

COLLEGE OF SOCIAL WORK, NIRMALA NIKETAN, MUMBAI  
An Autonomous College affiliated to the University of Mumbai

SPANDAN  
ANNUAL  
REPORT  
2022-2023  
PROJECTS  
FUNDED BY  
RUSA

Principal: Dr. Lidwin Dias

Faculty In charge : Anita Machado (PhD)

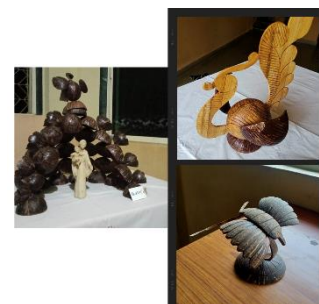
Project Coordinator : Ms. Neeta Pagi

[December, 2022 till Date]

Sr. Brita [July 2022 to Dec 2022]

Community Animator: Mr. Yogesh

[ December, 2022 till Date]



## BRIEF OVERVIEW ON THE SPANDAN THE FIELD ACTION PROJECT OF COLLEGE OF SOCIAL WORK NIRMALA NIKETAN

The College of Social Work Nirmala Niketan Mumbai is a premier institute established in 1955 imparting social work education in the country. It has undergraduate, post graduate certificate and degree programmes and a doctoral programme in Social Work.

The College has a history of innovation in intervention in problem situations. Field Action Projects (FAP's) which are initiated by faculty members with student's participation have played a major role in establishing the College as a leadership training institute. Many of the FAP's evolved into Non-Governmental Organizations that are contributing to the development of the marginalized sections in India. These FAP's have worked on issues ranging from dowry-related violence, prostitution, communal violence, malnourishment deaths of children, to disability,



HIV/AIDS and disaster; the target groups range from women in distress, street children, mentally challenged children, children of sex workers, to youth, tribal communities, the urban poor and society at large.

In tune with the sustainable development goals to make an inclusive world in line with the vision statement of the College of Social Work, Nirmala

Niketan (CSWNN), Mumbai, 'to contribute to build a new social order based on human dignity and social justice to work with a preferential option for the vulnerable and exploited, locally, globally' and believing local wisdom of the Indigenous tribal communities, Spandan meaning heartbeat, resonates the voice of the Indigenous groups to promote sustainable development for better livelihood and focusing on malnutrition issue at Talsari and Dahanu block of Palghar district, Maharashtra.

## Evolution of Project SPANDAN

Voicing concern over death of 17,000 people due to malnutrition in tribal areas of Maharashtra the Bombay High Court asked the state government to take immediate steps to tackle the problem (India Today, Sep 21, 2016). This issue led to the evolution of Spandan in the year 2017 in three villages of Savroli, Anvir and Dongari. Initially, Spandan performed a baseline survey to identify the problems in the community and the reasons of malnutrition. It also performed a PRA in Savroli. The baseline survey showed that there are inter-linkages among number of problems such as traditional subsistence of agriculture, , migration, lack of awareness about required nutrients, improper dietary habits, substance abuse, child motherhood, preference to home deliveries, lack of awareness on the importance of breastfeeding, lack of quality education, dropouts, lack of access to medical facilities and higher educational institutions. Spandan launched its initiatives with its focus on Integrated Development Approach and Participatory intervention.



Spandan envisages...

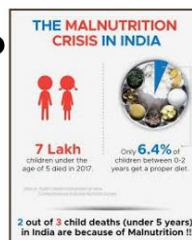
**To Promote better livelihood options**

**Addressing issues related to Health and malnutrition**

स्पंदन



Palghar District





## **Project Office of Spandan at Gyanjyoti Community College [A community Intervention Project of Nirmala Institute]**

The operational office is at Gyanjyoti community college Karajgaon.

Gyanajyoti Community College

located at Karajgaon was envisaged to provide Skill based education which is accessible to a large number of marginalised communities with specific emphasis on the indigenous



groups. The focus is to provide flexible and open education system which caters to community-based lifelong learning needs

### **Inception of Spandan in Tune with the Vision of the College**

To contribute to building a new social order based on human dignity and social justice.

To work with a preferential option for the vulnerable and exploited, both locally and globally

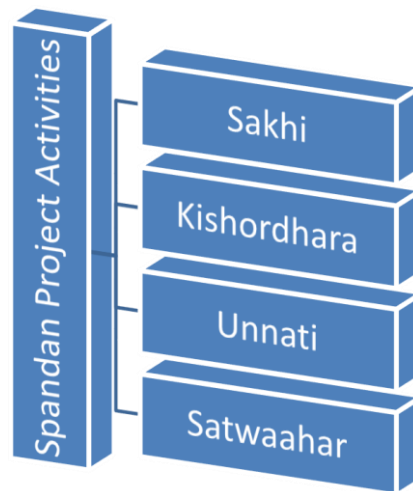




## Spandan Project Activities

**Sakhi:** Spandan intervenes with women through anganwadi centres and existing Self Help Groups and organizes various sessions for women on issues related to reproductive health, ill effects of early motherhood, Importance of SHG's and Role of Women in Village Development and importance of diverse diet.

**Kishordhara:** Spandan's intervention with school going adolescents by its planned program Kishordhara. Kishordhara focusing on multivariied issues with emphasis on Skill development, Personality development and Career guidance



**Unnati:** Was initiated to provide alternate livelihood options for the community youth and families by providing training in different skills implemented conducted at Gyan Jyothi community college, Karajgaon

**Satwaahar:** Program focuses on ensuring continued learning and practice of setting up Eco friendly projects with emphasis on setting up Kitchen gardens to improve the families' food and dietary conditions.

**Areas of Intervention of SPANDAN in Talasari and Dahanu Block of Palghar District  
Based on the Respective Projects**



पालघर  
जिल्हा

Sr. No	Project name	Village name	Pada name
1.	KISHORDHARA	Dhamangaon	Patilpada
			Aptolpada
		Karajgaon	Patilpada
			Manpada
			Narlipada
		Gangangaon	Dandekarpada
		Savroli	Patilpada
		Anvir	Patilpada
			Dabhlipada
		Savane ( new Village)	Savane ( new Village)
		Vasa	Brahmanpada
2.	SAKHI	Dongari	Moharpada
		Dhamangaon	Aptolpada
		Karajgaon	Manpada
			Narlipada
		Ganjad	Mahalpada
			Daudanpada
			Diwanpada
			Dasrapada
		Gangangaon	Kandalipada
			Patilpada
		Savroli	Patilpada
			Dhamnipada
		Anvir	Patilpada
		Vasa	Baratpada
			Brahmanpada
3.	SATWAHAAR	Dongari	Harsonpada
			Kakadpada
			Moharpada
		Dhamangaon	Patilpada
			Aptolpada
		Karajgaon	Patilpada

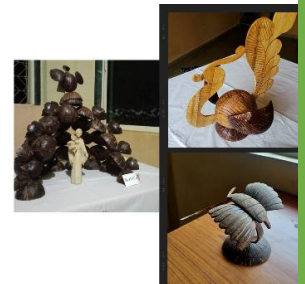
			Manpada
			Narlipada
		Ganjad	Diwanpada
			Mahalpada
			Dasrapada
		Gangangaon	Kandalipada
			Dandekarpada
			Aptolpada
			Khoripada
		Kawada	Lilakpada
			Awarpada
		Savroli	Patilpada
			Brahmanpada
			Dhamnipada
		Anvir	Patilpada
		Vasa	Kolipada
			Brahmanpada
			Bartpada
		Nikne	Ibhadpada
		Dhamatne	Sutarpada
			Dukanpada
4.	<b>UNNATI PROJECT</b>	Vasa	Kumbharpada
		Udhwa ( new Village )	Kanalpada
		Dhamangaon	Aptolpada
		Gangangaon	Kandalipada
5.	<b>NUTRITION POWDER BENEFICIARIES</b>	Dongari	Kakadpada
			Moharpada
		Dhamangaon	Aptolpada
			Patilpada
		Karajgaon	Patilpada
			Manpada
			Narlipada
		Gangangaon	Kandalipad a
			Dandekarpada
			Khoripada
			Patilpada
		Kawada	Lilakpada
			Awarpada
		Anvir	Patilpada
		Vasa	Kolipada
		Dhamantne	Dukanpada



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Birds Eye view on the Major Initiatives of Spandan  
July 2022 - March 2023



## Sakhi

Spandan intervenes with women through anganwadi centres and existing Self Help Groups and organizes various sessions on issues related to Reproductive Health, Prenatal , Post natal Care and on Low Cost Nutrition

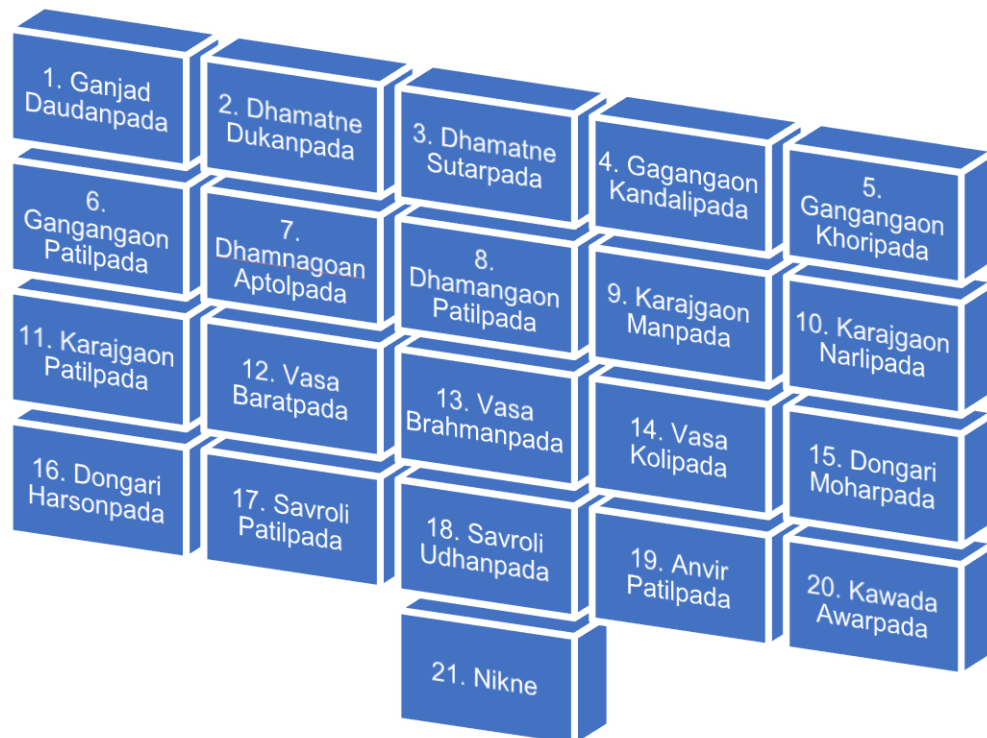


## *Major Initiatives under the Sakhi Project*

## Major Initiatives under the Sakhi

Sakhi :

The Major Interventions under Sakhi is interventions through Anganwadis . Spandan intervenes with women through anganwadi centres and existing Self Help Groups and organizes various sessions for women on issues related to reproductive health, ill effects of early motherhood, Importance of SHG's and Role of Women in Village Development and importance of diverse diet. Through the Collective efforts of the Field work students placed in Spandan and the staff coordinators Spandan has intervened in twenty one Anganwadis.





