



College of  
Social Work  
Nirmala Niketan

संस्कृतम्

College of Social work(Autonomous),  
Nirmala Niketan

# SPANDAN ANNUAL REPORT

2023 - 2024



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

SPANDAN  
ANNUAL  
REPORT 2024-  
2025

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Community Animator: Mr. Yogesh



## 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.

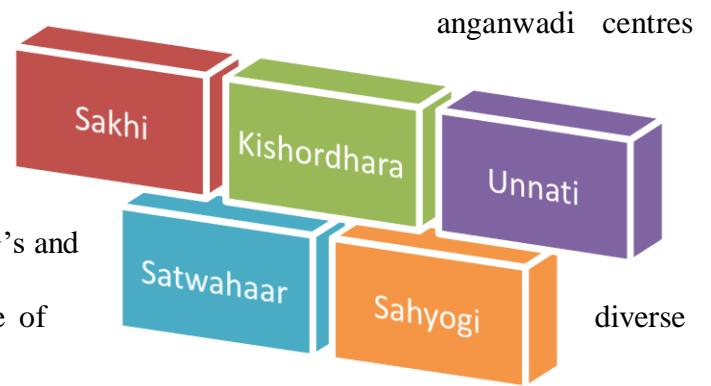
The College has a history of innovation in intervention in problem situations. Field Action Projects (FAP's) which are initiated by faculty members with student's participation have played a major role in establishing the College as a leadership training institute. Many of the FAP's evolved into Non-Governmental 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.

**Sakhi:** Spandan intervenes with women through 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 diet.



**Kishordhara:** Spandan's intervention with school-going adolescents by its planned program Kishordhara. Kishordhara focusing on multivaried 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

**Satwahaar:** 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.

**Sahyogi:** Program Focuses on Providing Rehabilitation Services for Persons with Disability

**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

**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.	<b>KISHORDHARA</b>	Dhamangaon	Patilpada
		Karajgaon	Patilpada
			Manpada
			Narlipada
		Gangangaon	Dandekarpada
		Savroli	Patilpada
		Anvir	Patilpada
		Savane ( new Village)	Savane ( new Village)
		Vasa	Brahmanpada
			Dongari
2.	<b>SAKHI</b>	Dongari	Moharpada
		Dhamangaon	Aptolpada
		Karajgaon	Manpada
			Narlipada
		Gangangaon	Kandalipada
			Patilpada
			Khoripada
			Dandekarpada
		Savroli	Patilpada
			Dhamnipada
3.	<b>SATWAHAAR</b>	Anvir	Patilpada
		Vasa	Brahmanpada
		Dongari	Harsonpada
			Dongaripada

	Dhamangaon	Patilpada
		Aptolpada
		Chikhlipada
		Kompada
		Zadipada
		Kavtepada
		Shivpada
	Karajgaon	Patilpada
		Manpada
		Narlipada
		Mangatpada
	Ganjad	Diwanpada
		Mahalpada
		Dasrapada
		Dhakpada
		Vangadpada
		Mothi Khadkipada
		Lahan Khandkipada
		Katkaripada
	Gangangaon	Kandalipada
		Dandekarpada
		Aptolpada
		Khoripada
	Kawada	Lilakpada
		Awarpada
		Thakarpada
		Patilpada
		Vanangpada
		Dhodipada
		Kondharpada
	Savroli	Udhanpada
		Brahmanpada
		Dhamnipada
		Dongaripada
		Chinchonpada
		Kasukhadakpada
	Anvir	Patilpada
		Dabhlipada

			Thakarpada
		Vasa	Brahmanpada
			Machipada
			Kumbharpada
		Nikne	Ibhadpada
			Sutarpada
			Gavthanpada
			Katkaripada
		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



संन्यास

COLLEGE OF SOCIAL WORK, NIRMALA  
NIKETAN, MUMBAI  
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Mumbai

Birds Eye view on the Major  
Initiatives of Spandan  
APRIL 2023 TO  
April 2024





# DIFFERENT PROJECT INITIATIVES OF SPANDAN

Hamlets Covered in Dahanu and Talasari  
Blocks

1. Dongari
2. Dhamangaon
3. Karajgoan
4. Ganjad
5. Gangangaon
6. Kavada
7. Sawroli – Anwir
8. Vasa
9. Nikane
10. Dhamatane



Palghar District

## 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



Kishordhara.  
Kishordhara focuses on Interventions with Adolescents focusing on multivaried issues with emphasis on holistic health



## 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



## Satwaahar:

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





Session on Schemes for the Persons with Disability



Distribution of Aids and Appliances

## Sahyogi Project

The Sahyogi Project was initiated to assist in the Rehabilitation Process of the Persons with Disability .



Screening Camp and Distribution Of Aids and Appliances



College of social work Nirmala Niketan

Spandan field action project

Consolidated Data on Spandan's Intervention

## SAKHI PROJECT

### LOW-COST NUTRITION FOOD PREPARATION

Date of the session	Contents	Number of Participants	Venue
3 June 2023	<ul style="list-style-type: none"><li>• Beetroot laddu</li><li>• Beetroot juice</li><li>• Jaswant tonic</li></ul>	8	Dongari Moharpada
16 June 2023	<ul style="list-style-type: none"><li>• Beetroot laddu</li><li>• Jaswant tonic</li></ul>	9	Dhamatne Suratpada
21 June 2023	<ul style="list-style-type: none"><li>• Beetroot laddu</li><li>• Jaswant tonic</li></ul>	13	Nikne Sutarpada
15 September 2023	<ul style="list-style-type: none"><li>• Beetroot laddu</li><li>• Jaswant tonic</li><li>• Ambadi thepla</li><li>• Sprouts bhel</li><li>• Seasonal local fruits</li></ul>	15	Dhamtne Dukanpada
16 September 2023	<ul style="list-style-type: none"><li>• Beetroot laddu</li><li>• Jaswant tonic</li><li>• Ambadi thepla</li><li>• Sprouts bhel</li><li>• Seasonal local fruits</li></ul>	12	Dhamangaon Patilpada
21 November 2023	<ul style="list-style-type: none"><li>• Beetroot laddu</li><li>• Beetroot carrot juice</li><li>• Jaswant tonic</li></ul>	8	Savroli Dhamnipada
12 December 2023	<ul style="list-style-type: none"><li>• Beetroot laddu preparation</li><li>• Sprouted bhel preparation</li><li>• Drumstick leaves paratha</li><li>• Jaswant tonic</li></ul>	15	Gangangaon Khoripada
6 January 2024	<ul style="list-style-type: none"><li>• Jaswant tonic</li><li>• Beetroot laddu</li><li>• Sprouted bhel</li><li>• Methi paratha</li><li>• Lemon and ginger juice</li></ul>	19	Dhamangaon Zadipada community center
15 Feb 2024	<ul style="list-style-type: none"><li>• Beetroot laddu</li><li>• Sprouted bhel</li><li>• Herbal medicines</li></ul>	MSW-I students	Nirmala Niketan College
17 Feb 2024	<ul style="list-style-type: none"><li>• Beetroot laddu</li><li>• Sprouted bhel</li><li>• Lemon jinger juice</li></ul>	14	Kawada Awarpada Anganwadi

3 April 2024	<ul style="list-style-type: none"> <li>• Beetroot laddu, sprouted bhel</li> </ul>	15	Dhamangaon Aptolpada
27 May 2023	<ul style="list-style-type: none"> <li>• Beetroot Juice preparation</li> <li>• Beetroot laddu</li> </ul>	13	Kawada Lilakpada

11 sessions were conducted on low-cost- nutrition food preparation in 10 different villages and one in Nirmala Niketan college to give a demonstration session in the communities. A total of 113 women participated in the various food items that were demonstrated were the

- Beetroot laddu
- Beetroot juice
- Jaswant tonic
- Ambadi thepla
- Sprouts bhel
- Seasonal local fruits
- Drumstick leaves paratha
- Methi paratha
- Lemon and ginger juice.

The low-cost nutrition food preparation session was helpful and very effective for the women of the community. It was a great learning experience for the women as all the children now a days are used to eating junk and oil food. So, these sessions were conducted to replace the junk and the oil food with nutritious food that can be prepared at low cost with the locally available materials. The participants also got to see and participate in the preparation of the nutritious food. The session was useful for the Anganwadi women as they also got to communicate with the Spandan staff NN Field work students and with each other during the demonstration session and share about the food they prepared at home and about the food their children eat. The women feel happy on attending these sessions.

### Herbal Medicine preparation sessions

Date of the session	Contents	Number of Participants	Venue
9 June 2023	<ul style="list-style-type: none"> <li>• Hair Oil</li> <li>• Nirgudi Oil</li> <li>• Jaswant tonic</li> <li>• Adulsa leaves Powder</li> <li>• Tulsi Leaves powder</li> <li>• Drumstick leaves powder</li> </ul>	4	GCC
7 November 2023	<ul style="list-style-type: none"> <li>• Hair Oil</li> <li>• Nirgudi Oil</li> <li>• Jaswant tonic</li> <li>• Adulsa leaves Powder</li> <li>• Tulsi Leaves powder</li> <li>• Drumstick leaves powder</li> </ul>	10	GCC
14 December 2023	<ul style="list-style-type: none"> <li>• Hair oil</li> <li>• Jaswant tonic</li> <li>• Benefits and use of herbal medicine.</li> </ul>	9	Dhamangaon zadipada community center
28 February 2024	<ul style="list-style-type: none"> <li>• Nirgudi oil</li> <li>• Hair oil</li> <li>• Adulsa powder, Tulsi powder, Drumstick powder</li> </ul>	15	GCC

The herbal medicine preparation sessions were conducted for the women from the community. The resources are available within the community but the people are unaware of its uses and how to make the herbal medicine. The session on herbal medicine preparation were very useful and the people needed to know about it and prepare for themselves and can earn by selling the medicines. A herbal medicine preparation was also conducted for the persons with disability.

