not lag behind in the society in any way and can live the future with self-respect.

7- Workshop on Leadership Building

Thanks, under Ek Kadam Project, Leadership Training was organised for teenage girls from 15 villages by Mahila

Samiti Chhatarpur, so that leaders can be decided at village level in future and the work of the project can gain momentum after the completion of the project. Also, a leader should have many qualities. Also, how should a leader work, taking the entire team along and developing leadership in them. It is also necessary to know and promote the capabilities of team members from time to time.

Leadership training topics can be broadly categorized into core skills, strategic thinking, team management, and personal development. Key areas include communication, emotional intelligence, conflict resolution, decision-making, change management, and team building. Additionally, topics such as accountability, training, delegation, and virtual leadership are important for modern leaders.

Communication: Effective communication, active listening, clear messaging, and non-verbal communication./ Emotional Intelligence (EQ): Self-awareness, empathy, managing emotions, and relationship building./ Decision Making: Frameworks for decision making, risk assessment, and problem solving./ Time Management: Priority setting, task-management, and efficient task management./ Strategic Thinking and Planning:/ Strategic Thinking: Analyzing situations, setting goals, and developing long-term plans./ Change Management: Guiding teams through change and adapting to new environments./ Innovation: Fostering creativity, encouraging new ideas, and driving organizational change. Team Building: Promoting collaboration, trust, and positive team dynamics./ Delegation: Effectively delegating tasks and responsibilities./ Motivation and Engagement: Motivating and engaging team members to achieve goals./ Inclusion: Creating a diverse and inclusive environment where all team members feel valued.

Personal Development:

- Accountability: Taking ownership of actions and decisions.
- Authenticity: Being real and true to yourself.
- Confidence: Building self-confidence and inspiring confidence in others.
- Ethics and Responsibility: Making ethical decisions and taking responsibility for actions.
- Humility: Recognizing your limitations and being open to feedback.

What are the five disciplines of leadership?

It consists of five interdependent disciplines: collaborating, learning, implementing, accelerating, and disrupting. What are the three most important leadership concepts? The three most important roles of a leader are motivator, communicator, and unifier. Leaders inspire their team members to do great work, clearly and consistently communicate expectations and the organization's cultural norms, and unite them with a shared sense of purpose to achieve goals.

D- Group Project

8-Scale Training- Jewellery Day



Aabhar Mahila Samiti Chhatarpur Ek Kadam Project: Block Lavkushnagar District Chhatarpur organized a block level scale training so that group leaders and adolescent girl group members of 15 villages can get employment in the future and can also do self employment. In this, 56 girls were given 5 days pearl training. Master trainer Jyoti talked about self employment along with employment opportunities. She also talked about providing support to wholesale suppliers of pearls. In the training, pearl products are in great demand in the market today. Also, they are being sold at very high prices.

These products are being used a lot by girls and women in weddings and marriage parties.

In the 5 days training, many types of jewellery like anklet making, Necklace, Garland, Mangalsutra were made



and training was given in which girls were given pearl making. Along with them, their mothers also participated in the training and in the future, these girls, apart from getting employment for themselves, will be able to provide jobs to big firms and will be a big support for their families.

Through this training people will get employment at the local level as well as the girls will be able to become self-reliant. In this way this training was organised and certificates were distributed.

9-Village Camps

Aabhar Mahila Samiti Chhatarpur Ek Kadam Project: Under Block Lavkushnagar District Chhatarpur, a village health camp was organized in which a large number of people including Dr. Office Khan, ANM Preeti Lakhera and staff from the Health Department, village Sarpanch and teachers, ASHA workers, Anganwadi workers, 200 adolescent girls, boys and women including old people participated in which information related to health was given by the organization in which information was given about malnutrition, cold, cough, fever as well as corona.



Along with this, it was told about the most common social disease of today that how this disease is spreading among people day by day, for which we need to be very careful and alert, in which BP / Sugar / Hanta Tech is heard every day, which should be checked from time to time and take food properly, as well as be careful for serious disease or to get sick. Get yourself examined in the hospital and take benefit

After this, the people present in the camp were treated, checkups were done and medicines were distributed. Along with this, the seriously ill people were told to go to the hospital. The teenage girls were told about nutritious food, precautions during menstruation and cleanliness and how to take care of themselves.



The girls present in the camp were examined and their weight, BP, sugar and other tests were done. Medicines were given. The teenage girls present in the camp were told about getting regular health checkups and nutritious food as well as cleanliness.