## Developing Modules for the Intervention in Anganwadis :

To Densitize Pregnant and Lactating Women on different topics related to health. A series of Modules were developed by the students placed in Spandan for field work. The details are as Follows



### SAKHI PROJECT Developing Modules Anganwadi intervention



**Ms. Mamata** : Working towards a Healthy Community.

**Ms. Bhavika** : Common Health problem.

**Ms. Jovina** : Understanding Rights and Right to Health.

**Ms. Lata** : Dealing with common Health problems.

**Mr. Vineet** : Infectious Diseases (Tuberculosis, Leprosy and Malaria)

**Ms. Priti** : Maternal Health.

**Mr. Malhar** : Newborn care.

**Mr. Prashant** : Nutritional Practices for Infant and young children.

**Sessions conducted inanganwadis by the NN students and theSpandan staff**

Anganwadi centre	Date	Topic	Conducted by
Gangangaon Kandalipada Anganwadi	21 Nov 2022	Community health	NN FW students
	25 Nov 2022	Nutritious diet	NN FW students
	15 <sup>Th</sup> December 2022	Body Physiology	Spandan Staff
	13 March 2023	Stress management	Spandan Staff
Gangangaon Dandekarpada	30 Nov 2022	New born Care	NN FW students
Anvir Patilpada Anganwadi	25 Nov 2022	Dealing with common health problems	NN FW students
	28 Nov 2022	Basic human rights	NN FW students
	1 Dec 2022	"Nirogi" eat well and live well	NN FW students
	19 <sup>th</sup> December 2022	Healthy community	Spandan Staff
Anvir Dablipada Anganwadi	28 Nov 2022	Nutritious diet	NN FW students
	29 <sup>th</sup> Nov 2022	Right to health	NN FW students
Dongari Moharpada	12 <sup>th</sup> January 2023	Healthy community	Spandan Staff
	21 Jan 2023	Body Physiology	Spandan Staff



Anganwadi centre	Date	Topic	Conducted by
Vasa Kolipada	21 Nov 2022	Right to health	NN FW students
	25 Nov 2022	New born care	NN FW students
Vasa BhrahmanpadaAnganwadi	25 Nov 2022	Right to health	NN FW students
	28 Nov 2022	Infectious disease/ Malaria	NN FW students
DhamangaonpatilpadaAnganwadi	25 Nov 2022	Dealing with common health problems	NN FW students
	29 Nov 2022	Infectious diseases	NN FW students
	30 Nov 2022	New born care	NN FW students
	3 Feb 2023	Nutrition, Health and hygiene of mother and child	NN FW students
DhamangaonAptolpadaAnganwadi	29 Nov 2022	New born care	NN FW students
	17 <sup>th</sup> December 2022	Body physiology	SpandanStaff
	27 Jan 2023	Stress management	NN FW students
	31 March 2023	Healthy Community	SpandanStaff
SavroliPatilpada	28 Jan 2023	Health and hygiene	NN FW students
	3 Feb 2023	Health Awareness	NN FW students
	6 March 2023	Stress management	SpandanStaff
KarajgaonManpada	21 March 2023	Healthy community	SpandanStaff







Preventive Health Care initiatives of Spandan in collaboration  
with Health Promotion Trust  
RUSA FUNDED PROJECT

**Collaborative initiative of Spandan, Field Action Project of College of Social Work,  
Nirmala Niketan with Health Promotion Trust, (Archdiocese of Bombay) in Palghar  
District with specific reference to Dahanu and Talasari blocks**

Palghar district of Maharashtra is predominantly a tribal area, where malnutrition and associated child mortality rate recorded amongst the tribal communities is often a cause of serious concern.

With the emerging health issues confronted due to lack of education, absence of minimum health



care and food insecurity among the indigenous tribal people in India, Spandan was incepted as the Field Action Project of College of Social Work, Nirmala Niketan with the envisioned goal to promote sustainable development for better livelihood of the indigenous groups focusing on malnutrition issue in ten villages of Dahanu and Talsari block of Palghar district, Maharashtra.

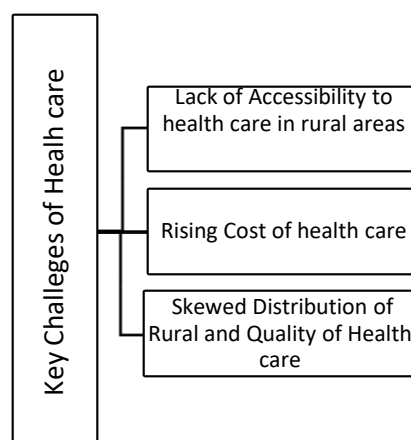
To achieve the envisaged goal of holistic health a collaborative initiative was planned with Health Promotion Trust. Health Promotion Trust is a non-profit organization of the Archdioceses of Bombay. The focus of HPT is to promote holistic health through different partners at various community centres, NGO's and Go's.

To address concerns related to health it is important to sensitize the groups on Preventive Health Care. This collaborative initiative was planned to sensitize community members through Anganwadi centres on Preventive Health care dimensions.

### **The Need and Importance of Focusing on Preventive Health Care**

Research findings have clearly indicated that the prevailing healthcare has been skewed towards curative medicine while

neglecting preventive care leading to high cases of preventable diseases. This is a major gap in our health systems, and there is lack of awareness about holistic healthcare.



The emerging concern is to reduce our dependence on prescriptive medicine and move towards addressing the root cause of health issues. The key challenges of Health care can be significantly addressed with due emphasis on Preventive Health Care.

The National Health policy that is formulated lays emphasis on Preventive and Promotive health and the prerequisite is for an empowered public health cadre to address social determinants of health effectively, by enforcing regulatory provisions. The National Health policy also focuses on the expansion of scope of interventions to include early detection and response to early childhood development delays and disability, adolescent and sexual health education and behaviour change to address precipitating health concerns for primary prevention and secondary prevention from common chronic illness –both communicable and non-communicable diseases. The National Rural health mission envisages the need to revitalise local health knowledge and traditions and effectively integrate health concerns with determinants of health like sanitation, hygiene, nutrition and safe drinking water. In line with the National Health Policy imperatives Spandan in collaboration with HPT had initiated Preventive Health care initiatives. The succeeding Pges gives a brief overview on the major intervention and the outcomes of this initiative.

### **Preventive Health Care initiatives of Spandan in collaboration with Health Promotion Trust**

**Health Care Modules:** With the purported mission of sensitising women especially pregnant and lactating mothers visiting the anganwadi centres a series of sessions were organised, these sessions were tailored to enhance health promoting behaviour among women. Some of the important topics covered include importance of health care, water therapy, nutritious diet, body physiology, healthy nutritious diet and herbal medicine preparation and low cost nutritious diet preparation. The



sessions were organised in Ganjad hamlet in two padas namely Diwanpada and Dasarapada. The average number of participants were 25 to 30. The sessions were reflective and Participative in nature covering crucial health concerns confronted. These sessions had multiple benefits for the participants.

## HPT MODULES

### DETAILS ON THE SESSIONS CONDUCTED BY HEALTH PROMOTION TRUST

Date	Venue	Session topic	No. of participants
7 <sup>th</sup> sept 2022	Ganjad Dasarapada	Measurement of healthy body	32
21 <sup>st</sup> Sept 2022	Ganjad	Water therapy	21
19 <sup>th</sup> Oct 2022	Ganjad Dasarapada community hall	Diet and nutrition	35
3 <sup>rd</sup> Nov 2022	Ganjad Dasarapada Anganwadi	Body physiology	15
23 <sup>rd</sup> Nov 2022	Ganjad Diwanpada	Preparation of herbal remedies	46
2 <sup>nd</sup> Dec 2022	Dayanad Hospital – Vadoli Talasari	Preparation of herbal remedies	19
16 <sup>th</sup> Dec 2022	Ganjad Mahalpada Community hall	Ready to eat snack preparation at home	15
13 <sup>th</sup> Jan 2023	Ganjad Mahalpada Community Hall	Preparation of herbal hair oil, balm	15
1 <sup>st</sup> February 2023	Ganjad Daudanpada	Healthy Nutritional recipes.	12



1 <sup>st</sup> February 2023	Ganjad Diwanpada	Life style diseases and nutrition	10
16 <sup>th</sup> February	Holy Name School, Colaba.	Hpt Annual Rally	21
03 <sup>rd</sup> March 2023	Gnanjyoti Community College	Low-cost nutritious diet	42
10 <sup>th</sup> March	Ganjad Daudanpada	New born care And Nutrition for new borns	15
10 <sup>th</sup> March	Ganjad Grampanchayat	Yoga, meditation, Pranayam	13

Health Promotion Trust Annual Rally  
2023 Date: 16  
February 2023

Annual Rally and Certification of all the  
Members who have completed the Modules  
Number of Participants : 21



Health Promotion Trust Annual Rally 2023 Date: 16 February 2023

The session was hosted by Ms. Kalpana Dabre in the presence of the staff members fr. Rocky, Ms. Sharon and others.