4 sessions on herbal medicine preparation were conducted in which 28 participants participated.

The following medicines were prepared

- Hair Oil
- Nirgudi Oil
- Jaswant tonic
- Adulsa leaves Powder
- Tulsi Leaves powder
- Drumstick leaves powder

All the raw materials required were shown to the women and the detailed recipe was shown to them and then done the demonstration session where women also actively participated during the session.

#### Sessions conducted in Anganwadi by the Staff of Spandan

Sr. No	Date of session	Module session	Contents	Number of participants	Venue
1.	10 April 2023	Healthy community	<ul style="list-style-type: none"> <li>• Identifying Common diseases in the community.</li> <li>• The causes to for this disease.</li> <li>• And how can we make our community healthy.</li> </ul>	6	Anvir patilpada
2.	12 April 2023	Healthy community	<ul style="list-style-type: none"> <li>• Identifying Common diseases in the community.</li> <li>• The causes to for this disease.</li> <li>• And how can we make our community healthy.</li> </ul>	4	Karajgaon Narlipada
3.	17 April 2023	Human Rights	<ul style="list-style-type: none"> <li>• Introduction of the human rights</li> <li>• Right to education, right to shelter, right to vote, right to freedom of expression, right to home, right to health, right to equality, Right to Marry, right to freedom of religion, right to freedom, right to work and right to life.</li> <li>• Reflection on how are these right applicable to their lives.</li> </ul>	6	Anvir Patilpada

4.	18 April 2023	Body physiology	<p>Ice Breaker activity of the three wise monkeys with the help of the posters</p> <ul style="list-style-type: none"> <li>• Bad eyes</li> <li>• Hearing bad thoughts</li> <li>• Speaking bad opinions</li> </ul> <p>Human body organs</p> <ul style="list-style-type: none"> <li>• Eyes, Ear, Nose, Mouth, Tongue, Tooth, Palm, Elbow, Wrist, fist, Forehead, Eye brows, head, hair, knee, foot, Neck, Chin, Hand, Finger, Leg</li> </ul>	5	Karajgaon Manpada
5	17 April 2023	Stress management	<ul style="list-style-type: none"> <li>• Introduction to the topic stress management</li> <li>• Group discussion on how we can handle stress</li> <li>• Video on stress management</li> </ul> <p>Discussion on the video</p>	5	Gangangaon Dandekarpada
5.	20 April 2023	Body physiology	<p>Ice Breaker activity of the three wise monkeys with the help of the posters</p> <ul style="list-style-type: none"> <li>• Bad eyes</li> <li>• Hearing bad thoughts</li> <li>• Speaking bad opinions</li> </ul> <p>Human body organs</p> <ul style="list-style-type: none"> <li>• Eyes, Ear, Nose, Mouth, Tongue, Tooth, Palm, Elbow, Wrist, fist, Forehead, Eye brows, head, hair, knee, foot, Neck, Chin, Hand, Finger, Leg</li> </ul>	4	Karajgaon Manpada
6.	21 April 2023	Body physiology	<p>Ice Breaker activity of the three wise monkeys with the help of the posters</p> <ul style="list-style-type: none"> <li>• Bad eyes</li> <li>• Hearing bad thoughts</li> <li>• Speaking bad opinions</li> </ul> <p>Human body organs</p> <ul style="list-style-type: none"> <li>• Eyes, Ear, Nose, Mouth, Tongue, Tooth, Palm, Elbow, Wrist, fist, Forehead, Eye brows, head, hair, knee, foot, Neck, Chin, Hand, Finger, Leg</li> </ul>	9	Ganjad Daudanpada



7.	24 April 2023	Body physiology	Ice Breaker activity of the three wise monkeys with the help of the posters <ul style="list-style-type: none"> <li>• Bad eyes</li> <li>• Hearing bad thoughts</li> <li>• Speaking bad opinions</li> </ul> Human body organs <ul style="list-style-type: none"> <li>• Eyes, Ear, Nose, Mouth, Tongue, Tooth, Palm, Elbow, Wrist, fist, Forehead, Eye brows, head, hair, knee, foot, Neck, Chin, Hand, Finger, Leg</li> </ul>	7	Anvir Patilpada
8.	25 April 2023	Health, Hygiene, and illness	<ul style="list-style-type: none"> <li>• Short video on health, hygiene, and illness.</li> <li>• Discussion on the video and how it can apply to our life.</li> </ul>	3	Karajgaon Manpada
9.	2 May 2023	Health, Hygiene, and illness	<ul style="list-style-type: none"> <li>• Short video on health, hygiene, and illness.</li> <li>• Discussion on the video and how it can apply our life.</li> </ul>	2	Gangangaona Kandalipada
10.	16 May 2023	New Born Care	<ul style="list-style-type: none"> <li>• Introduction</li> <li>• Video</li> <li>• Discussion on the video</li> </ul>	8	Nikne Gawthanpada
11.	17 May 2023	Healthy Community	<ul style="list-style-type: none"> <li>• Identifying Common diseases in the community.</li> <li>• The causes to for this disease.</li> <li>• And how can we make our community healthy.</li> </ul>	7	Ganjad Daudanpada
12.	18 May 2023	Stress Management	<ul style="list-style-type: none"> <li>• Introduction</li> <li>• Reasons for stress</li> <li>• Ways to reduce stress.</li> </ul>		Kawada Awarpada
13.	19 May	Healthy community	<ul style="list-style-type: none"> <li>• Identifying Common diseases in the community.</li> <li>• The causes to for this disease.</li> <li>• And how can we make our community healthy.</li> <li>•</li> </ul>	2	Gangangaona Kandalipada
14.	19 May 2023	Healthy community	<ul style="list-style-type: none"> <li>• Identifying Common diseases in the community.</li> <li>• The causes to for this disease.</li> <li>• And how can we make our community healthy.</li> </ul>		Gangangaon Dandekarpada
15.	20 May 2023	Healthy community	<ul style="list-style-type: none"> <li>• Identifying Common diseases in the community.</li> <li>• The causes to for this disease.</li> <li>• And how can we make our community healthy.</li> <li>•</li> </ul>	6	Dongari Moharpada

16.	22 may 2023	Infectious diseases	<ul style="list-style-type: none"> <li>• Introduction using the charts.</li> <li>• Reasons of spreading of these diseases.</li> <li>• What are the immediate remedies</li> </ul>		Gangangaon Dandekarpada
17.	23 May 2023	Healthy community	<ul style="list-style-type: none"> <li>• Identifying Common diseases in the community.</li> <li>• The causes to for this disease.</li> <li>• And how can we make our community healthy.</li> <li>•</li> </ul>	7	Dhamatne Sutarpada
18.	25 May 2023	Healthy community	<ul style="list-style-type: none"> <li>• Identifying Common diseases in the community.</li> <li>• The causes to for this disease.</li> <li>• And how can we make our community healthy.</li> </ul>	10	Kawada Lilakpada
19.	25 May 2023	Infectious diseases	<ul style="list-style-type: none"> <li>• Introduction using the charts.</li> <li>• Reasons of spreading of these diseases.</li> <li>• What are the immediate remedies</li> </ul>	5	Dhamangaon Patilpada
20.	27 May 2023	Beetroot Juice preparation	<ul style="list-style-type: none"> <li>• Introduction</li> <li>• Preparation of beetroot juice and laddu.</li> <li>• Recap of the recipe of preparation.</li> </ul>	13	Kawada Awarpada
21.	29 May 2023	Healthy community	<ul style="list-style-type: none"> <li>• Identifying Common diseases in the community.</li> <li>• The causes to for this disease.</li> <li>• And how can we make our community healthy.</li> <li>•</li> </ul>	7	Dhamangaon Patilpada
22.	1 June 2023	Stress management	Ice breaker introduction. Identifying stress Side effects of stress <ul style="list-style-type: none"> <li>• How to deal with stress</li> </ul>	3	Karajgaon Narlipada
23.	3 June 2023	Health, hygiene, and illness	<ul style="list-style-type: none"> <li>• Short video on health, hygiene, and illness.</li> <li>• Discussion on the video and how it can apply our life.</li> </ul>	11	Dongari moharpada
24.	10 June 2023	Nutritious diet	<ul style="list-style-type: none"> <li>• Introduction</li> <li>• Nutritious foods.</li> <li>• Understanding the intake of the foods of the community.</li> </ul>	4	Dhamangaon Aptolpada
25.	12 June 2023	New born care	<ul style="list-style-type: none"> <li>• Introduction</li> <li>• Video</li> <li>• Discussion on the video</li> </ul>	6	Gangangaon patilpada

