

# **ABHAR MAHILA SAMITY**

## **ANNUAL REPORT- 2009-10**



### **ABHAR MAHILA SAMITY**

Jawahar Road, Chhatarpur (M.P.)

Tel. & Fax. No. +91-7682-242315 Mobile # 09424344088

Email: abharmahila23@gmail.com, [pradeep\\_abhar@yahoo.co.in](mailto:pradeep_abhar@yahoo.co.in)

## **Reflections of the President .....**

I am always grateful for times like this, to express our gratitude. Thank you to many individuals, donors, acquaintances, staff and volunteers who provided time, money, technical expertise and leadership in support of our work. Your generosity enables AMS to empower girls and women. This annual review is evidence of your contribution to our work.

During the year we organized watershed training, environmental awareness program, awareness campaign for violence against women, AIDS awareness campaign, awareness campaign for iodized salt, training program for self-employment for disable boys and girls, Nasha-mukti abhiyan, ANC training, training for adolescent girls. We also organized health camps, workshop for eradication of child labour, awareness camps for Gram Sabha and program for formation of self help groups.

Through these programs, we served many women, girls, boys and village community to make aware and empower for the betterment of their lives. After getting training, the boys and girls were able to get the job or were able to start their own business. Our programs left a sustainable impact on the society and we promise and we will do our best to serve them in future also.

### **The Future**

In 2009-10, I look forward to you joining us to serve in new avenues. We plan to develop more community alliances, scale up our campaign to save biodiversity, strengthen our work with women and children, and, of course, to continue our training programs to support income generation activities. We hope we can rely on your support to empower girls and women for a better world. I really urge you to continue to keep in touch with us.

Warm wishes,

Mrs.Prabhati Khare

### **Our Vision**

The vision of the organization is 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.

## Our Mission

The mission of the organization is to unite the women, deprived and exploited people of the working area and build their capacity so that they can get their rights due to strength and can join the main stream of the society and live with self respect.

## Information on AMS

Registration Details	
Sr.	Type of Registration
1	FCRA [No.0631180014]
2	Society [No.SC/4094 dated 18/07/2003]
3	12-A 05/15
4	80G 5/16
5	PAN No. AAFTS6928N
6	TAN No. BPLA04984A
7	Planning Commission NGO Portal Unique ID No. MP/2009/0004319

### AMS's

**Registered & Head Office:** Jawahar Road, Chhatarpur-471001(M.P.) India

Phone No. +91-7682-242315 Mobile No. 09424344088 Email ID:  
[abharmahila23@gmail.com](mailto:abharmahila23@gmail.com), pradeep\_abhar@yahoo.co.in

**Our Bank:** State Bank of India, ADB branch, Chhatarpur-471001 (MP)

## ACTIVITIES

### Watershed training:

The watershed trainings have been arranged in Vijawar area in 10 villages for the SHGs formed by women. They were given training on watershed guidelines, book keeping, quality control, mutual transaction and bank finances. A total of 435 women participated in the program. The aim of the program was to increase efficacy of the women for implementation of watershed development, participatory irrigation management and agricultural productivity enhancement in terms of knowledge, skill and attitude.



### Environmental awareness program:

In two villages of Rajnagar area, environmental awareness program was organized for the villagers and students. They were told that environmental education is a process of recognizing values and clarifying concepts in order to develop skills and added tools necessary to understand and appreciate the inter-relationship among man, his culture and his bio-physical surrounding. It creates an overall perspective, which acknowledges the fact that natural environment and man-made environment are interdependent. They should consider the environment in its totality and should be a continuous lifelong



process beginning at the pre-school level and continuing through all stages. They should utilize various educational approaches to teach and learn about and from the environment with stress on practical activities and first-hand experience. They student were advised to write an essay on environment. A total of 120 villagers/students participated in the program.