The women from Ganjad showed what all they had learnt through this session through Tarpa Dance. By showing the items or the raw materials out of which they have learnt to make the medicine, low-cost nutritious food, syrup and other things. Showing these items made the people understand what message our

women were trying to give out to them.

The list of things used during the dance were the Nirgudi leaves, curry leaves, beet root, amla, lemon, banana, apple, jaggery, Jaswant flower, mehndi leaves, hair oil, balm, crack cream.

The dance was performed on the stage which was appreciated by all. The women were also very happy to show out traditional dance wearing the traditional dress. And that they had got the opportunity to travel to Mumbai from their busy chores back in the village which gave them the chance to see a different side of life and explore themselves. They also got to connect with other within the group and other groups who had come from different parts of Maharashtra.

After the tarpa dance there were many other dances and skits through which beautiful messages were spread out to the people which our women observed and learnt through this rally.

Out of the 21 women who attended the rally the 13 women who attended the sessions regularly got the certificates from the Health Promotion Trust.

Number of participants: 21

Outcome: The women got a chance to learn about a lot of new things related to health through other groups who performed. They also got to perform on the stage and show what all they had learnt from the Hpt team and will continue using whatever they had taught. As it was a gathering all the members of the Hpt the women from Ganjad also had an opportunity to interact with the other people from other places in Maharashtra. For most women it was their first time visit to Mumbai so they were happy and satisfied.

Some of the significant outcome include

Enhanced knowledge and awareness of different health issues

- Facilitated Healthy practices
- Facilitated Behaviour change
- It acts as a tool to advocate for health and effectively utilise health services
- Provides clarity on the general misconceptions related to health misconceptions about health
- Enhances effective functioning of Health care services

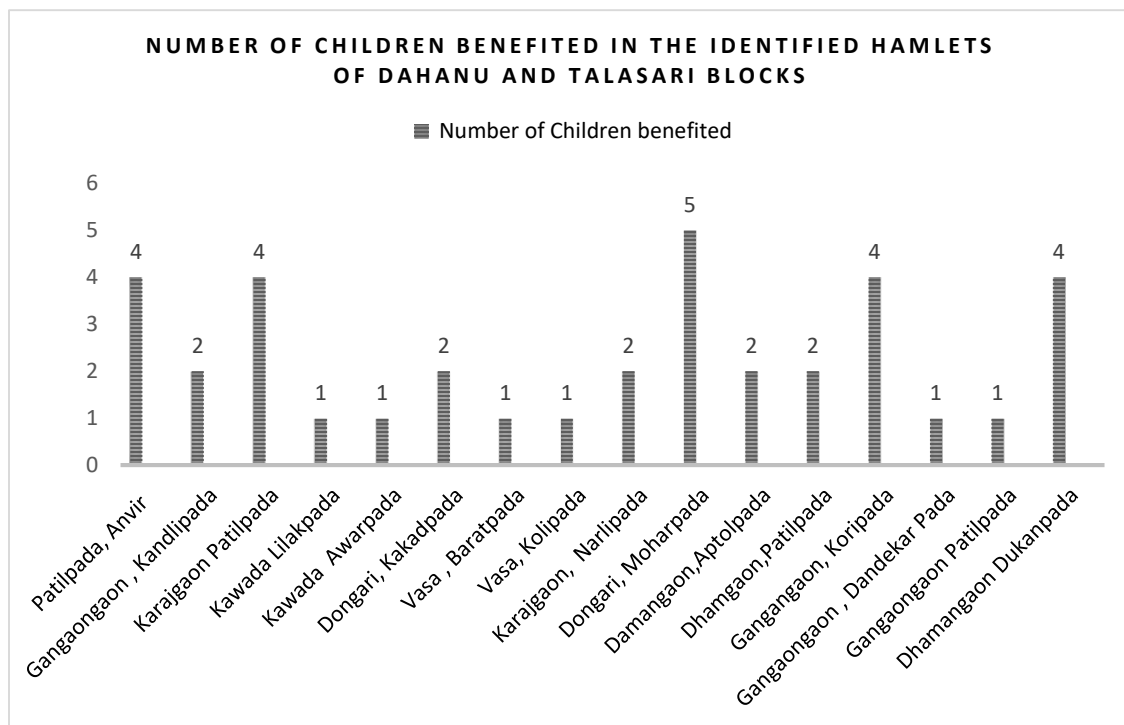
Modules on Low cost nutritious diet was also organised for the nursing college students of Dayanand Hospital, Vadoli Talasari district.

Closure session in GCC.  
Date: 24th March 2023



## PROVISION OF NUTRITION POWDER MIX

During our intervention with the community we observed that there were cases of children who were underweight. Research insights revealed that the factors were multivaried such as insufficient diet, frequent infections, poor breastfeeding practices, delayed introduction of complementary foods and inadequate protein in the diet. In addition factors that influence food intake included, food taboos, abnormal mealtimes, insufficient quantities of food and insufficient parental knowledge. It is imperative that underweight children succumb to diseases and it has long-term negative effects on physical and cognitive development.



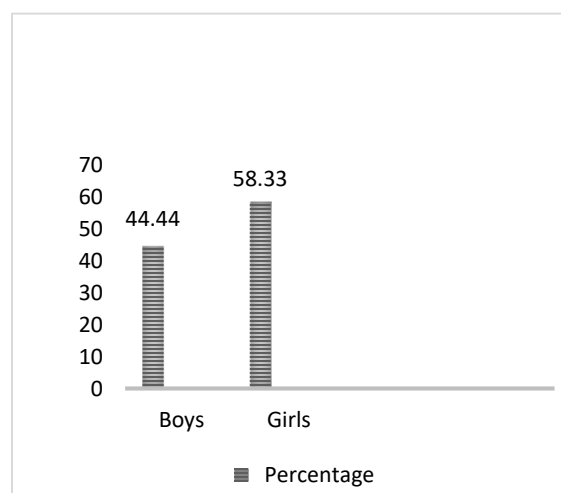
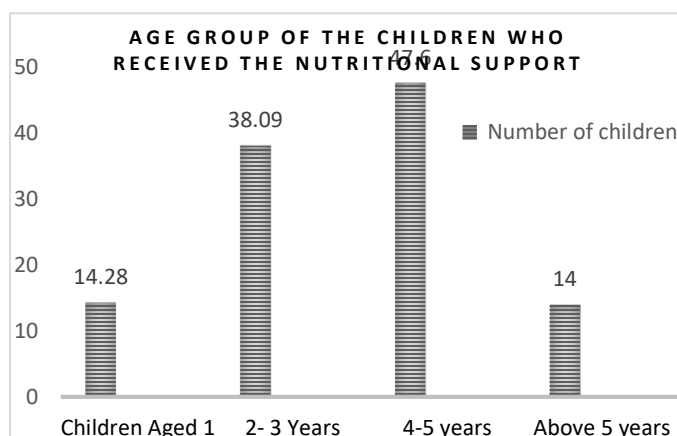
To address the nutritional needs of children Spandan with the collaborative support of Health Promotion Trust provided Nutritional powder mix. The nutritional powder mix was a healthy



supplement containing wheat, jowar, bajra, halim, soyabeans, moong, ragi, peanuts and other pulses and cereals which can be consumed as a porridge or in other forms.

Thirty seven children were supported with nutritional powder mix which supplemented the nutritional needs of the children.

The percentage of girls covered for the nutrition program was 58.3 percent and 44.44 percentage of boys .The age group of children ranged from 1 to above 5 years and majority of the children receiving support were within the age group of 2 to 5years. The occupational status of the families indicated that majority of them were engaged in Farming or Fishing.



Based on the follow up visits there was a marginal progress in the weight of the children since the inception of the program in December 2022. There are Prospective plans to scale up the interventions with concerted and collaborative initiatives.

### Details on the nutritional support provided for the children who are underweight

1. S r . n o	Details of the family	Number of children in the family	Details about the child with the health profile	Details on the date when the powder/ supplementary food was provided	Follow up date	Observation
2.	Mothers name: Saraswati Anil Bendga Fathers Name: Anil Bendga. Father works in a factory, mother is a house wife. Family is quite well to do.	2	Name: Sumedh Age: 2 years old Weight: 7.500 grams Height:	28 Nov 2022	17 Dec 2022	The mother also appears visibly thin. The child ets all the food given but still is thin.
3.	Mothers name: Laxmi Jairam Malavkar Fathers name: Jairam Jana Malavkar The mother is 20 years old. Father goes for fishing is also very young and goes for fishing	1	Name: Pranav Age: 2 years old Weight: 6 kg Height: 68	28 Nov 2022	17 Dev 2022	The family background is poor. The child was born in 7 months of pregnancy. Does not eat all the foods given to him. Does not walk on his own.
4.	Mothers name: Sangita Santosh Valvi Fathers name: Santosh Manoj Valvi	1	Name: Ritesh Age: 1.2 months old. Weights: 6.600 grams Height: 65 cms.	1 Dec 2022	12 Dec 2022	
5.	Mothers name: Malhu Madhu Vangad. The father goes fishing. Other 2 children weigh good all are very slim.	7	Name: Vishwas Age:4 years old Weight: 9 Height: 85	01 Dec 2022	12 Dec 2022	The child is very active and talkative child but falls I'll often.
6.	Mothers name: Manisha Haresh Mhase Fathers name: Haresh Bhikhu Mhase	3	Name: Arush Haresh Mhnase Age: 6 years old Weight: Height:	12 Dec 2022	12 Dec 2022	All the three children are handicap and the mother is finds it very difficult to look after all and maintain hygiene as required.
7.	Mothers name: Manisha Haresh Mhase Fathers name: Haresh Bhikhu Mhase	3	Name: Bhumika Age:2 years old Weight: 6kg Height: 70.6	12 Dec 2022	12 Dec 2022	the child is dumb and cannot walk.