26.	14 June 2023	Body physiology	Ice Breaker activity of the three wise monkeys with the help of the posters <ul style="list-style-type: none"> <li>• Bad eyes</li> <li>• Hearing bad thoughts</li> <li>• Speaking bad opinions</li> </ul> Human body organs <ul style="list-style-type: none"> <li>• Eyes, Ear, Nose, Mouth, Tongue, Tooth, Palm, Elbow, Wrist, fist, Forehead, Eye brows, head, hair, knee, foot, Neck, Chin, Hand, Finger, Leg</li> </ul>	4	Kawada Lilakpada
27.	19 June 2023	Health, hygiene, and illness.	<ul style="list-style-type: none"> <li>• Short video on health, hygiene, and illness.</li> <li>• Discussion on the video and how it can apply our life.</li> </ul>	9	Anvir Dabhlipada
28.	20 June 2023	Health, hygiene, and illness.	<ul style="list-style-type: none"> <li>• Video on health, hygiene, and illness.</li> <li>• Discussed on clean hands, good sleep, exercise, clean teeth, healthy food, bathing and keeping your body clean, keeping the environment clean.</li> </ul>	3	Gangangaon Kandalipada
29.	23 June 2023	Nutrition, health, and sanitation	<ul style="list-style-type: none"> <li>• Video on the Nutrition, health, and sanitation.</li> <li>• Discussion on the video.</li> </ul>	4	Karajgaon
30.	24 June 2023	Nutrition, health, and sanitation	<ul style="list-style-type: none"> <li>• Video on the Nutrition, health, and sanitation.</li> <li>• Discussion on the video.</li> </ul>	9	Donagari Moharpada
31.	27 June 2023	Nutritious diet	<ul style="list-style-type: none"> <li>• Introduction</li> <li>• Nutritious foods.</li> <li>• Understanding the intake of the foods of the community.</li> </ul>	6	Dhamangaon Patilpada
32.	30 June 2023	Nutrition, health, and sanitation	<ul style="list-style-type: none"> <li>• Video on the Nutrition, health, and sanitation.</li> <li>• Discussion on the video.</li> </ul>	5	Kawada Lilakpada
33.	30 June 2023	Health, hygiene, and illness.	<ul style="list-style-type: none"> <li>• Short video on health, hygiene, and illness.</li> <li>• Discussion on the video and how it can apply our life.</li> </ul>	4	Kawada Patilpada
34.	22 Aug 2023	Infectious diseases	<ul style="list-style-type: none"> <li>• Introduction using the charts.</li> <li>• Reasons of spreading of these diseases.</li> <li>• What are the immediate remedies</li> </ul>	4	Kawada Lilakpada
35.	24 Aug 2023	Healthy community	<ul style="list-style-type: none"> <li>• What is healthy community.</li> <li>• Reflecting in how healthy and unhealthy our community is.</li> <li>• What is our responsible for a healthy community.</li> </ul>	12	Kawada lilakpada

36.	12 Sept 2023	Mental health	<ul style="list-style-type: none"> <li>• Mind relaxation activity.</li> <li>• Showing two videos on mental health.</li> <li>• Explain to the women about the reasons, signs of mental health and why it is important to have sound mental health.</li> </ul>	8	Karajgaon Manpada
37.	13 Sept 2023	Mental health	<ul style="list-style-type: none"> <li>• Mind relaxation activity.</li> <li>• Showing two videos on mental health.</li> <li>• Explain to the women about the reasons, signs of mental health and why it is important to have sound mental health.</li> </ul>	8	Anvir Patilpada
38.	5 Oct 2023	Mental health	<ul style="list-style-type: none"> <li>• Introduction to what is mental Health</li> <li>• Reason, sign of bad mental Health</li> <li>• How to improve your mental Health</li> <li>• Showing videos of mental Health</li> <li>• Asking questions on the videos</li> </ul>	5	Kawada Lilakpada Anganwadi
39.	13 Oct 2023	Mental health	<ul style="list-style-type: none"> <li>• What is the mental health</li> <li>• To inform about the factors affecting mental Health</li> <li>• How to improve mental Health</li> <li>• Providing information on how to improve mental Health</li> </ul>	6	Gangangaon Danderkarpada Anganwadi
40.	22 October 23	Immune System of our body	<ul style="list-style-type: none"> <li>• Introduction about the common health disease</li> <li>• Showed video</li> <li>• Ask questions the video</li> </ul>	4	Kawada Lilakpada
41.	03 Nov 2023	Common diseases	<ul style="list-style-type: none"> <li>• Introduction to the topic</li> <li>• Video on immune system</li> <li>• Discussion on the video</li> <li>• Overview of the session</li> <li>• Asking questions</li> </ul>	6	Anvir Patilpada

The Spandan staff visit the Anganwadis for conducting the session for the pregnant and lactating mothers. 41 sessions were conducted on various topics according to the need of the women. The topics were Healthy community, Human Rights, Body physiology, Stress management, Health, Hygiene and Illness, New Born Care, Infectious diseases, Nutritious diet, Mental health, Immune System of our body. Since the sessions were made the women who attended the session also shared about their experience related to the topic. Some of them were shy initially but later became free to talk and answered the questions that were asked. Most of the things that the sessions included were new for them like the picture of the parts of the inner parts of the body, Human rights. The sessions brought more awareness among themselves for a better living of their family children and themselves.

## Sessions conducted in Anganwadis by the students

Sr. No	Date of session	Module session	Contents	Number of participants	Venue
1.	4 Aug 2023	Precautions to be taken during monsoon.	<ul style="list-style-type: none"> <li>• Precautions to be taken during monsoon.</li> <li>• Eating nutritious food.</li> </ul>	9	Dhamangaon Patilpada
2.	4 Aug 2023	Health, Hygiene, and illness	<ul style="list-style-type: none"> <li>• Cleanliness</li> <li>• Infectious diseases</li> <li>• Prevention for mosquitos.</li> <li>• Healthy diet.</li> <li>• Drinking safe water.</li> </ul>	6	Gangangaon Kandalipada
3.	4 Aug 2023	Maternal Health	<ul style="list-style-type: none"> <li>• Care while pregnancy.</li> <li>• Nutrition</li> <li>• Growth of baby.</li> </ul>	9	Gangaaon Dandekarpada
4.	4 Aug 2023	New born care	<ul style="list-style-type: none"> <li>• How to take care of baby</li> <li>• Maintain hygiene of the baby.</li> <li>• New born care massage.</li> <li>• How to breast feed a baby.</li> </ul>	9	Dhamangaon Patilpada
5.	4 Aug 2023	Nutritional practice for infant and young children.	<ul style="list-style-type: none"> <li>• Introduction of the topic.</li> <li>• Showed video Nutritional practice for infant and young children.</li> <li>• Explaining and asking question on the video</li> </ul>	10	Vasa Brahmanpada
6.	4 Aug 2023	Nutritional practice for infant and young children.	<ul style="list-style-type: none"> <li>• Introduction of the topic.</li> <li>• Showed video Nutritional practice for infant and young children.</li> <li>• Explaining and asking question on the video</li> </ul>	8	Vasa Kolipada
7.	4 Aug 2023	New born Care	<ul style="list-style-type: none"> <li>• Introduction of the topic.</li> <li>• Explaining them the new born care with the help of the posters and asking the women the questions.</li> <li>• Showed the women the short video and asked them the questions.</li> </ul>	9	Dhamangaon Patilpada

8	4 Aug 2023	Maternal Health	<ul style="list-style-type: none"> <li>• Care while pregnancy.</li> <li>• Nutrition</li> <li>• Growth of baby.</li> <li>•</li> </ul>	8	Gangaaon Kandalipada
9.	5 Aug 2023	Infectious diseases	<ul style="list-style-type: none"> <li>• Introduction of the topic.</li> <li>• Explaining the diseases malaria, typhoid, tuberculosis.</li> <li>• Showed related video followed by explanation.</li> </ul>	8	Vasa Brahmanpada.
10.	5 Aug 2023	Harmful effects of tobacco Addiction	<ul style="list-style-type: none"> <li>• Harmfull effects of tabacco.</li> <li>• How can a person on one help a person to stop this addiction.</li> </ul>	6	Dhamangaon Patilpada
11.	11 Aug 2023	Common health Problems	<ul style="list-style-type: none"> <li>• Symptoms for common health problem like fever, cough, cold.</li> <li>• Home remedies for these common health issues.</li> </ul>	6	Dhamangaon Patilpada
12.	11 Aug 2023	health hygiene and illness.	<ul style="list-style-type: none"> <li>• Cleanliness</li> <li>• Infectious diseases</li> <li>• Prevention for mosquitos.</li> <li>• Healthy diet.</li> <li>• Drinking safe water.</li> </ul>	4	Vasa Kolipada
13.	11 Aug 2023	Infectious disease	<ul style="list-style-type: none"> <li>• Introduction of the topic.</li> <li>• Charts to explain about the infectious diseases</li> </ul>	7	Gangangaon Dandekarpada
14.	11 Aug 2023	Skin care	<ul style="list-style-type: none"> <li>• Discussion about skin problems.</li> <li>• What is the treatment for various skin problems.</li> <li>• How should one take care of their skin.</li> </ul>	7	Gangangaon Kandalipada
15.	11 Aug 2023	New born Care	<ul style="list-style-type: none"> <li>• Introduction of the topic.</li> <li>• Explaining them the new born care with the help of the posters and asking the women the questions.</li> <li>• Showed the women the short video and asked them the questions.</li> </ul>	7	Dhamangaon Aptolpada
16	12 Aug 23	Infectious diseases	<ul style="list-style-type: none"> <li>• Introduction to infectious diseases</li> <li>• What are the various types of infectious diseases.</li> <li>• Explained about the treatment and precautions of these diseases.</li> </ul>	5	Gangangaon Kandalipada