De-addiction resolution letter

Under the de-addiction program, the organization organized a de-addiction program in which 8500 children and community people were told about the damage caused by addiction. There is no need to tell how addiction is harming people's lives and their families. Therefore, we need to pay attention that we keep ourselves as well as children away from all kinds of addiction. Also, pay special attention to children whether they are using any kind of substance with friends or in schools which is harmful for their lives. Pay attention that we have to stay away from addiction and keep people away from it too. For which the organization administered oath to people and commitment forms were filled. In this way, thousands of people participated and pledged not to take drugs. took the oath of



De-addiction awareness program

Under the de-addiction awareness programme, awareness programmes were organised in 15 villages in which people were motivated to stay away from addiction and it was told that today in every household, one or the other person is a victim of addiction, some of which are victims of gutka, some of alcohol and some of other kinds of addiction, for which we all need to be aware because it is a slow poison which slowly destroys people's lives and a time comes when there is no cure left. You must have noticed that people who take drugs and eat gutka, their mouth does not open completely and it is such an addiction that once it gets hold of it, it does not go away easily. The condition of some people is such that they need gutka, beedi or tobacco before going to the toilet in the morning, it is like a disease, on the other hand, there are some people who fill their mouth with tobacco and keep it in their mouth all night. This is inviting a very big disease, its result is seen after a long time but when it happens then it is too late, in which one has already become a victim of many serious diseases like mouth cancer, throat cancer, cancer in the intestines, etc. So today it is necessary that we know about it in time and be cautious and save others as well.

Mental Health Program

Under the Mental Health program, a mental health program was organized in 30 schools in which 7500 children were told about their mental health and how to identify it. The children were told verbally and online through PPT that it is necessary for a mental patient to know a

nd understand what his mental health is because today's mentally ill people never know that they are mentally affected. In such a situation, it is necessary to listen to them carefully and understand them. It is often seen that every day we hear from people that they are not feeling like doing anything, they are having thoughts of suicide, they are stubborn, they are sad, they get angry at things, there are many such reasons which identify a mental patient, whereas some people take it seriously. Due to illness or being sad due to any incident, they become mentally disturbed, like failing in an examination or not passing any test, due to which they become mentally disturbed, so it is necessary for such people to take care of them and there is a need to be with them constantly, in this way, in this program, children were told that if we see any such child or adult, then get



him/her treated properly, help him/her and contact or talk to our helpline number, through which you will get support and guidance as well.

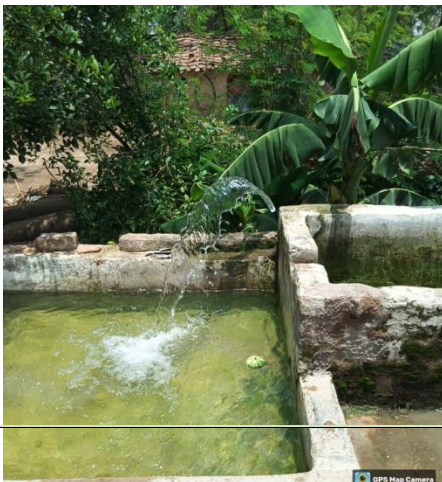
Disability awareness program

Under the program, a meeting was organized with the village disabled members in which it was told about the kind of government schemes the disabled people are getting or can get the benefit of. The same disabled people who cannot walk or who have low hearing or any other kind of disability, it is necessary to first get a disability certificate made which is made in the district hospital every Tuesday or their registration is done which shows how much percent the person is disabled and what kind of help he needs. The social welfare department distributes free equipment to such disabled people who cannot walk or have low hearing or have any other kind of problem, then contact the department and get it. Also, if pension is also given, then contact the Panchayat block and take your complete documents so that Submit the form there and avail the pension. Disability is not a burden. Do not think yourself weaker than anyone else. You too have an equal contribution in the society. All you need to do is be aware and take advantage of the schemes and try to do the work you are interested in. Then you will see that you will be respected, people will know you and you will be recognized.



Agricultural awareness program

Under the program, the organization is making efforts to promote agriculture in 15 villages, in which 2000 farmers are being associated with organic farming, traditional farming, mixed farming, kitchen garden and today farmers are doing farming at low cost and producing good produce, in which they are producing line farming, Kutkari, Vajra, Mung Urd as well as organic farming in kitchen garden, in which the organization has linked 300 people with kitchen garden and 1700 farmers with other types of farming, in which farmers are being given benefits whether it is farmer registration, insurance or food seeds, along with soil testing, farmers are being trained so that they can learn new techniques and make farming profitable, including animal husbandry. Activities like dairy, beekeeping, fish farming, goat farming etc. are being done continuously with the farmers.