8.	Mothers name: Fulwanti Vilas Kachra Fathers name: Vilas Harji Kachra	2	Name: Tanvi Age:6 Weight: 14.600 Height: 110	15 Dec 2022	24 Janu 2023	Not taking the nutrition powder very often.
9.	Mothers name: Anita Santosh Dadoda Fathers name: Santosh Dharma Dadoda	3	Name: Taniksha Age: 4 Weight: Height:	15 Dec 2022	24 Jan 2023	The child is very thin but very active.
10.	Mothers name: Ananadi Jairam Bendar Fathers name: Jairam Jethya Bendar Both the parents are very young and both go to work so leave the child with the grandmother.	1	Name: Swara Age:1 Weight:7 Height:70	20 Dec 2022	11 Jan 2023	The child had even become more thinner as she had fallen sick. The mother leaves the child with her grandmother and goes to work. Does not breast feed her when required.
11.	Mothers name: Parvati Suresh Rabad Fathers name: Suresh Mahya Rabad The family owns a kirana shop and is well to do.	1	Name: Riya Age:6 Weight: 11.7 Height: 98	22 Dec 2022	23 Jan 2023	The child is very active but very thin, the mother is also very slim.
12.	Mothers name: Sundari Vikram Malavkar Fathers name:	1	Name: Pratiksha Age:3 Weight: 8.80 Height: 80.4	22 Dec 2022	23 Jan 2023	
13.	Mothers name: Vanita Anil Kakad Fathers name: Anil Madhya Kakad The father goes for fishing and the mother is a house wife.	5	Name: Tej Age:3 Weight: 10.70 Height: 80	24 Dec 2022	21 Jan 2023	Has got 5 children so the mother is not able to take of the children very well. The mother is also very slim
14.	Mothers name: Sangita Dilip Vartha Fathers name: Dilip Dasma Vartha The father goes for fishing and the mother works on daily wages.	4	Name: Manisha Age:9 Weight: 16.10 Height: 120	24 Dec 2022	21 Jan 2023	All the children and the mother are thin.
15.	Mothers name: Manisha Prakash Kadali Fathers name: Prakash Janu Kadali A Katkari family. Father works on daily wages. A	2	Name: Adiket Age:4 Weight: 10.95 Height: 92	27 Dec 2022	17 Jan 2023	no proper care for the child. Does not take the child to the anganwadi.

	mother a housewife.					
16.	Mothers name: Shevanti Babu Hadal Fathers name: Babu Sitar Hadal The father goes for fishing. A mother a house wife.	4	Name: Aniket Age:4 Weight: 10.500 Height: 95.5	28 <sup>th</sup> Dec 2022	18 Jan 2023	the child is very active.
17.	Mothers name: Vansu Vikram Narle Fathers name: Vikram Nanhu Narle	3	Name: Nakshatra Age:4 Weight: 11 Height: 93	28 Dec 2022	18 Jan 2023	The child is active. Does not take the nutrition powder very often.
18.	Mothers name: Reju Sanju Mohra Fathers name: Sanju Jana Mohra	4	Name: Ankesh Age:4 Weight: 12.200 Height: 90.5	28 <sup>th</sup> Dec 2022	21 Jan 2023	
19.	Mothers name: Vandana Arvind Mohra Fathers name: Arvind Jana Mohra	1	Name: Shanti Age:6 Weight: 11.200 Height: 96	28 <sup>th</sup> Dec 2022	21 Jan 2023	The child is fully handicap. Takes the nutrition powder but not very often.
20.	Mothers name: Vaishali Kailash Rayat Fathers name: Kailash Harji Rayat Father is a riksha driver and mother a house wife.	3	Name: Arushi Age:8 Weight: 13.200 Height: 110	29 <sup>th</sup> Dec 2022	18 Jan 2023	The family is well to do. The mother takes good care of the children. The mother is also very thin
21.	Mothers name: Vaishali Kailash Rayat Fathers name: Kailash Harji Rayat Father is a riksha driver and mother a house wife.	3	Name: Akshita Age:4 Weight: 11.30 Height: 98	29 <sup>th</sup> Dec 2022	18 Jan 2023	The family is well to do. The mother takes good care of the children. The mother is also very thin
22.	Mothers name: Sujita Ankit Thapad Fathers name: Ankit Kashit Thapad	2	Name: Apurva Age: 5 Weight: 14.5 Height: 109	3 Jan 2023	18 Jan 2023	The child is very active. Takes the nutrition powder everyday.
23.			Ayush Shankar Shingada			
24.	Mothers name: Surekha Mahesh Kachra Fathers name: Mahesh Tujlu Kachra	3	Name: Riyansha Age:4 Weight: 10.700 Height: 94	31 <sup>st</sup> Dec 2022		



25.	Mothers name: Nandani Raman Bij Fathers name: Raman Jethu Bij	4	Name: Nandani Age:5 Weight: 12.300 Height: 96	31 <sup>st</sup> Dec 2022		
26.	Mothers name: Nandani Raman Bij Fathers name: Raman Jethu Bij	4	Name: Mehul Age:1 Weight: 8.800 Height: 78	31 <sup>st</sup> Dec 2022		
27.	Mothers name: Sunita Sunil Fathers name: Kambadi Sunil Kambadi Father is a daily wage worker. Mother a house wife.	2	Name: Sonam Age:4 Weight: 11.300 Height: 86	29 Dec 2022	24 Jan 2023	Does not eat very well.
28.	Mothers name: Savita Dilip Tandel Fathers name: Dilip Tandel The father and mother works at a brick kiln.	4	Name: Raju Age:4 Weight: 12.300 Height: 84	29 Dec 2022	24 Jan 2023	the child was born in 8 months of pregnancy. The child had a big stomach when he was sick. He is good now.
29.	Mothers name: Arohi Lahanu Kambadi Fathers name: Lahanu Kambadi	2	Name: Arushi Age:2 Weight: 11 Height: 86	29 Dec 2022	24 Jan 2023	the family is well to do. The family does not give proper care for the child.
30.	Mothers name: Shalu Vinod Vangad Fathers name: Vinod Vangad	2	Name: Sandip Age:4 Weight: 10.100 Height: 89	30 Dec 2022		
31.	Mothers name: Vandana Alpesh Vangad Fathers name: Alpesh Vangad The father works in a governt office.	3	Name: Alpita Age:5 Weight: 12.100 Height: 99	30 Dec 2022	23 Jan 2023	the child falls sick often. Has some serious health issues but the family hesitate to tell.
32.	Mothers name: Niru Khulya Kachra Fathers name: Father goes for fishing and mother a housewife.	3	Name: Ishan Age:4 Weight: 13.200 Height: 104	28 Dec 2022	21 Jan 2023	the child does not eat food very well .
33.	Mothers name: Kajal Kanha Godhale Fathers name: The father goes for fishing the mother a house wife	5	Name: Aryan Age:5 Weight: 11 Height: 93	28 Dec 2022	21 Jan 2023	Does not eat very well.

34.	Mothers name: Jayatri Jamsu Boba Fathers name: The father is a riksha driver mother a house wife	3	Name: Prajakta Age:5 Weight: 12 Height: 103	28 Dec 2022	21 Jan 2023	Falls sick very often. Eats well but health is not improving.
35.	Mothers name: Vandan Vijay Vedga Fathers name: The father goes for fishing.	2	Name: Vignesh Age:5 Weight: 13 Height: 104	02 Jan 2023	21 Jan 2023	
36.	Nitin Barad Father goes for fishing.		Name: Neharika Age:5 Weight: 10 Height: 89	02 Jan 2023	28 Jan 2023	The child falls ill very often.
37.	Mothers name: Archana Naresh Gandag Naresh Gadag Father goes fishing.	2	Name: Anuj Naresh Gadag Age: 1.8m	02 Jan 2023		did fall sick in the past very often.
38.	Mother Name: Sundar Ashok Medha	2	Name: Ankita Ashok Medha	02 Jan 2023	16 Jan 2023	
39.	Mother: Ramesh Barkya Barad Father: Kalpana Ramesh Barad	2	Name: Rishab Ramesh Barad	23 Feb 2023		



This  
Collaborative



initiative has significantly contributed to achieve the envisaged goal of holistic health with emphasis on Preventive Health Care through Nutritional intervention, Maternal and Neonatal interventions and by promoting

Educational and Behaviour change through health care sessions.

### Outcome of the Collaborative Health Care interventions

- Food and nutrition are major determinants of human health and disease. Preventive care intervention with mothers and the provision of supplementary nutrition plays a vital role in addressing severe malnutrition concerns such as kwashiorkor or marasmus.
- Preventive health care measures can also address malnutrition concerns among children that are life threatening which increase the susceptibility to many infectious diseases, as well as impact cognitive development.
- Health awareness sessions, demonstration sessions on Low cost nutritious diet and provision of supplementary nutritional awareness session on home remedies and herbal medicines plays a pivotal role in addressing health concerns evolving due to calorie and protein deficiencies and specific deficiencies in micronutrients, such as iron, folate, zinc, iodine, and vitamin which are important determinants of severe diseases.
- It is important to focus on the health of mothers during Pregnancy and lactation. Preventive interventions before or during pregnancy through health awareness sessions directed towards Pregnancy and neonate care such as exclusive breastfeeding, supplementary nutrition and health care during lactation can have a significant impact on preventing neonatal deaths.
- The Preventive care interventions are also directed towards behaviour change, the health care modules on deficiency diseases, life style diseases attempts to enhance knowledge and skills to promote behaviour change motivating them to act on the Knowledge and skills gained.



The Spandan team extends its sincere appreciations to HPT for this collaborative initiative furthering the cause of Promoting accessible health Care for all.