17.	12 Aug	Stress management	<ul style="list-style-type: none"> <li>• Ice breaker.</li> <li>• Introduction of stress management.</li> <li>• Possible reasons for stress.</li> <li>• Explaining them how to overcome stress.</li> </ul>	25	Vasa Brahmanpda
18.	12 Aug 23	Common health Problem	<ul style="list-style-type: none"> <li>• Symptoms for common health problem like fever, cough, cold.</li> <li>• Home remedies for these common health issues.</li> </ul>	7	Dhamangaon Patilpada Aganwadi
19.	18 Aug 23	Precautions to be taken during monsoon	<ul style="list-style-type: none"> <li>• Precautions to be taken during monsoon.</li> <li>• Eating nutritious food.</li> </ul>	5	Dhamangaon Aptolpada
20	18 Aug 23	Harmful effects of tobacco and alcohol consumption	<ul style="list-style-type: none"> <li>• Introduction to substances</li> <li>• Effects of Tabacco and alcohol through puppet show</li> <li>• Alternative interventions for getting over it.</li> </ul>	8	Gangangaon Dandekarpada
21	18 Aug 23	Nutrition during pregnancy and breast feeding	<ul style="list-style-type: none"> <li>• Food that should be eating during pregnancy and breast feeding.</li> <li>• Why nutritious food is important during the breast feeding a pregnancy.</li> <li>• Video</li> </ul>	4	Dhamangaon Patilplpada
22.	19 Aug 23	Taking care of skin to avoid & care skin infection	<ul style="list-style-type: none"> <li>• Discussion about skin problems.</li> <li>• What is the treatment for various skin problems.</li> <li>• How should one take care of their skin.</li> </ul>	4	Dhamnagoan Patilpada
23	19 Aug 23	Menstrual health	<ul style="list-style-type: none"> <li>• Care to be taken during menstruation</li> <li>• Information about pad and cloth use.</li> <li>• Superstitious belief about menstrual health.</li> <li>• Cleanliness during menstruation.</li> </ul>	6	Gangangaon Kandalipada
24.	12 Aug 2023	The role & responsible of the local government	<ul style="list-style-type: none"> <li>• Explaining what is local government.</li> <li>• What are the functions of government.</li> <li>• Understanding local problems.</li> <li>• Roles of the grampanchayat body.</li> </ul>	6	Vasa Bhramanpada Aganwadi

25.	19 Aug 23	Infection Disease	<ul style="list-style-type: none"> <li>• What are the infectious diseases.</li> <li>• They are mainly malaria, leprosy, tuberculosis,</li> <li>• The symptoms of these diseases.</li> <li>• What is the treatment of these diseases.</li> </ul>	6	Vasa Kolipada
26.	19 Aug 23	Infection Disease	<ul style="list-style-type: none"> <li>• What are the infectious diseases.</li> <li>• They are mainly malaria, leprosy, tuberculosis,</li> <li>• The symptoms of these diseases.</li> <li>• What is the treatment of these diseases.</li> </ul>	6	Vasa Bhramanpada
27	19 Aug 23	Menstrual health	<ul style="list-style-type: none"> <li>• Eating healthy staying healthy</li> <li>• Exercise yoga</li> <li>• Ways of using sanitary napkin, cloth</li> <li>• Care to be taken during menstruation.</li> </ul>	7	Gangangaon Kandalipada
28	19 Aug 23	Benefits of Yoga	<ul style="list-style-type: none"> <li>• Benefits of yoga</li> <li>• Taught yoga asanas</li> </ul>	3	Gangangaon Kandalipada
29.	25 Aug 23	New Born Care	<ul style="list-style-type: none"> <li>• Breastfeeding, diapering because need to change</li> <li>• Health and hygiene of the child</li> <li>• Important of regular check up</li> <li>• Important of breastfeeding</li> </ul>	9	Vasa Kolipada
30	25 Aug 23	Gender discriminations	<ul style="list-style-type: none"> <li>• Explaining gender discrimination</li> <li>• Roles given to genders</li> <li>• Rights of the women</li> </ul>	14	Gangangaon Kandalipada
31	25 Aug 23	Maternal health	<ul style="list-style-type: none"> <li>• Care while pregnancy.</li> <li>• Nutrition</li> <li>• Growth of baby.</li> </ul>	4	Dhamangaon Patilpada
32	25 Aug 23	Gender discrimination	<ul style="list-style-type: none"> <li>• Gender discrimination</li> <li>• Roles given to genders</li> <li>• Rights of women</li> </ul>	14	Gangangaon Kandalipada



33	1 Dec 2023	Importance of taking care in first 1000 days of pregnancy.	<ul style="list-style-type: none"> <li>• Importance of eating healthy nutritious food for oneself and for the baby.</li> <li>• Explained the importance of first 1000 days of pregnancy for the mother and the child.</li> <li>• What different kinds of food the mother should include in her diet. Explained about the vitamin tablets given to the mother from the Anganwadi and why it is important to take them.</li> </ul>	Dhamangaon Aptolpada
34	1 Dec 2023	Balanced diet	<ul style="list-style-type: none"> <li>• What is balanced diet</li> <li>• Importance of healthy and balanced diet</li> <li>• Introduced the locally available foods that the women need to eat.</li> </ul>	Vasa Brahmanpada
35	1 <u>Dec 2023</u>	Pron and cones of mobile phone	<ul style="list-style-type: none"> <li>• Understanding the students use of mobile phones and for what purposes they use.</li> <li>• Explaining them how they can use the mobile phone effectively and what are the disadvantages of mobile phone.</li> </ul>	Karajgaon Patilpada
36	1 Dec 2023	Nutrition food	<ul style="list-style-type: none"> <li>• Introducing what is meant by nutrition food.</li> <li>• Why we need to include nutrition food in our diet.</li> <li>• What is the important food that we need to include in our diet like the various locally available leafy vegetables, pulses, meat etc.</li> </ul>	Gangangaon Dandekarpada
37	2 Dec 2023	Nutrition powder	<ul style="list-style-type: none"> <li>• what is nutrition powder and low-cost diet.</li> <li>• Explain them how we can make nutrition powder out of different pulses at home</li> <li>• Why nutritional food is important</li> </ul>	Vasa Brahmanpada

38	2 Dec 2023	Stress management	<ul style="list-style-type: none"> <li>• Introduction on mental health</li> <li>• Given various solution for stress management like Yoga, following hobby, spending time in nature, talking to friends and family.</li> </ul>		Karajgaon Patilpada
39	2 Dec 2023	Importance of taking care in first 1000 days of pregnancy	<ul style="list-style-type: none"> <li>• Importance of eating healthy nutritious food for oneself and for the baby.</li> <li>• Explained the importance of first 1000 days of pregnancy for the other and the child.</li> <li>• What different kinds of food the mother should include in her diet.</li> <li>• Explained about the vitamin tablets given to the mother from the Anganwadi and why it is important to take them.</li> </ul>		Dhamangaon Patilpada
40	2 Dec 2023	Good habits and bad habits	<ul style="list-style-type: none"> <li>• Understanding the habits of the students. Identifying them as good or bad habit.</li> <li>• Introducing the good and the bad habits that we practice in our daily life.</li> </ul>		Vasa Brahmanpada
41	2 Dec 2023	Nutrition food	<ul style="list-style-type: none"> <li>• Introducing what is meant by nutrition food.</li> <li>• Why we need to include nutrition food in our diet.</li> <li>• What is the important food that we need to include in our diet like the various locally available leafy vegetables, pulses, meat etc.</li> </ul>		Gangangaon Kandalipada

The 6 NN Field work students visited the Anganwadis and conducted the sessions on various topics such as the Precautions to be taken during monsoon, Health Hygiene and illness, Maternal Health, New born care, Nutritional practice for infant and young children, Infectious diseases, Harmful effects of tobacco Addiction, Common health Problems, Skin care, Stress management, Menstrual health, Benefits of Yoga, Gender discriminations, Balanced diet. 41 sessions were conducted in different anganwadis. The women actively participated during the sessions with the students and with other women during the sessions in the anganwadis. the students used charts and videos on the topics for the women to understand the topic better. The women found this session very informative and learning.