Jal Sanrakshan Karyakram

Under Jal Sanrakshan Karyakram, different types of works are being done in the villages along with the farmers in

the community, in which works like farm ponds, wells, embankments, soak pits, contour bunds are being done in the villages, in which the organization is distributing 15 ponds, 100 contour bunds as well as solar pumps to the farmers, so that the farmers do not have to worry about irrigation, nor do they have to pay any electricity bill and efforts are being made so that farmers can do farming easily.

Plantation Program

5000 saplings have been planted by the organizations in 15 villages, in which all types of plants have been distributed, including plants like mango, amla, nivu, kathal, guava, jamun, sago, banana, plum, neem, etc. are being planted, for which the organization is also getting support from the government. The plants being planted by the organization are being planted on the wasteland as well as on the embankment. In the coming time, the plants planted by the organization will be taken care of by the farmer as well as the organization, and if the plant survives for 3 years, then it will be linked to another scheme and financial benefits will also be given.



Nutrition Program



The organization organized a nutrition program for 200 children aged 0 to 5 years in 5 villages of Bijawar block, in which 200 grams of milk and 5 Parle G Gold biscuits were distributed to the children every day along with snacks bags for the children. Also, 50 kg of dry food was given to the families so that kitchen gardens were set up so that the family could get nutritious food and the children could be saved from malnutrition. Also, children were connected to primary education so that the children could know and understand the necessary daily routine along with studies, for which the organization did other works for the development of children, in which the health of the children improved and a decrease in malnutrition was observed.

Bundeli Vyajan

In order to take the work done by women and adolescent girls in villages to the society and to connect them with the market system, the organization participated in the Haat Bazaar Log Sastinkan Mela in Bhopal and the work of taking the products made by women to the state level was done by the organization, in which an effort was made to reach people with all the products like Amla Bari Papad Pickle Amla Barfi Laddu Murba Millet Flour Sesame Mug Dal through these fairs, in which

women got a profit of 15 to 20 thousand rupees in five days and they were able to get recognition for a Bundeli Vyajan.



Seeds / grain bank

Under the Clade Project, work is being done in 15 villages of Block, Barikgarh district Chhatarpur in which thousands of people have come back from the metros, who today have neither income nor employment.

It is a farming land that makes the farmer want to save his life by farming because he knows that there will be no quick relief from this disaster and he has to decide his employment by staying in his village.

Seed bank set up by the institution, which can be managed only by farming, through the seed bank, 300 farmers of 15 villages were given seed through seed bank, in which 2 kg / 500 seeds per farmer were distributed in which urd, munga, tili are included.

By this farmer will be able to live in the village and do other employment along with farming, in which the family will be able to get nutritious food for two times and will be protected from the deadly disaster like Covid-19, as well as their livelihood will be fixed which will change their life. And farming will also get big.

Cultural Programs

The organization is continuously making efforts to ensure that local artists get recognition at the district as well as state level from time to time. In which street plays, folk songs, folk singing as well as folk music are being promoted. In which a program named 'Ek Shaam Burjke' was organized in Ravindra Bhawan Bhopal in which apart from local artists, state level artists also participated which was highly appreciated. Similar other programs are organized at the local level in which Bundelkhandi artists can be promoted among the people. Along with this, efforts are being made to strengthen and connect the society along with eliminating the prevailing evils in the society through these programs.

Livelihood Program



The organization has made various efforts to provide employment to the rural community as well as the target community at the local level and to ensure a bright future for the children and their families. In this program, women and teenage girls were linked with sewing and embroidery along with a sweet shop, kitchen

garden, goat rearing, fish farming and computer training. In this program, women are doing self-employment on a large scale and have emerged as an example of supporting their families.



Under Amrit opportunity to administration support of GIZ. A in the district

MNREGA for livelihood along with Mansarovar lakes. In which the employees associated with MNREGA as well as the District CO were present. Along with rural development, concrete steps should be taken to

District workshop

Mahotsav, there was an work together between the and the government with the one-day workshop was organized office in connection with

ensure permanent livelihood of the people at the village level and the work related to village development should be taken on priority.

Ardasha Village

An attempt was made to build an ideal village in which the village volunteers as well as other villagers participated. It was said in the program that people should get all the facilities in the ideal village, cleanliness should be taken care of in the village, there should be kitchen, garden, nutrition garden, school, library in which arrangement should be made for everyone to study. The organization will also cooperate in this, in which every kind of support will be given and it will be expected from the people that they too should cooperate in this work.

Date 31-03-2025

Abhar mahila Samiti