## Satwaahar.

Program focuses on ensuring continued learning and practice of setting up Kitchen gardens to improve the families' food and dietary conditions.



PROJECT FUNDED BY RUSA

## Major Initiatives under the Satwahaar Project





**Satwaahar:** The Program focuses on ensuring continued learning and practice of setting up setting up nutrition gardens to improve the consumption of nutritious food

Title: Parasbaug Training Date: 26th August 2022

Brief Content: Fr. Joel explained the importance of Parasbaug and how we can make resources which are available in the community itself by making use of the waste water of the kitchen to grow the vegetables.

He also explanation about the area,the plot of land, its measurement would be 1 acre of land which also means 40 guntas,2.5 for 1 gunta.

Mr. Satish spoke on the different steps which are important aspects in planning the Parasbaug as an agriculture livelihood and the nutritious values for good and healthy living. He also explained about the different types of Parasbaug like; Individual, family garden and community garden through SHGs.

The different steps of Parasbaug were also listed, which are involved from selecting of the place/area and seasonal plantation until we get the healthy vegetables. He explained the various cycles of the growth of the vegetables and how it is important to put seeds according to the season. During the training session the participants were given time to ask for any doubt and clarification. As group of people are farmers who know agriculture and the environment did not find it difficult

Title: Parasbaug Training by  
Maharashtra Prabodhan Seva  
Mandal  
Date:  
26th August 2022  
Number of participants: 21



to grasp also because the resource person spoke in local language everything was ok. Session was informative to the people and for towards their livelihood. Some of them clarified their doubts by asking or explaining to others in their own native language. The information was also effective because it was done in Power point presentation.

Number of participants: 21

Outcome: After the theory with power point presentation the participants were taken out for a demo session in Gyana Jyoti Community College compound where this model circular garden it to be exposed all those selected and interested families who participated and would be taking this project further soon. Once the demonstration was over each participants/families seeds were distributed before they dispersed. The participants got to see the model parasbaug in practical which they will be replicating in each of their homes.

**Title: Herbal medicinal preparation training Date: 13 February 2023**

The herbal medicine preparation session was conducted by Sr. Neela Pateliya and Uttam Vasave from Jeevan Vidya Trust Nandurbad on 13th February 2023.

The training program began by introducing the two resource persons in the presence of Dr. Anita Machado, Sr. Clera, Sr. Brita, Ms. Neeta, Mr. Yogesh, 15 people from the community and 16 students from Gynjyoti Community College.

The objective of the session is to provide knowledge and information to the people about the use of herbal medicines. The trainers began with introducing the 15 medicinal plants and their uses and the process of how to use these medicinal plants. They also showed the saplings of each herbal plant to the participants.

The list of the herbal plants is as below:

- Jaswand
- Panova
- Lemon Grass

- Kadi Patta
- Brahmi
- Nagarvel
- Haddi Jod
- Panfutti
- Pudina
- Aloevera
- Peva
- Gunj
- Ashvagandha
- Madhunashi
- Neelgudi

The group was taken to show the process of making the herbal medicine in practical.

Aayush Balm: First the preparation for the Aayush Balm was taught by Sr. Neela and Mr. Uttam.

The participants themselves were asked to be involved in making the Aayush balm.

Jaswant tonic: Then the Jaswant tonic was shown to them. Where the Jaswant flowers were put in the glass jar in layer and then jaggery layer. The layers of each put in the jar alternatively till the jar was filled which is to be kept in the hot sun.

Alevera juice: The process of aloevera juice was shown to the participants

After teaching the process of the 4 medicines once again a summary was taken by the trainers with the help of the PPT.

Number of participants: 31

**Outcome:** the participants were very eager to learn about this medicine preparation. The participants prepared the medicines themselves which was a very good learning experience for them. And they will surely make and use all the medicines in their homes

Adulsa cough syrup: as adulsa leaves are found a lot in the area the cough syrup was shown to the participants which is good for the cold, cough, and Asthma.

### Herbal medicine training



#### Herbal medicinal preparation training

Date : 13 February 2023

The herbal medicine preparation session was conducted by Sr. Neela Pateliya and Uttam Vasave from Jeevan Vidya Trust Nandurbad on 13th February 2023.

Number of Participants : 31





**Title: Low-Cost nutritious program on collaboration with  
Dayanand hospital. Date: 2<sup>nd</sup> December 2023**

**Brief content:** The session on Low-Cost nutritious diet was held by Kalpana maam from Hptand all the arrangements were made by the NN student placed for field work in Dayanand hospital. Nutrition powder, hemoglobin laddoo from beetroot and lemon, Jaswant tonic, coughsyrup process were showed to the Asha workers and other participant. The Nursing students also participated for few processes of making the low-cost nutritious diet.

Number of participants: 19

**Outcome:** It was a great learning to make the low-cost nutritious diet for the Asha workers as they will be showing these recipes in the communities. The nursing students also got the exposure to learn something different. The benefits of these preparations. The arrangements were done very well by the NN students and the Dayanand staff.

Low-Cost nutritious program For Asha  
Workers and the Nursing Students in  
collaboration with Dayanand hospital. Date:  
2nd December 2023







#### RUSA FUNDED PROJECT

#### TRAINING COMMUNITIES IN SETTING UP NUTRITION GARDEN AND DISTRIBUTION OF SEEDS

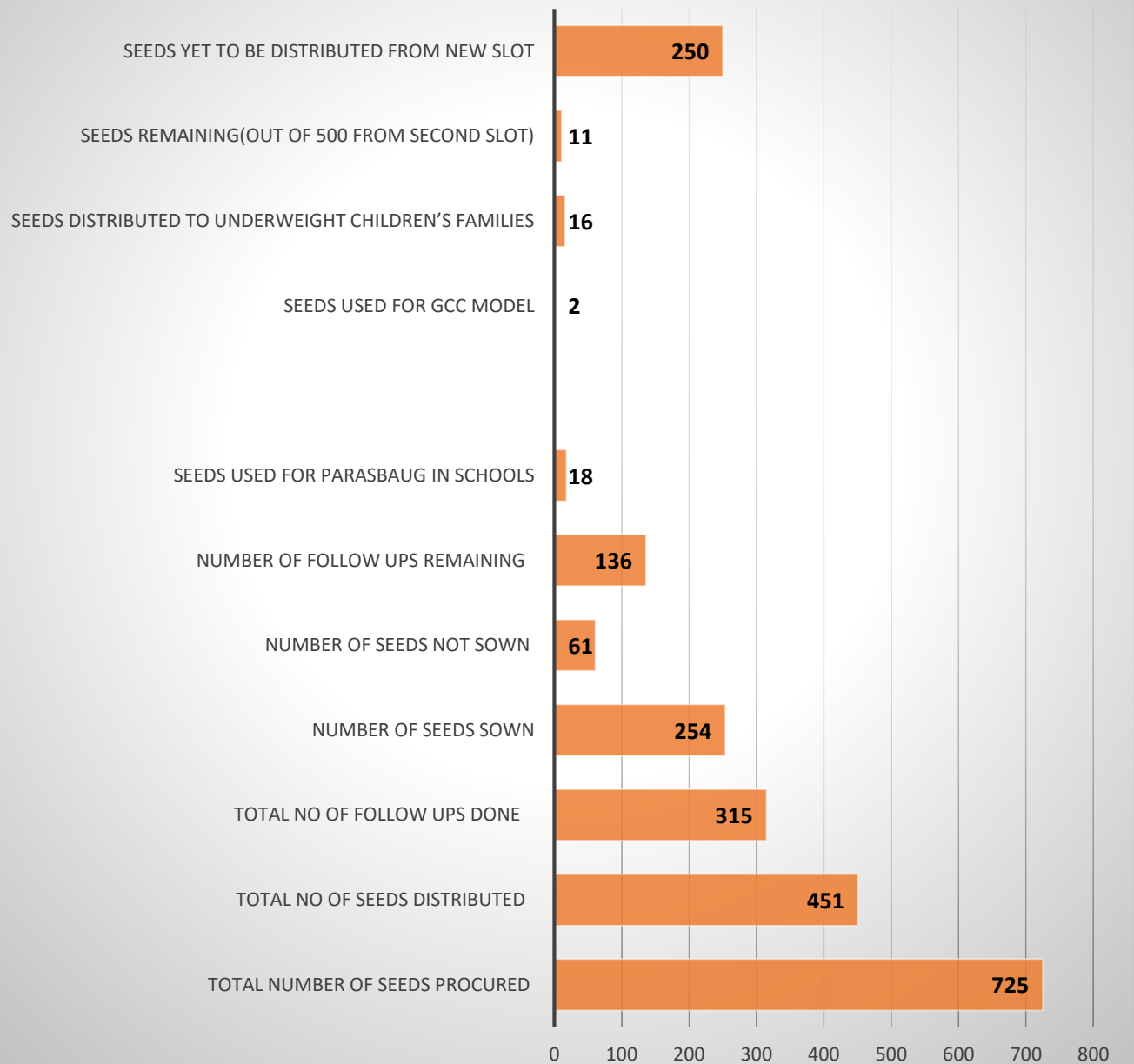
Nutrition gardens are a micro-solution and an affordable way of ensuring healthy food and balanced nutrition. It is one of the most effective and sustainable means of improving nutritional standards of low-income rural families through integrated household food production. With this Goal Nutrition garden training and seeds were distributed to nearly 451 families. The Graphical data is presented in the Succeeding sections.