## KISHORDHARA PROJECT

### Mental health awareness session by the Spandan staff, NN Field work students and NN camp students

Dates of the Training	Persons who conducted the session	Content	Total No of Participants	Venue	Observation
8 September 2023	6 NN FW students 2 Spandan Staffs 1 FW supervisor	<ul style="list-style-type: none"> <li>• Introduction about Spandan and our intervention</li> <li>Introduction of the session</li> <li>• Puppet shows by the students</li> <li>• Discussion on the puppet show</li> <li>• Introduction to what is mental health</li> <li>• Signs of mental health in adults</li> <li>• Impacts of mental health</li> <li>• Video on mental health and discussion on the video</li> <li>• Importance of mental health</li> <li>• Protecting mental health</li> </ul> Activity (Quotes bag tag)	226	Savane Ashram School	The students could connect to the session on mental health as there are many cases of suicide among the youths. But talking about mental health they are still not able to talk about it openly to anyone.
8 September 2023	6 NN FW students 1 Spandan Staffs 1 FW supervisor	<ul style="list-style-type: none"> <li>• Introduction about Spandan and our intervention</li> <li>Introduction of the session</li> <li>• Puppet show by the students</li> <li>• Discussion on the puppet show</li> <li>• Introduction to what is mental health</li> <li>• Signs of mental health in adults</li> <li>• Impacts of mental health</li> <li>• Video on mental health and discussion on the video</li> <li>• Importance of mental health</li> <li>• Protecting mental health</li> </ul> Activity (Quotes bag tag)	93	Dhamangaoan Ashram school	

5 Dec 2023	Mental health	<ul style="list-style-type: none"> <li>• Introduction on mental health</li> <li>• Reason for bad mental health among adolescent.</li> <li>• How the students get over mental health</li> <li>• Distribution of quote card to students and explaining to the students.</li> </ul>	52	Dongari Harsonpada ZP school	The students were responsive but shy and were struggling to read the quotes.
15 Dec 2023	Mental health	<ul style="list-style-type: none"> <li>• Introduction on mental health</li> <li>• A skit to on mental health</li> <li>• Reason for bad mental health among adolescent.</li> <li>• How the students get over mental health</li> <li>• Distribution of quote card to students and explaining to the students.</li> <li>• Reading out each one's quote card loudly and saying the meaning of it</li> <li>• Action motivational song</li> </ul>		Anvir Patilpada ZP school	The students are shy but they have a lot to say about their mental health. as the session were getting more interactive and activities were included the students were becoming freer to talk.
6 Jan 2024	Mental health Study skills Career guidance	<ul style="list-style-type: none"> <li>• Introduction and objective of the session</li> <li>• Information about the topic and give a short introduction on each topic</li> <li>• Role plays by the students</li> <li>• Asking question on the role paly to check what the students have understood.</li> </ul>	72	Dhamangao n Ashram school	The students were very responsive and listened to the sessions very eagerly.

5 sessions were conducted on mental health for the school students in Savane Ashram school, Dhamangaon Ashram school, Dongari Harsonpada school, Anvir Patilpada school. These sessions were conducted by the 6 NN field work students along with the Spandan staff and by the NN camp students. conducting a session on mental health was important as the students do not talk about their mental health sometimes taking wrong step in life. The sessions were made interactive where students also shared about their opinions. The different audio-visual aids were used for the session for the better understanding the topic to the students. it was a learning experience for the NN college students and for the other students.

#### Sessions on human right by NN field work students

Date of session	Module session	Contents	Number of participants	Venue
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13 Dec 2023	Human right	<ul style="list-style-type: none"> <li>• Prayer song</li> <li>• Introduction to human rights</li> <li>• Explaining the various rights like right to equality, right to freedom, right against exploited, right to religious freedom, right to culture and education, right to constitution.</li> <li>• Video on human rights.</li> </ul>	30	Gnanjyoti community college Karajgaon
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A session on Human Rights was conducted for the students of Gnanjyoti Community College. The session was conducted by the 6 NN field work students with the Spandan team. 30 Students participated in the session. The session was to make aware the rights that we have and how these rights should be applied in life. Videos were shown to understand about the human rights after which the discussion on the video was done.

#### Sessions on inclusive education by NN field work students and the Spandan staff

Date of session	Module session	Contents	Number of participants	Venue
8 Dec 2023	Inclusive education	<ul style="list-style-type: none"> <li>• Introduction to inclusive education</li> <li>• Barriers to inclusive education</li> <li>• need to protect the rights of the differently abled</li> <li>• Main provisions of the persons with disability.</li> <li>• Concept of inclusive classroom</li> <li>• Responsibility of the students towards inclusion</li> <li>• Sharing experiences of inclusive education in different countries.</li> <li>• Activities to understand the difficulties that the especially abled students face during his education in the school.</li> </ul>	108	Karajgaon Patilpada
13 Dec 2023	Inclusive education	<ul style="list-style-type: none"> <li>• Introduction to inclusive education</li> <li>• Barriers to inclusive education</li> <li>• need to protect the rights of the differently abled</li> <li>• Main provisions of the persons with disability.</li> <li>• Concept of inclusive classroom</li> <li>• Responsibility of the students towards inclusion</li> <li>• Sharing experiences of inclusive education in different countries.</li> <li>• Activities to understand the difficulties that the especially abled students face during his education in the school.</li> </ul>	112	Savane Ashram school

The NN field work students along with the Spandan staff conducted the session on inclusive education. The session was conducted to make aware about the inclusive education in the schools. Since in every school there are few students with disability the awareness was spread to the children about the special needs that should be given to these special children in the school campus. Some of the activities of the persons with disability were demonstrated with the students to understand the difficulties that the persons with disabilities face to do their daily activities. The session was very effective for the student as it was a new learning experience for them as no one has ever yet spoken to them about how they should treat them.

#### Sessions conducted in schools by the Spandan staff

Sr. No	Date of the session	Module topic	Contents	Number of students	Venue
1.	12 April 2023	Good touch and bad touch	<ul style="list-style-type: none"> <li>• Introduction about good touch bad touch through video.</li> <li>• Feelings that we get on good and bad touched.</li> <li>• What must one do when experience bad touch.</li> <li>• Questions and answers on good touch and bad touch.</li> </ul>	30	Karajgaon Narlipada
2.	24 April 2023	Good touch and bad touch	<ul style="list-style-type: none"> <li>• Introduction about good touch bad touch through video.</li> <li>• Feelings that we get on good and bad touched.</li> <li>• What must one do when experience bad touch.</li> <li>• Questions and answers on good touch and bad touch.</li> </ul>	30	Karajgaon Manpada
3.	25 April 2023	Adolescence Development	<ul style="list-style-type: none"> <li>• Three stages of adolescents age wise as stage1- 10to 14 years, stage2- 15to 17 years and stage3- 18to 19 years.</li> <li>• Physical, social, and emotional changes during adolescents.</li> <li>• Things to be kept in mind during adolescent for girls and boys.</li> </ul>	22	Karajgaon Manpada
4.	26 April 2023	Personality Development	<ul style="list-style-type: none"> <li>• Explaining what is personality development.</li> <li>• 8 tips for personality development, know that you are the best, The traits you want are in seed form, be kind to yourself, think like a leader, be light in mind and in heart, be enthusiastic, Be a good communicator, Act like a lion in times of crisis.</li> </ul>	23	Karajgaon Manpada

5.	27 April 2023	Good touch bad touch	<ul style="list-style-type: none"> <li>• Introduction about good touch bad touch through video.</li> <li>• Feelings that we get on good and bad touched.</li> <li>• What must one do when experience bad touch.</li> <li>• Questions and answers on good touch and bad touch.</li> </ul>	22	Karajgaon Manpada
6.	28 April 2023	Health, hygiene, and illness.	<ul style="list-style-type: none"> <li>• Video on health, hygiene, and illness.</li> <li>• Discussed on clean hands, good sleep, exercise, clean teeth, healthy food, bathing and keeping your body clean, keeping the environment clean.</li> </ul>	24	Karajgaon Manpada
7.	29 April 2023	Body physiology	<p>Ice Breaker activity of the three wise monkeys with the help of the posters</p> <ul style="list-style-type: none"> <li>• Bad eyes</li> <li>• Hearing bad thoughts</li> <li>• Speaking bad opinions</li> </ul> <p>Human body organs</p> <ul style="list-style-type: none"> <li>• Eyes, Ear, Nose, Mouth, Tongue, Tooth, Palm, Elbow, Wrist, fist, Forehead, Eye brows, head, hair, knee, foot, Neck, Chin, Hand, Finger, Leg</li> </ul>	26	Karajgaon Manpada
8.	28 June 23	Self-Awareness	<ul style="list-style-type: none"> <li>• Introduction of self-awareness</li> <li>• Johari windows technique</li> <li>• Open area Blind area</li> <li>• Unknown area, Hidden Area</li> </ul>	36	Dhamangaoa Patilpada Ashram School
9.	30 June 2023	Advantages and disadvantages of mobile	<ul style="list-style-type: none"> <li>• Introduction of the topic</li> <li>• Grouped the students into 4 and asked them to write the advantages and disadvantages of using the mobile phone.</li> <li>• Each point was then discussed in details.</li> </ul>	36	Dhamangaon Ashram School
10.	5 July 2023	Stress Management	<ul style="list-style-type: none"> <li>• Introduction of the topic.</li> <li>• Possible reasons for stress.</li> <li>• Effects of stress.</li> <li>• What should one do during stress.</li> </ul>	42	Dhamangaon Ashram School
11.	11 July 2023	Study skills	<ul style="list-style-type: none"> <li>• Explaining the topic.</li> <li>• Explained the sub topics, importance of good study skills, how we benefit, how can students improve their study skills.</li> <li>• Showed video on study skills.</li> <li>• Questions on the video.</li> <li>• Explained the video.</li> </ul>	51	Karajgaon Narlipada