### **Awareness program for violence against women:**

AMS arranged awareness program for violence against women in 2 villages of Vijawar area for the women SHGs. A total of 65 women participated in the program. They were given the information about the “Protection of Women from Domestic Violence Act 2005” (PWDVA 2005). They were told that why a separate law on domestic violence is necessary. The rationale behind it that till 2005, remedies in form of civil law ( divorce) and criminal law, no definition of domestic violence, no civil law dealing with domestic violence, need for immediate and emergency relief, no express recognition of domestic violence and other non-matrimonial relationship not covered by existing laws e.g. between parents and children, brothers and sisters etc. The key features of PWDVA 2005 were told to them viz. definition of domestic violence based on UN framework, unambiguous recognition of the women’s right to live free from violence, provides immediate relief to victims in cases of emergency, the right to reside in shared household- recognizes inequality within the home, ensures effective access to justice etc.



AMS organized AIDS awareness campaign in 5 villages of Chhatarpur in which 435 villagers took part. They were given the information about the AIDS, how to prevent from it, and what precaution should be taken. They were told that Acquired Immuno Deficiency Syndrome is a disease of the human immune system caused by the human immunodeficiency virus (HIV). This condition progressively reduces the effectiveness of the immune system and leaves individuals susceptible to opportunistic infections and tumors. HIV is transmitted through direct contact of mucous membrane or the bloodstream with a bodily fluid containing HIV, such as blood, semen, vaginal fluid, preseminal fluid, and breast milk. This transmission can involve anal, vaginal or oral sex, blood transfusion, contaminated hypodermic needles, exchange between mother and baby during pregnancy childbirth, breastfeeding or other exposure to one of the above bodily fluids.



In 5 villages of Bada Malahara area, the villagers, shopkeepers, students, Anganwadi workers and media were made aware about the use of iodized salt. By adding iodine to edible salt and making its use compulsory since 1986 the Indian government has saved

several thousands of babies from being born with brain damage. They were told about the benefits of iodized salt such as iodized salt helps prevent certain types of brain disorders and mental retardation, iodized salt also helps in prevention of hypothyroidism, goiter, impaired thyroid function, abnormal weight gain and other thyroid problems, salt containing iodine also helps prevent stillbirths, miscarriages, abortions and congenital growth abnormalities, iodized salt prevents disorders like cretinism, stunted growth, apathy and other impaired movements, Having adequate amounts of iodine through the medium of iodized salt also helps in avoiding certain gastrointestinal and skin problems and iodized salt is also believed to treat and prevent constipation, dryness of skin and fatigue.



### **Training program for self-employment for disable adolescent boys & girls:**

AMS organized training program of generating self-employment for the disable adolescent boys and girls at Chhatarpur. A total of 75 participants took part in this program and developed their skills. This will help them to get the jobs or they may start their own business.





### **Awareness campaign- Nasha Mukti Abhiyan:**

AMS organized Nash Mukti Abhiyan in 5 villages of Chhatarpur block and near about 750 persons participated in the program. They were told about the Alcoholism, also known as alcohol dependence, is a disease that includes the following four symptoms: craving i.e. a strong need, or urge to drink, loss of control i.e. not being able to stop drinking once drinking has begun, physical dependence i.e. withdrawal symptoms, such as nausea, sweating, shakiness and anxiety after stopping drinking and tolerance i.e. the need to drink greater amounts of alcohol to get “high”. The people were advised to avoid or leave drinking habit as it is very much bad for the health and also for the family.

### **ANC training:**

AMS organized in 10 villages of Chhatarpur block ANC training for the women of self help groups. A total of 322 women participated in the program. The pregnant and lactating mothers were told about the 3 check-ups before and after the pregnancy. They were given information about the immunization schedule and nutritional diets. Antenatal care begins with 'history-taking' and is followed by a complete examination of the patient. Thereafter, the mother-to-be receives advice and instructions about her mode of life, diet and regular antenatal check-ups till labour sets in. The obstetric history begins with the age of the mother and includes information about the number of years since marriage, number of pregnancies, previous deliveries, abortions, pre-term labour, complications during previous pregnancies or labour, etc.