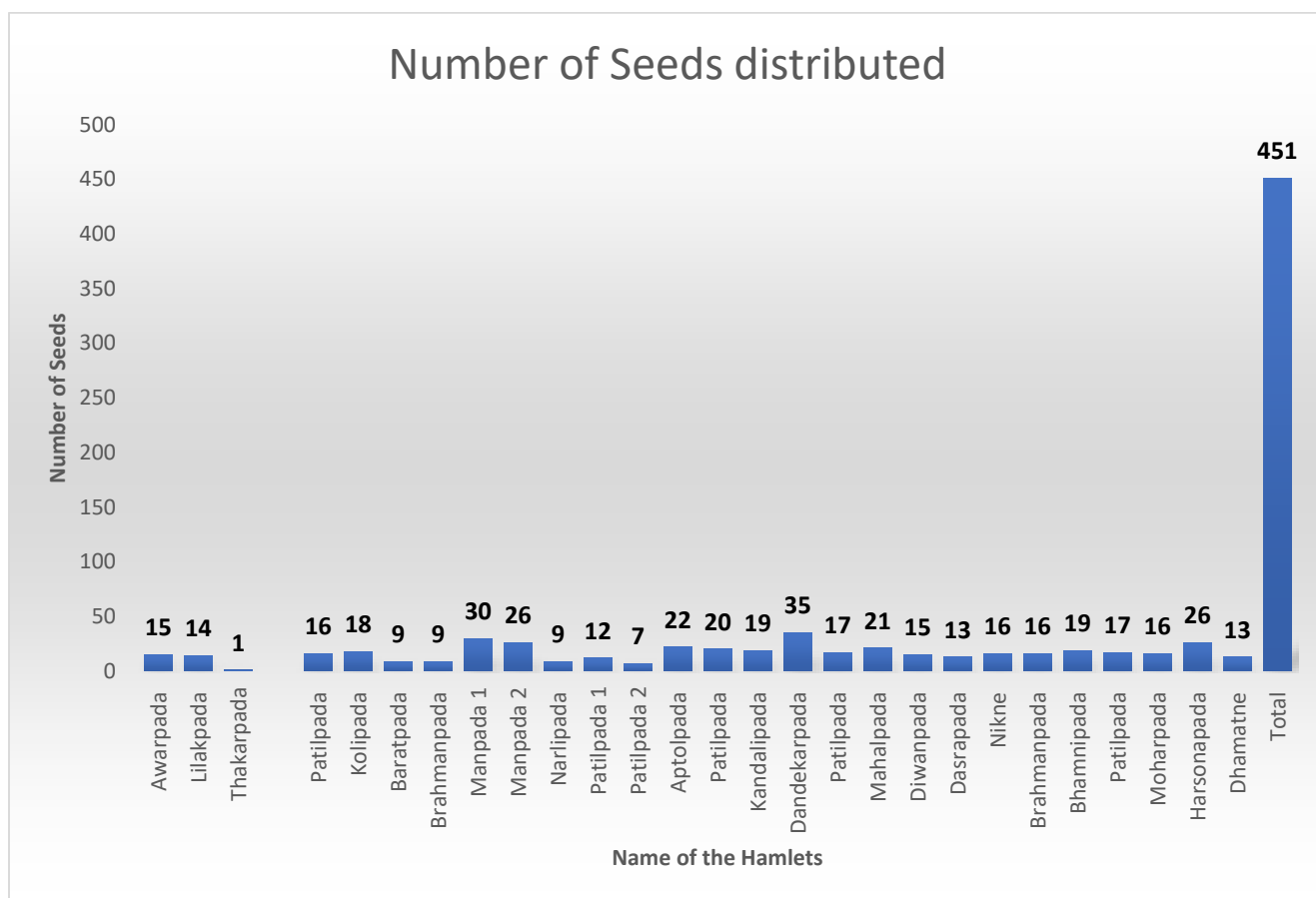
The Data pertaining to the Training Given and Seeds Distributed is presented

### Seeds Follow-up data

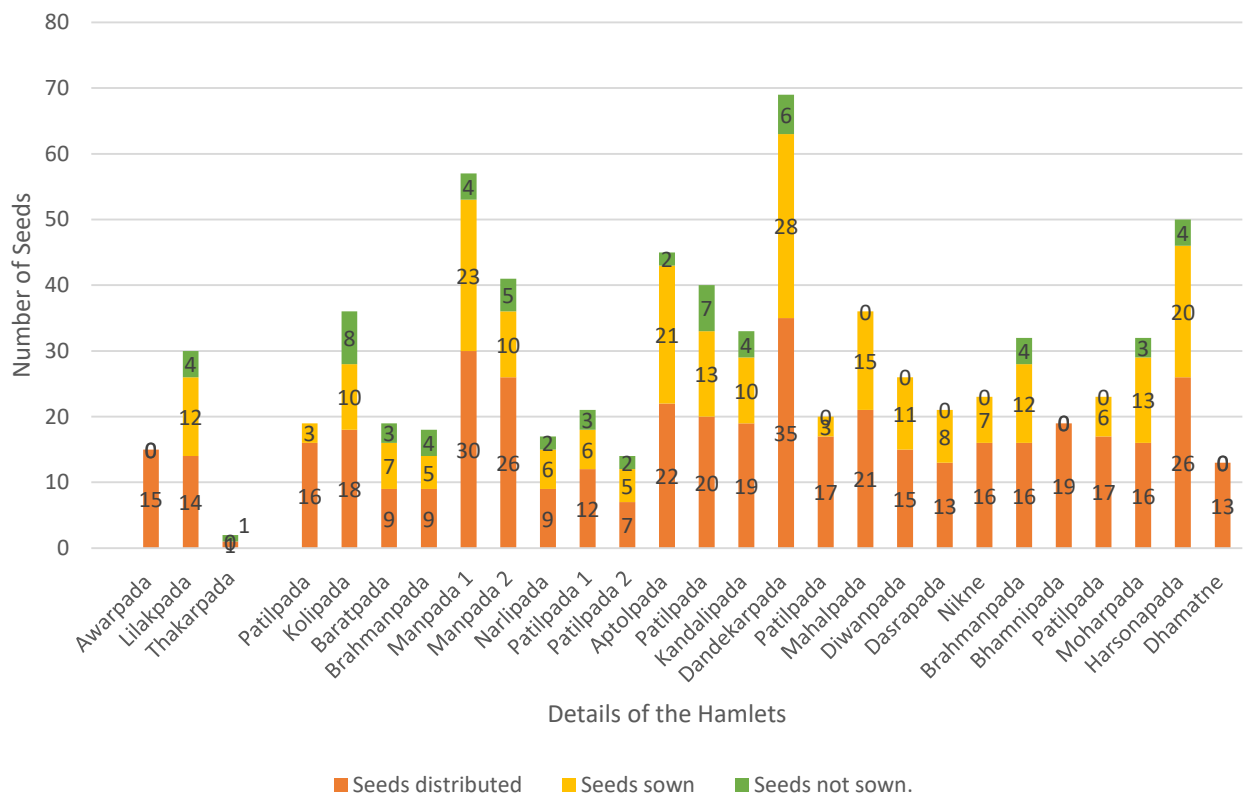
Village	Pada	Seeds distributed	Seeds sown	Seeds not sown.
Kawada	Awarpada	15	Follow up not done	
	Lilakpada	14	12	4
	Thakarpada	1	Follow up not done	
Anvir	Patilpada	16	3	
Vasa	Kolipada	18	10	8
	Baratpada	9	7	3
	Brahmanpada	9	5	
Karajgaon	Manpada 1	30	23	4
	Manpada 2	26	10	5
	Narlipada	9	6	2
	Patilpada 1	12	6	3
	Patilpada 2	7	5	2
Dhamangoan	Aptolpada	22	21	2
	Patilpada	20	13	7
Gangangaon	Kandalipada	19	10	4
	Dandekarpada	35	28	6
	Patilpada	17	3	
Ganjad	Mahalpada	21	15	
	Diwanpada	15	11	
	Dasrapada	13	8	
Nikne		16	7	
Savroli	Brahmanpada	16	12	4
	Bhamnipada	19	Follow up not done	
	Patilpada	17	6	
Dongari	Moharpada	16	13	3
	Harsonapada	26	20	4
Dhamatne		13		
Total		451	254	61

## Details on the Seeds Distributed and Follow ups Done





Details on Seeds Sown and not Sown by the Families who received the Seeds across different Padas





Parasbaug in Schools and Anganwadis  
Parasbaug gardens were made by the Spandan team with the help of the students where the seeds and the garden net were provided by the project. 8 gardens were made in 6 schools.



### SETTING OF THE PARASBUGH IN ANGANWADI

- Kolipada anganwadi ( vasa village )
- Bharatpada anganwadi (vasa village )
- Kandalipada anganwadi (gagangaon)

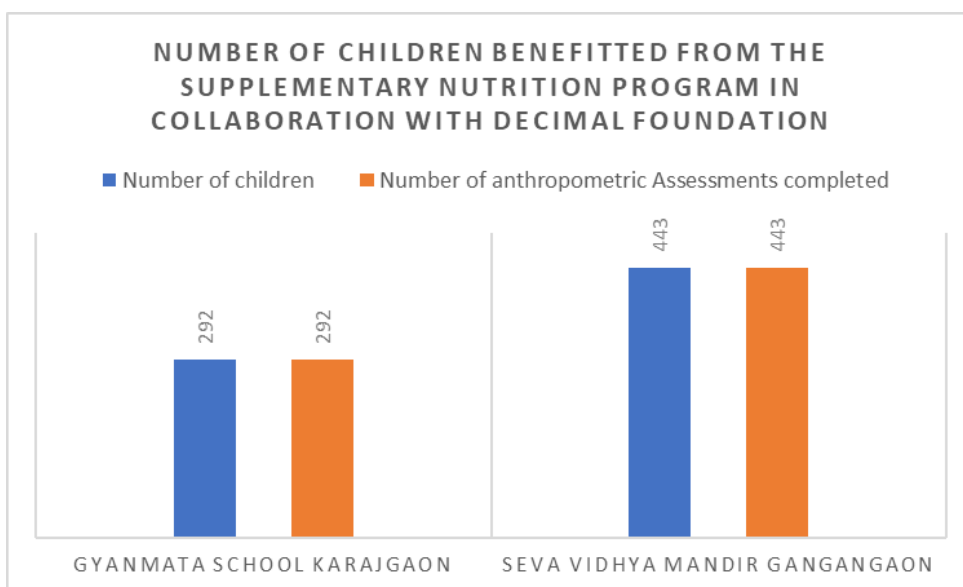




### NUTRITION SUPPLEMENTS IN SCHOOLS IN COLLABORATION WITH DECIMAL FOUNDATION



With the Collaborative efforts of Decimal Foundation Supplementary nutrition was provided to children. This initiative was handled by Gyanjyothi Community College team Sr. Brita.