12.	14 July 2023	Stress management	<ul style="list-style-type: none"> <li>• Ice- Breaker Activity</li> <li>• Introduction of stress</li> <li>• Identified the reasons for stress.</li> <li>• How will we overcome this stress.</li> <li>• Summary</li> <li>• Activity</li> </ul>	82	Gangangaon Seva Vidhya Mandir
13.	1 Aug 23	Self Confidence	<ul style="list-style-type: none"> <li>• Icebreaking activity</li> <li>• introduction of the topic</li> <li>• Showing self-confidence related video</li> <li>• Review entire session</li> </ul>	52	Karazgaon Seva Mandir School
14.	12 Sept 23	Mental Health	<ul style="list-style-type: none"> <li>• Ice breaker session</li> <li>• What is mental Health</li> <li>• Reason, sign of mental Health</li> <li>• Importance of having a good mental Health</li> <li>• Showing videos on mental health &amp; asking them questions.</li> </ul>	52	Karazgaon Seva Mandir School
15.	12 Sept 2023	Mental Health	<ul style="list-style-type: none"> <li>• Ice breaker session</li> <li>• What is mental Health</li> <li>• Reason, sign of mental Health</li> <li>• Importance of having a good mental Health</li> <li>• Showing videos on mental health &amp; asking them questions.</li> </ul>	24	Karajgaon Narlipada zp school
16.	18 Sept 23	Adolescent well being	<ul style="list-style-type: none"> <li>• Explaining Three stage of adolescent</li> <li>• Explaining the physical, social, Emotional changes during adolescent</li> <li>• Things to be kept in mind during the adolescent changes life not going on the wrong way or wrong habit, setting your goals.</li> </ul>	34	Seva Mandir School Gangangaon
17.	26 Sept 2023	Hygiene and personal care	<ul style="list-style-type: none"> <li>• Introduction about the topic hygiene and personal care</li> <li>• How to take care of your own health</li> <li>• Why it is important to maintain a personal hygiene</li> </ul>	54	Karajgaon Narlipada zp school
18.	26 Sept 2023	Hygiene and personal care	<ul style="list-style-type: none"> <li>• Introduction about the topic hygiene and personal care</li> <li>• How to take care of your own health</li> <li>• Why it is important to maintain a personal hygiene</li> </ul>	50	Karajgaon Manpada school
19.	17 Oct 23	Menstrual Hygiene	<ul style="list-style-type: none"> <li>• Video on menstruation</li> <li>• What the girls have understood from the video</li> <li>• Explaining what is Menstrual &amp; Why it occurs.</li> <li>• The age menstruation and day of menstruation</li> <li>• Cleanliness to be maintained during menstruation.</li> </ul>	32	Gynmata School Karazgaon Manpada



20.	10 Oct 23	Menstrual Hygiene	<ul style="list-style-type: none"> <li>• Video on menstruation</li> <li>• What the girls have understood from the video</li> <li>• Explaining what is Menstrual &amp; Why it occurs.</li> <li>• The age menstruation and day of menstruation</li> <li>• Cleanliness to be maintained during menstruation.</li> </ul>	25	Karazgaon Narlipada ZP School
21.	6 Feb 2024	Self-confidence and self-awareness	<ul style="list-style-type: none"> <li>• Introduction to the topic self-awareness.</li> <li>• Activity related to the topic</li> <li>• Explanation of self-awareness through the Johari window technique.</li> <li>• Explaining what is self-confidence and why is it important for us students.</li> <li>• How should we gain more confidence.</li> </ul>	44	Dongari Harsonpada ZP school

The session in the schools were conducted on the topics as per the needs of the students. The Spandan staff conducted session on topics such as good touch and bad touch, Adolescence Development, Personality Development, Health hygiene and illness, Body physiology, self-awareness, Advantages, and disadvantages of mobile, Stress Management, Study skills, Mental Health, Menstrual Hygiene. Different audio-visual aids were used during the sessions.

#### Sessions conducted in schools by students' team

Sr.No	Date of the session	Module topic	Contents	Number of students	Venue
1.	4 Aug 2023	Stress management	<ul style="list-style-type: none"> <li>• How to make stress your friend.</li> </ul>	75	Dhamangaon Patilpada Ashram school.
2.	4 Aug 2023	Healthy relationships	<ul style="list-style-type: none"> <li>• Introducing your friend.</li> <li>• Importance of good friends. Sings of good and bad friend.</li> <li>• Puppet show.</li> </ul>	38	Karajgaon Patilpada ZP school.
3.	4 Aug 2023	Study skills	<ul style="list-style-type: none"> <li>• Explaining the topic.</li> <li>• Explained the sub topics.</li> <li>• Showed video on study skills.</li> <li>• Questions on the video.</li> <li>• Explained the video.</li> </ul>	23	Vasa Brahmanpada ZP school
4.	5 Aug 2023	Adolescent wellbeing	<ul style="list-style-type: none"> <li>• What is adolescent wellbeing</li> <li>• Physical and emotional changes.</li> </ul>	25	Vasa Barhmanapada

5.	5 Aug 23	Time management	<ul style="list-style-type: none"> <li>• Understanding how much time you have during the entire day and how you can manage the time.</li> <li>• Benefits of time management</li> <li>• Ice breaker session.</li> </ul>	23	Dhamnagaon Ashram school
6.	12 Aug 2023	Importance of career goals	<ul style="list-style-type: none"> <li>• How to set your career goals after 10th.</li> <li>• List of the available resources and difficulty they may face for their further career.</li> <li>• Activity of writing on their book about their future.</li> </ul>	73	Dhamangaon Patilpada
7.	12 Aug	Menstrual health.	<ul style="list-style-type: none"> <li>• Introduction to menstrual health</li> <li>• Used poster to explain about using the sanitary napkin and Cloth during menstruation.</li> <li>• Yoga exercises to relieve period pain.</li> <li>• Game activity.</li> </ul>	23	Seva mandir school Gangaongaon
8.	11 Aug 2023	changes in Adolescents	<ul style="list-style-type: none"> <li>• Introducing the topic by asking the student about the changes in them during the adolescent.</li> <li>• Giving information to the students about the physical, social, emotional changes during the adolescents.</li> <li>• Revised the topic by the game of asking the points to girls and the boys.</li> </ul>		Karajgaon Patilpada ZP school
9.	11 Aug 2023	Self Confidence - Personality development	<ul style="list-style-type: none"> <li>• Performed a puppet show.</li> <li>• self-reflection activity</li> </ul>	72	Dhamangaon Patilpada
10.	18 Aug 2023	The pros & Cons of using cell phone.	<ul style="list-style-type: none"> <li>• Benefits of cell phone.</li> <li>• 2.disadvange of cell phone.</li> </ul>	24	Z p.school Brahmanpada
11.	11 Aug 23	Time Management	<ul style="list-style-type: none"> <li>• Understanding how much time you have Keep a check in your time</li> <li>• Give priority to imp work</li> </ul>	17	Z p.school Bhramanpada

12.	12 Aug 2023	Stress management	<ul style="list-style-type: none"> <li>• What is stress</li> <li>• How to manage stress in their daily life.</li> <li>• How to make stress your friend.</li> </ul>	24	Vasa Brahmanpada
13.	18 Aug 2023	The addiction of substance abuse	<ul style="list-style-type: none"> <li>• What is addiction of substance abuse.</li> <li>• How substance abuse harmful for the health.</li> <li>• How the addiction impacts socially.</li> </ul>	25	Vasa Brahmanpada
14	18 Aug 23	Mental health	<ul style="list-style-type: none"> <li>• What is mental health</li> <li>• Signs, reasons of stress of bad mental health.</li> <li>• Precautions to be taken for good mental health.</li> </ul>	35	Karajgaon Patilpada
15.	12 Aug 2023	Menstrual health	<ul style="list-style-type: none"> <li>• Brief explanation of female body and menstruation.</li> <li>• How care should be taken during menstruation.</li> <li>• Explaining home remedies for period pain.</li> <li>• Way to use sanitary napkin.</li> <li>• Yoga asnas during period pain.</li> <li>• Superstitions related to menstruation.</li> </ul>	22	Seva Vidya Mandir Gangangaon.
16	19 Aug 23	Study skills	<ul style="list-style-type: none"> <li>• Necessity to have good study skill for further studies</li> <li>• Preparation according to the syllabus</li> <li>• Format for study time table</li> </ul>	40	Seva Vidya Mandir Gangangaon.
17	25 Aug 23	Menstrual hygiene	<ul style="list-style-type: none"> <li>• Introduction of menstrual hygiene</li> <li>• Care to be taking during menstruation</li> </ul>	48	Gangangaon
18			<ul style="list-style-type: none"> <li>• Information about using pad, cloth during menstruation.</li> <li>• Superstitious of menstruation</li> </ul>		
19	1 Dec 2023	Importance of healthy relationship	<ul style="list-style-type: none"> <li>• What healthy relationships are how to build them.</li> <li>• How the students can identify toxic relationships and how to keep themselves safe from them.</li> <li>• Role play to explain healthy relationships.</li> </ul>		Dhamangaon Ashram school