Difficulties in previous deliveries, application of forceps, caesarean births and the birth weight of former children is also important. The session was like by most of the women and they appreciated it a lot.



### **Training for adolescent girls:**

In 10 villages of block Chhatarpur and training has been organized for the adolescent girls in which 124 girls participated. They were told about the adolescent age, its problems, physical and psychological changes and how to cope with the stress. Adolescence is a transitional stage of physical and mental human development generally occurring between puberty and legal adulthood but largely characterized as beginning and ending with the teenage stage. For example, a young adult is generally a person between the ages of 20 and 40, whereas an adolescent is a person between the ages of 13 and 19. During this age how the girls should behave and how and from whom they should take the guidance, was told to the girls.



### Organization of health camps:

AMS conducted health camps in different 10 villages of district Chhatarpur. These villages lack the minimal medical infrastructural facilities. AMS started medical camps to give medical support to people. This also helps us in spreading environmental awareness. The camps were announced in advance so that a large number of villagers prepared to come in from the morning. Approximately 1480 villagers inclusive of women and children were covered. The medicines distributed were paracetamol, antacid, combiflam, iron tonic, eye drops etc.



### Workshop of eradication of child labour:

AMS organized workshops for the eradication of child labour in 10 villages of district Chhatarpur in which 55 volunteers and correspondents of various newspapers participated. The most innocent phase in human life is the childhood. It is that stage of life when the human foundations are laid for a successful adult life. It is the phase when we are carefree, fun-loving, learning, playing. But, this is the story of not too many children. Yes, there are far more children scarred and tormented.





They hate their childhood. They would do anything to get out of the dungeons of being children and controlled and tortured by others. They want to break-free from this world. Some manage to get out and get a better life, but many continue to be where they are, not out of choice, but force. This is the true story of child labour. There are industries and individuals, who employ young innocent children. They put them to work under grueling circumstances. They make them work in dangerous factory units manufacturing fireworks. They make children carry load even heavier than their own body weight.



### **Awareness campaign for Gram Sabha:**

AMS organized in 10 villages of Chhatarpur the awareness campaign for Gram Sabha. A sizable number of men and women participated in it. They were told about the importance of Gram Sabha and the women were encouraged to take active part in it. The Gram Sabha is a meeting of all adults who live in the area covered by a Panchayat. Anyone who is 18 years old or more and who has the right to vote is a member of the Gram Sabha. Every village Panchayat is divided into wards, smaller areas. Each ward elects a representative who is known as the ward member. All the members of the Gram



Sabha also elect a Sarpanch who is the Panchayat president, the Ward Panchs and the Sarpanch form the Gram Panchayat. The Gram Panchayat is elected for five years. The Gram Sabha is the key factor in making the Gram Panchayat play its role and be responsible .



It is the place where all plans for the work of the Gram Panchayat are placed before the people. The Gram Sabha prevents the Panchayat from doing wrong things like misusing money or favouring certain people. It plays an important role in keeping an eye on the elected representatives and in making them responsible to the persons who elected them.



### **Formation of SHGs program:**

AMS organized SHGs formation program in 10 villages of Chhatarpur area in which 365 women from BPL families participated. They were told the importance of SHGs and how they can be benefited out of it. How they should form the SHGs, how to run the



activities, how to open the bank accounts, the election of president and secretary and treasurer, how financial transaction are to be made and how they can make a good savings amount by making small contributions.

### **Our sponsors**

1. Donation
2. Janpad panchay Barigarh
3. M.P.V.H.A Bhopal/Indore
4. I.W.D.P Bijawar
- 5

### **HELP US.....**

You can contribute to our efforts being made to help the needies by making a donation to AMS. The drafts/cheques can be made payable to “Abhar Mahila Samiti, Chhatarpur”.

#### **President**

Prabhati khare  
Abhar Mahila Samiti, Chhatarpur  
Dist. Chhatarpur (M.P.)