Model Nutrition Garden  
With the Financial Support of RUSA three Gardens were set up as a demonstration Project for the training initiatives of Nutrition Garden

PROJECT FUNDED BY RUSA

### RUSA FUNDED MODEL NUTRITION GARDEN AND HERBAL GARDEN AT GGC

Date Progress

7th October 2022 The first GCC model kitchen garden made .

20 October 2022 The work for the second GCC garden started .

30 October 2022 The third GCC garden was set up







MODEL NUTRITION  
GARDEN AND HERBAL  
GARDEN AT GCC



**Gcc Students involved in  
Harvesting the Produce**



**Setting up the Vermi compost pit with the  
Assistance of the GCC students**

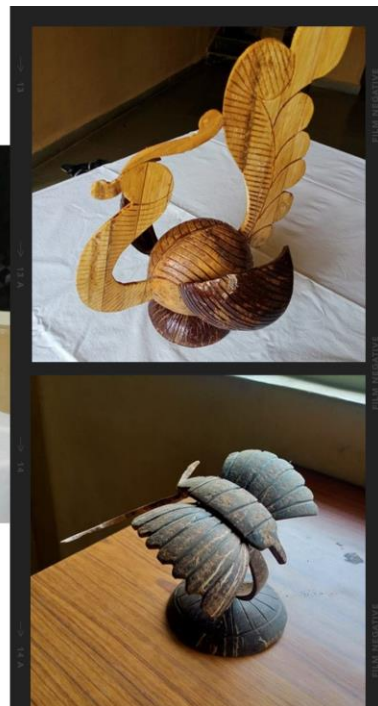


PROJECT FUNDED BY RUSA

#### Unnati

Was initiated to provide alternate livelihood options for the community youth and families by providing training in different skills such as Coconut Shell Artefacts, Bamboo Products , Herbal Medicine preparation and other Value added Products

Initiatives Under the Project of  
Unnati





## *Major Initiatives under the Unnati Project*

### Coconut Shell training

Date: 22nd July 2022 to 23rd August 2022.

During one month coconut artifacts were taught. Firstly, they were given the information on how to use the machine from cutting to finishing of the coconut artifacts. 30 coconut articles were taught in 30 days. Articles such as the flower, cup, fish, hair pin, jewellery, pen, holder, flower vase, lamp, coconut tree and others were taught. 4 best students had been selected who had picked up the skill very well. They will be the master trainers to conduct coconut shell products to others and support those who still want to brush up this skill.

After learning process, the participants were given Certificates. Initially there were 94 participants out of which 84 have completed the course and got the certificates.

Number of participants: 84

**Outcome:** The training was very effective and useful.

During the course the Deputy Collector had visited us and taken the samples of coconut shell products for display at her office.

On 25<sup>th</sup> August 2022 an exhibition was held to display our artifacts. Many people had come to see the exhibition and appreciated the art and encouraged the group and the team. Some articles were sold during the exhibition. Our heart filled with gratitude to God we say a Coconut Shell was only used to burn and throw away thing has become Shell in master's hand a golden Artifact.



Title: Coconut Shell training  
Date: 22nd July 2022 to 23rd  
August 2022.  
Number of participants: 84



Title: Bamboo artifacts training Date: 28th Nov to 22nd Dec 2023 Brief Content:  
The Bamboo training program began with the orientation in the presence of Trainer Ms.

Shweta Bawane from Chandrapur, Dr. Anita, Sr. Brita, Neeta, and our guests Mrs. Vimal Karaigaon upsarpanch. Mrs. Parul Unnati member and women form different villages and the students from Gyanjyoti community college. A total of 39 people were present for the orientation of the bamboo training.

The trainer Ms. Shweta gave information on the various types of bamboo and its uses and introduced the machines required for making the bamboo products and how to use these machines. The cutting and breaking of bamboo were showed to the participants in practical. The participants were taught to make the slivers out of the bamboo which will be required in doing most of the products. During the period of 1 month 28 different bamboo products were taught which were the flower vase, mat, flower, photo frame, pen stand, pen, karanda and other.

Number of participants: 39



**Outcome:** 16 (community members) and 17 GGC students who completed the bamboo training were given the certificate. The participants learnt the process of all the products and to use the machines for making the products. After the bamboo



training the participants are more confident in making the products and have decided to work on making the bamboo and the coconut shell products from home and take the orders as well.

Title: Bamboo artifacts training  
Date: 28th Nov to 22nd Dec 2023  
Organised in Collaboration with  
Bamboo Research and Training Centre  
: Chandrapur



**Title: TOT Bamboo Training Date: 20th to 22nd March 2023**

The TOT bamboo training was conducted for 3 days in Gangangaon Kandalipada.



Mrs. Paru Malavkar and Mr. Manoj Kanai were the trainers. The training began with the introduction of the trainers and the participants. Initially the trainers gave the information about the bamboo and the bamboo products. They introduced to them the basic machines required to make the products. During the three days training 6 different bamboo products were made by the participants with the guidance of the trainers. The participants were taught to cut and break the bamboo. Tray, soap stand, cup, flower, flower vase, flower frame were made by the participants. During the training the participants were taught to handle the griding machine themselves as griding machine is a must to polish the products to give it a final touch.

Number of participants: 10

**Outcome:** Each participants made at least 2 product and became confident in handling the machines. The participants were happy about learning a new skill and will continue to practice the skill.

**TOT session on Bamboo  
Artefacts for the  
Community Members  
Dates March 20th to March  
23rd 2022  
Total No of Participants :  
13 to 15 Participants**



Exhibitions Participated for the Sale of Products



Training of Trained members on  
Bamboo Artefacts for the Students of  
Gyanjyoti Community College  
March 28th and April 5th 2023  
Number of Participants : 17 students





PROJECT FUNDED BY RUSA

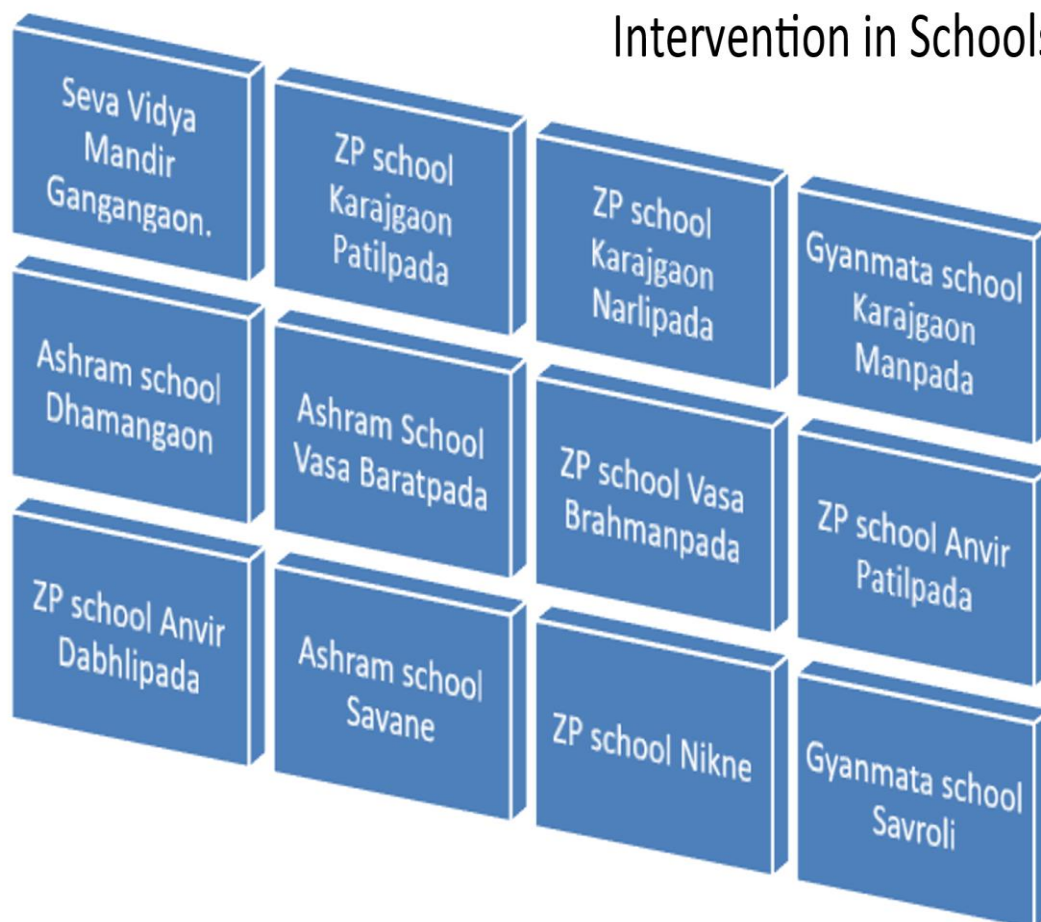
Kishordhara.  
Kishordhara focuses on  
Interventions with Adolescents  
focusing on multivaried issues  
with emphasis on Mental Health  
concerns



## Major Initiatives under the Kishordhara Project

The main Focus under the Kishordhra Project is to Sensitize the Youth. The list of School Spandan works with is presented below

## Intervention in Schools





## Developing Modules for Conducting Sessions in Schools

With the Concerted efforts of the Students Placed in Spandan for field work different modules were developed by the students. The list of modules and the topics are presented below

### **KISHORDHARA PROJECT** **School Intervention Modules**

Ms. Priti : Development stages and the Development Tasks during Adolescence (Physical, Emotional and Social Development during Adolescence).

Ms. Lata : Adolescent well being.

Mr. Malhar : Importance of Healthy relationships.