20	8 Dec 2023	Effective communication	<ul style="list-style-type: none"> <li>• Introduction of what is communication</li> <li>• Types of communication</li> <li>• The ways we can communicate effectively</li> </ul>		Dhamangaon Ashram school
21	16 Dec 2023	Good use of mobile	<ul style="list-style-type: none"> <li>• How mobile can be use as the for the education purpose</li> <li>• Different types of educational apps for the online education.</li> </ul>		Vasa Brahmanpada
22	8 Dec 2023	health and hygiene	<ul style="list-style-type: none"> <li>• What is health and hygiene?</li> <li>• Why is it important to do?</li> <li>• Some basic health and hygiene in every life</li> </ul>		Vasa Brahmanpada
23	9 Dec 2023	Adolescent wellbeing	<ul style="list-style-type: none"> <li>• what is adolescent wellbeing</li> <li>• physical changes and mental changes and socially change - why it has happened</li> </ul>		Vasa Brahmanpada
24	2 Dec 2023	Nutrition powder	<ul style="list-style-type: none"> <li>• what is nutrition power and low-cost diet.</li> </ul>		Vasa Brahmanpada
25	8 Dec 2023	Effective communication	<ul style="list-style-type: none"> <li>• Introduction of what is communication</li> <li>• Types of communication</li> <li>• The ways we can communicate effectively</li> </ul>		Dhamangaon Ashram school
26.	8 Dec 2023	health and hygiene	<ul style="list-style-type: none"> <li>• What is health and hygiene?</li> <li>• Why is it important to do?</li> </ul>		Vasa Brahmanpada
			<ul style="list-style-type: none"> <li>• Some basic health and hygiene in every life</li> <li>•</li> </ul>		
29.	8 Dec 2023	Health and hygiene	<ul style="list-style-type: none"> <li>• What is health and hygiene?</li> <li>• Why is it important to do?</li> <li>• Some basic health and hygiene in every life</li> </ul>		Karajgaon Patipada
30.	9 Dec 2023	Adolescent wellbeing	<ul style="list-style-type: none"> <li>• what is adolescent wellbeing</li> <li>• physical changes and</li> </ul>		Vasa Brahmanpada

			mental changes and socially change - why it has happened		
31.	9 Dec 2023	Self confidence	<ul style="list-style-type: none"> <li>• Introduction to self confidence</li> <li>• Why self-confidence is important and how it can help us in pursuing higher dreams.</li> <li>• Asking questions to understand the confidence of the students.</li> </ul>		Karajgaon Patipada
32.	9 Dec 2023	Adolescent wellbeing	<ul style="list-style-type: none"> <li>• what is adolescent wellbeing</li> <li>• physical changes and mental changes and socially change - why it has happened</li> </ul>		Vasa Brahmanpada
33.	9 Dec 2023	Self confidence	<ul style="list-style-type: none"> <li>• Introduction to self confidence</li> <li>• Why self-confidence is important and how it can help us in pursuing higher dreams.</li> <li>• Asking questions to understand the confidence of the students.</li> </ul>		Karajgaon Patipada
34	16 Dec 2023	Good use of mobile	<ul style="list-style-type: none"> <li>• How mobile can be use as the for the education purpose</li> <li>• Different types of educational apps for the online education.</li> </ul>		Vasa Brahmanpada

The field work students of Nirmala Niketan college conducted sessions for the adolescent school students from Vasa Brahmanpada ZP school, Karajgaon Patilpada ZP school, Dhamangaon Patilpada Ashram school and Gangangaon Dandekarpada seva mandir school. Sessions on different topics were conducted by the NN students. These sessions were conducted with different audio-visual aids like the puppet show which made the session more interesting and effective. These sessions were impactful for the students as only the subject sessions were conducted for them and that they also need to be aware of other things in life. The students actively participated in the sessions.

**Details on Parasbaug Training Conducted by the staff and students placed in  
Spandan (3<sup>rd</sup>, 4<sup>th</sup> and 5<sup>th</sup> slots)**

Sr. No	Villages	Pada	Date of distribution	Total Seeds distributed	Sown
1	Dongari	Harsonapada	8-Nov-23	11	11
		Dongaripada	11-Oct-23	14	14
2	Vasa	Brahmanpada	12-May-23	16	15
			13-Feb-24	10	5
		Brahmanapada Katkari Families	20-Feb-24	26	8
		Kumbharpada	12-Feb-24	15	8
		Machipada	19-Oct-23	14	14
3	Dhamangaon	Aptolpada	22-Sep-23	15	12
			3-Apr-24	15	
		Chikhlipada	20-Nov-23	13	9
		Kompada	10-Nov-23	9	8
		Patilpada	25-May-23	8	6
		Zadipada	7-Dec-23	27	24
		Kavtepada	4-Nov-23	13	10
		Shivpada	21-Feb-24	14	9
4	Gangangoan	Kandalipada	4-May-23	25	25
			13-Feb-24	27	7
		Patilpada	22-May-23	7	7
			4-Oct-23	13	13
		Dandekarpada	10-Feb-24	30	14
		Khoripada	11-May-23	13	9
			10-Feb-24	25	22
5	Dhamatne	Dukanpada	4-May-23	6	5
			30-Sep-23	25	17
		Sutarpada	23-May-23	15	15
			Mar-24	30	
6	Karajgaon	Manpada 1	25-May-23	5	
			1-Nov-23	16	16
		Patilpada 1	25-May-23	6	6
		Patilpada 2	24-May-23	9	6
		Narlipada	28-Apr-23	15	13
			1-Sep-23	23	17
7	Anvir	Patilpada	24-Apr-23	7	6
		Dabhlipada	15-May-23	15	15
		Thakarpada	29-Sep-23	5	4
8	Kawada	lilakpada	25-May-23	14	14
			19-Aug-23	16	13
		Awarpada	19-May-23	9	9
			18-Oct-23	9	9
		Thakarpada	10-May-23	15	13
		Patilpada	8-May-23	9	9

		Vanangpada	25-Nov-23	21	17
		Dhodipada	6-Feb-24	23	15
		Kondharpada	7-Feb-24	11	6
9	Savroli	Dhamnipada	25-Oct-23	10	10
		Brahmanpada	3-Feb-24	8	7
		Udhanpada	6-May-23	20	18
		Dongaripada	25-Oct-23	9	9
		Kasukhadakpada	15-Feb-24	16	
		Chinchonpada	22-Feb-24	12	12
10	Ganjad	Daudanpada	20-Apr-23	10	7
			4-Jan-24	58	21
		Daudanpada ZP school (parents of the school children)	23-Feb-24	56	18
		Diwanpada	17-May-23	6	5
		Mahalpada	4-Dec-23	22	22
		Katkaripada	12-Oct-23	21	2
		Mothi Khadkipada	2-Nov-23	15	8
		Lahan Khadkipada	2-Nov-23	10	6
		Vangadpada	25-Jan-24	15	15
		Dhakpada	23-Feb-24	24	2
11	Nikne	Sutarpada	16-May-23	4	4
		Gavthanpada	16-May-23	9	7
		Ibhadpada	19-Apr-23	4	4
			1-Apr-24	11	
		Katkaripada	1-Apr-24	30	
	Sahyogi Group members from different villages		29-Nov-23	24	11
	Seeds used for GCC model Garden			6	6
	Karajgaon Narlipada ZP School		1-Sep-23	3	2
	Gangangoan Khoripada school		30-Nov-23	2	2
	Ganjad Diwanpada ZP School		4-Dec-23	2	3
	Ganjad Dhakpada Zp School		4-Dec-23	3	2
	Dongari Harsonpada Zp school		5-Dec-23	3	3
	Ganjad Dudanpada ZP school		4-Jan-24	2	2
	Savroli Dhamnipada ZP school		22-Feb-24	3	3
	Savroli Dhamnipada Anganwadi Garden			2	2
	Parasbaug made in underweight child Pranavs house in Dhamangon		3-Apr-24	2	2
	<b>Total</b>			<b>1086</b>	<b>977</b>

The Anganwadis in different villages of Talasari and Dahanu Talukas were identified for distribution of the vegetable seeds under the project Satwaahar. The sessions were conducted on training the women for making the parasbaug then the seeds were distributed to the women.

Most of the women participants were the pregnant and the lactating mothers. During the year 2023-2024 a total of 1086 seeds packets were distributed to the families out of which 977 family's follow-up was made and they have sown the seeds. 51 padas in 10 different villages were covered for the distribution of the seeds. Each packets included 14 different vegetable seeds. Ladyfinger, tomato, brinjal, chilly, bottle gourd, sponge gourd, ridge gourd, bitter gourd, pumpkin, methi, palak, ambadi, laal math, cluster beans.

Most of the families sow the seeds little by little as they are unable to take care of the big garden as most have lack of water or because it is difficult to protect from the castles. Apart from few families whose vegetable plants were eaten by cattle rest of the families got a good harvest of the vegetables and include these in their meal. The seeds have benefited the members as the got free seeds to make the parasbaug and got vegetable at their hand and that they do not have to spend their money to buy the vegetables and travel to the market for purchasing the vegetables. The families are thankful for getting the vegetable seeds.

Apart distributed the seeds to the community women the parasbaug gardens were made with the help on the students in 4 different ZP schools, 1 parasbaug garden made in Anganwadi and 1 parasbaug garden in underweight child's houses.



**Details on nutrition support under decimal program [ Project managed by GCC]**

Details of the school	Number of children	Details of nutrition support	Number of anthropometric Assessments completed	Progress in the student's health	Any specific observation
Gyanmata school Karajgaon	292	Nutrition support provided to all the children	292	Good	Because of this support the children eat and play together, there is no differentiation among the children. The absentees have reduced. The parents are also happy that they don't have to give the pocket money to the children.
Seva Vidhya Mandir Gangangaon	443	Nutrition support provided to all the children	443	Good	Because of this support the children eat and play together, there is no differentiation among the children. The absentees have reduced. The parents are also happy that they don't have to give the pocket money to the children.