Ms. Jovina : Career Goals and Aspirations.

Mr. Vineet : Effective communication.

Ms. Bhavika : Time management.

Ms. Mamata : Study Skills.

Mr. Prashant : Stress Management.





## Sessions Organized for School Students

Session in schools conducted by the NN students and the Spandan staff

Name of the school	Date	Topic	Conducted by
Anvir Patilpada ZP school	21 Nov 2022	Adolescent well being	NN students
	24 Nov 2022	Communication skills	NN students
	25 <sup>th</sup> Nov 2022	Stress management	NN students
	26 <sup>th</sup> Nov 2022	Study skills	NN students
	28 <sup>th</sup> Nov 2022	Good touch bad touch	NN students
	29 <sup>th</sup> Nov 2022	Communication skills	NN students
	30 <sup>th</sup> Nov 2022	Career goals and aspirations	NN students
	12 Dec 2022	Self-awareness	Spandan staff
	19 Dec 2022	Good touch bad touch	Spandan staff
	23 Feb 2023	Women Empowerment	Spandan staff
	2 Jan 2023	Human rights	Spandan staff
	9 Jan 2023	Stress management	Spandan staff
	23 Feb 2023	Women Empowerment	Spandan staff



Name of the school	Date	Topic	Conducted by
Anvir Dabhlipada ZP school	28 <sup>th</sup> Nov 2022	Good touch and bad touch	NN FW students
	28 <sup>th</sup> Nov 2022	Building self confidence	NN FW students
	29 <sup>th</sup> Nov 2022	Basic English	NN FW students
	30 <sup>th</sup> Nov 2022	Communication skills	NN FW students
	12 Dec 2022	Body physiology	Spandan staff
	19 Dec 2022	Good touch bad touch	Spandan staff
	2 Jan 2023	Human rights	Spandan staff
Gyanmata School Savroli	28 Jan 2023	Adolescent wellbeing.	NN FW students
	4 Feb 2023	Study Skills	NN FW students
	4 Feb 2023	Career goals and aspiration	NN FW students
Seva Mandir school Gangangaon	21 Nov 2022	Stages of adolescent	NN FW students
	24 Nov 2022	Time management	NN FW students
	25 Nov 2022	Reading and writing	NN FW students
	29 Nov 2022	Good touch bad touch	NN FW students
	29 Nov 2022	Time management	NN FW students



Name of the school	Date	Topic	Conducted by
Dhamangaon Ashram school	25 Nov 2022	Time management	NN FW students
	30Nov 2022	Good touch bad touch	NN FW students
	1 Dec 2022	Importance of healthy relationship	NN FW students
	27 Jan 2023	Stress management	NN FW students
	16 Mar 2023	Time management	Spandan staff
Savane Ashram School	21 Feb 2023	Stress management	Spandan staff
	9 Mar 2023	Time Management	Spandan staff
Karajgaon Narlipada ZP school	22 Feb 2023	Stress management	Spandan staff
	22 Feb 2023	Stress management	Spandan staff
	15 Mar 2023	Time Management	Spandan staff
Gnanmata school Karajgaon Manpada	11 Mar 2023	Time management	Spandan staff
	31 Mar 2023	Body Physiology	Spandan staff



Name of the school	Date	Topic	Conducted by
Vasa Brahmanpada ZP school	28 Nov 2022	Communication skills	NN FW students
	24 Nov 2022	Time management	NN FW students
	29 Nov 2022	Body physiology	NN FW students
	30 Nov 2022	Stress management	NN FW students
	13 Dec 2022	Good touch bad touch	Spandan staff
	10 Jan 2023	Stress management	Spandan staff
	17 Jan 2023	Health and well being	Spandan staff
	28 Jan 2023	Effective communication skills	NN FW students
Dhamangaon Aptolpada ZP School	24 Nov 2022	Time management	NN FW students
	29 Nov 2022	Study skills	NN FW students
	22 Dec 2022	Good touch bad touch	Spandan staff
	13 Mar 2023	Stress management	Spandan staff





## **Addressing Mental Health Concerns Among Adolescents Date: 2nd September 2022**

Understanding the meaning of suicide, in relating different reasons for the act.

The physical pain has different response which creates fear, and effects the emotional as whole eg. accident - fear

These emotions affect the mood, thinking and behaviour which becomes out of control E.g., Little reason we get angry, because it has already affected our emotions.

Practical Exercise: 1. Circle- which has three circles, which was well explained how the feelings which trigger and become a problem. 2. Measurement of feeling to know through the emojis. 3. Emotional assessment: Safety plan explanation.

Pledge - to talk to someone or call any NGOs/ Samaritan Team Explanation with story.

Techniques: for intense feeling -Breathing from Stomach, Double inhalation with relaxing gently. Dhayan Eg. Imagination of colours (Inhale with blue colour, imagine your anger, when your outer haler and live it feeling of relaxation) difficult for some people in time and space.

How the suicide becomes the pain in the living which becomes the existence of dead or no fear of death, it is a response to pain.

There are multiple reasons -depression, bipolar, substance abuse.

There are times we judge the client or students where this stigma does not allow them to express their feelings.

If we come across any situation, we need to talk with it directly.

The different signs are related towards the suicidal issues- loneliness, opposite behaviours, disturbances in sleep, weight gain or loss.

It is the responsibility in such cases to into depth exploration in an active state in the suicidal cases.

In the suicide first thought which leads to planning then active steps to that moment.

Number of participants: 150 Outcome:

Students participated well.

Many of them are aware of the problems but not able to communicate with trust. The resource persons were very active and alert.



While sir. Explained to us the importance of identifying the persons and situation with the examples brought clarity.

Empathy is the most essential part to understanding the person and the problem.

Positive Mental Health in  
collaboration with  
Samaritans Mumbai  
Program Date: 2nd  
September 2022



## **Career Guidance Session for School Students**

Date: 10 February 2023

The resource persons for the session in Savane were Mr. Sachin Urade and Ms. Swati Kakara. They guided the students as to what are the career options available to them. A ppt was displayed by Mr. Sachin for the career options after 10th and 12th. Ms. Swati Kakara shares her journey to winning many awards. After both had guided the students a question answer session was followed where students asked few questions about the career option available according to the interests and how to deal with the financial aspects while pursuing higher education for achieving a certain career.

### **Career Guidance Session**

Date: 10 February 2023

The resource persons for the session in Savane were Mr. Sachin Urade and Ms. Swati Kakara. Savne Ashram; The Field work students placed in Dayanand hospital anchored the session



The career guidance session in the community college was anchored by the Abhinav Mumbai team. The session was led by Mr. Sandesh Lalge and the NN students team.

The student participants were from Seva Mandir school Gangangaon, ZP school Karajgaon Patilpada and the community college students. The NN students placed in the Spandan for the field work coordinated the sessions and did the necessary arrangements.

The session began with the introduction of Mr. Sandesh Lalge and he warmed up the students with short exercises. He gave an overview of the session. He guided the students with the activity where he gave the message that what can you do in life, how can you earn money and how can

you become successful, and how should one prepare for his/her further career, how to prepare for a job or business.

After which the students team took over the session. Mr.Kalpesh spoke about the career option available after 10th and 12th. And that the students first need to understand their own likes and interest to choose the right career options available for them. The activity was taken to understand oneself. 5 groups were made and asked to sit in the circle and given one mentor for all the 6 groups. So the facilitator asked them the questions for which they had to write the answers. The questions were as follows:

Who is your role model in life? What is your goal in life?

What is the difficulty in achieving the goal you have chosen? What is your best quality?

What bad qualities do you have?

Describe yourself in three words

From the student team Mr. Eli Qajar gave information about how to join the army, the procedures required which was helpful for the children who are interested in this field. Children in the village were not aware of where to go and what course to pursue, so Eli guided them well. He provided important basic information like you can join the Indian army in the age of 18 to 23 with at least 70 marks in 12th and should be good in sports.

The session was ended with vote of thanks by Lata from Nirmala Niketan and distributed the quote cards on which the students were asked to write a short paragraph and submit it later to the spandan staff.

Number of participants: 191 at Savane Ashram School and 143 at Gyanjyoti Community College

Outcome: The students got the chance to reflect of themselves, their strengths, their weakness and think about their likes and dislikes which will help them in further studies to make a career. Because of group activities the student were able to discuss and got a chance to know each other as they were from different school.

**Student Initiated  
Session on Career  
Guidance session**



Career Guidance Session in collaboration with Yash  
Foundation in Anvir  
March 27th





### **Sports program in Karajgaon . Date: 17 February 2023**

A Day program was arranged by the students of Nirmala Niketan Social work college. The event was held on the ground near Mount Mary Church Karajgaon Manpada.

Mr. Sumedh Sutar the principal of Manpada School was invited as the chief guest. The 11th standard students from Seva Mandir and the Gnanjyoti Community College students participated in the sports day. The event started at 9.30 with an inauguration. The principal Mr. Sumedh motivated the students through his life experiences. Sr. Clara and Dr. Anita gave best wishes to the students. The three referees were also addressed and welcomed. The day began with 100mtr race followed by marble and spoon race, three legged race, Tug of war, Short put, Kabaddi, Kho-kho and cricket. Each game was played by boys and girls separately. The Seva Mandir students competed with the GCC students.

The prizes and certificates were distributed to the students. The individuals' games had three prizes. And the group winners were given the bamboo trophies made by the members of the Unnati group Paru and Manoj. The refreshments and the lunch and the prizes were arranged by the NN students team. All the participants were given a common take away gifts. The day ended with token of thanks to all the participants, chief guest, referees. The students were congratulated for the exceptional performances in the each games.

Number of participants: 90

Outcome:

All the participants were excited and enthusiastic till the end of the day. We got to see the unity in the student through the sports and how the community also supported us in making the sports day a smooth process. The students of the Seva Mandir School got to interact with the students of the Gnanjyoti community college and the NN students. It was a great learning experience for the NN



students, the Spandan staff, and the participants themselves.





## PERSPECTIVE PLANS