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

	Name	DOB	Weight	Height	Date of distribution	Date of distribution	Date of distribution	Date of distribution	Date of distribution	Date of distribution
1.	Sumedh Anil Bendga	18-12-20	8.2	77	3-May-23	9-Aug-23	5 Sept 2023	21-Dec-2023/ 16-Jan-2024		13-Mar-24
2.	Pranav Jairam Malavkar	9-7-20	8	75	5-May-23	9-Aug-23	5-Sep-23	21-12-2023/ 16-1-2024		13-Mar-24
3.	Sandip Vinod Vangad	16-12-18	11	92	5-May-23	23-Aug-23	13-Sep-23	16-Dec-23	24-Jan-24	18-Mar-24
4.	Alpita Alpesh vangad	19-4-18	13	104		23-Aug-23	13-Sep-23	16-Dec-23	24-Jan-24	
5.	Tanvi Vilas Kachra	16-1-16	17.5	116	5-May-23	23-Aug-23	13-Sep-23	16-Dec-23	28-Jan-24	19-Mar-24
6.	Taniksha SantoshDadoda	10-1-19	11	97	5-May-23	23-Aug-23	13-Sep	16-Dec-23	28-Jan-24	19-Mar-24
7.	Ishan Khulya Kachra	4-4-19	15.1	109	3-May-23	10-Aug-23	11-Sep-23	29-12-23	28-Jan-24	
8.	Aryan Kanha Godhale	15-9-17	12	102	3-May-23	10-Aug-23	11-Sep-23	26-12-23	24-Jan-24	18-Mar-24
9.	Prajakta Jamsu Boba	7-2-17	13.2	106	3-May-23	10-Aug-23	12-Sep-23	26-12-23	28-Jan-24	
10.	Vignesh Vijay Vedga	18-4-17	15.1	109	3-May-23	10-Aug-23	13-Sep		28-Jan-24	
11.	Neharika Nitin	9-2-18	11.6	97	3-May-	10-Aug-	13-Sep	21-12-23	24-	18-Mar-24

	Barad				23	23			Jan-24	
12.	Ankita Ashok Medha	23-3-17	11.5	103	3-May-23	4-Sep-23	18-Sep-23	26-12-23	28-Jan-24	
13.	Sonam sunil Kambadi	9-6-19	11	100	4-May-23	4-Sep-23	18-Sep-23	30-12-23	25-Jan-24	
14.	Raju Dilip Tandel	10-11-18	12.2	89	4-May-23	23-Aug-23	18-Sep-23	30-12-23	25-Jan-24	15-Mar-24
15.	Arushi Lahanu Kambadi	13-12-19	11.8	91	4-May-23	22-Aug-23	12-Sep-23	30-12-23	25-Jan-24	
16.	Pranali Satish Parhyad	25-2-19	13.6	101	4-May-23	22-Aug-23	12-Sep-23	30-12-23	25-Jan-24	15-Mar-24
17.	Ritesh Santosh Valvi	18-8-21	8.1	77	6-May-23	4-Sep-23	18-Sep-23	15-12-23	29-Jan-24	16-Mar-24
18.	Vishwas Madhu Vangad	3-2-18	10	95	6-May-23	4-Sep-23	18-Sep-23	15-Dec-23	29-Jan-24	16-Mar-24/ 3-Apr-24
19.	Pritesh Haresh Mhase	9-7-11	22.2	125	6-May-23	9-Aug-23	12-Sep-23	15-Dec-23	29-Jan-24	16-Mar-24/ 3-Apr-24
20.	Bhumika Haresh Mhase	11-7-19	10	81	6-May-23	9-Aug-23	12-Sep-23	15-Dec-23	29-Jan-24	16-Mar-24/ 3-Apr-24
21.	Riya Suresh Rabad	24-2-17	11.5	102		9-Aug-23	12-Sep-23	14-Dec-23		
22.	Pratiksha Vikram Malavkar	28-2-20	9.5	85	3-May-23	9-Aug-23	12-Sep-23	14-Dec-23	27-Jan-24	13-Mar-24
23.	Tej Anil Kakad	11-2-14	13.2	96	9-May-23	4-Sep-23	18-Sep-23	27-Dec-23	29-Jan-24	16-Mar-24
24.	Manisha Dilip Vartha	11-2-14	16.5	123		4-Sep-23	18-Sep-23	27-Dec-23	29-Jan-24	16-Mar-24
25.	Ankesh Sanju Mohra	25-2-17	12.8	104	9-May-23	4-Sep-23	18-Sep-23	27-Dec-23	29-Jan-24	16-Mar-24
26.	Shanti Arvind Mohra	7-12-18	11.8	96	9-May-23	14-Aug-23	26-Sep-23	27-Dec-23	29-Jan-24	
27.	Riyansha Mahesh Kachra	12-2-18	11.5	99	20-May-23	14-Aug-23	26-Sep-23	27-Dec-23	29-Jan-24	16-Mar-24
28.	Nandani Raman Bij	15-12-21	12.5	100	20-May-23	14-Aug-23	26-Sep-23	27-Dec-23	29-Jan-24	16-Mar-24
29.	Mehul Raman Bij	18-1-19	10.7	81	20-May-23	10-Aug-23	11-Sep-23	27-Dec-23	29-Jan-24	16-Mar-24
30.	Adiket Prakash Kadali	8-10-18	10.2	96	20-May-23	10-Aug-23	11-Sep-23	21-Dec-23	31 Jan 204	
31.	Rishab Ramesh Barad	14-1-21	12.2	101	26-May-23	10-Aug-23	20-Sep-23	21-12-23	24-Jan-24	18-Mar-24
32.	Swara Jairam Bendar	14-1-20	7.2	73	3-May-23	10-Aug-23	11-Sep-23	21-12-23	31 Jan 204	13-Mar-24
33.	Arushi Kailash Rayat	18-11-18	13.4	116	19-May-23	10-Aug-23	20-Sep-23	21-12-2023/ 16-1-2024		13-Mar-24
34.	Apurva Ankit	1-12-	16.9	117	3-May-	10-Aug-	20-Sep-	21-12-		13-Mar-24

	Thapad	17			23	23	23	2023/ 16-1-2024		
35.	Akshita Kailash Rayat	1-12-18	14.1	106	19-May-23	10-Aug-23	11-Sep-23	21-12-2023/16-1-2024		13-Mar-24
36.	Arush Shakar Shigada	11-5-17	13.5	106		10-Aug-23	11-Sep-23	21-12-23	31-Jan-24	
37.	Aniket Babu Hadal	5-2-19	12	102	4-May-23	10-Aug-23	11-Sep-23	21-12-23	24-Jan-24	13-Mar-24
38.	Nakshatra Vikram Narle	5-2-19	11.8	99	5-May-23	10-Aug-23	11-Sep-23	21-12-23	24-Jan-24	13-Mar-24
39.	Anuj Naresh Vedga	26-3-21	7.6	76	3-May-23	10-Aug-23	11-Sep-23	26-12-2023/ 16-1-2024	29-Jan-24	18-Mar-24
40.	Ayush Suresh Sambar	1-2-18	11	98	3-May-23	10-Aug-23	26-Sep-23	26-12-2023/16-1-2024	29-Jan-24	18-Mar-24
41.	Naira Madhu Sutar		8	75	10-May-23	9-Aug-23	5-Sep-23	21-12-2023/ 16-1-2024	24-Jan-24	13-Mar-24
42.	Oshika suresh Dubla		7	75	10-May-23	10-Aug-23	5-Sep-23	21-12-23	24-Jan-24	13-Mar-24
43.	Alpita Ganpat Thakare	24-2-20	9	81	17-May-23	10-Aug-23	5-Sep-23	21-12-23	24-Jan-24	13-Mar-24
44.	Hanesh Shantaram Thakare	30-12-17	15	104	8-May-23	10-Aug-23	13-Sep-23	14-12-23	27-Jan-24	13-Mar-24
45.	Hrutika Rakesh Nam	30-7-18	12	95	20-May-23	10-Aug-23	13-Sep-23	14-12-23	31-Jan-24	22-Mar-24
46.	Poonam Dilip Vartha	18-10-18						27-Dec-23	29-Jan-24	16-Mar-24
47.	Shashank Anil Kakad	one and half years old						27-Dec-23	29-Jan-24	16-Mar-24
48.	Yogesh Babu Hadal	5-2-19						21-12-23	24-Jan-24	13-Mar-24
49.	Arush Haresh Mase		16	108				15-Dec-23	29-Jan-24	16-Mar-24
50.	Pritesh Bhiva Thakare		12	107					31-Jan-24	13-Mar-24
51.	Avantika Vikram Malavkar	12-9-20	9.2	85					2-Feb-24	13-Mar-24
52.	Neha Nariman Pachga	15-11-20	8	82					2-Feb-24	22-Mar-24
53.	Pari Vikas Padvale	6-6-22	8.2	96					2-Feb-24	22-Mar-24
54.	Amisha Santya Thakare	14-2-22	8	84					2-Feb-24	22-Mar-24
55.	krishna Kishan	4-4-18	12.2	99					9-Feb-	19-Mar-24

	Narle							24	
56.	Prince Pinkesh shelkar	19-9-18	12.3	100				9-Feb-24	19-Mar-24
57.	Swarnima Sachin Rajput	14-11-21	8	76				9-Feb-24	18-Mar-24
58.	Shreyash santhosh Kakad	11-11-20	12	95				9-Feb-24	18-Mar-24
59.	Diksha Dasharath Vanga	7-10-21	7	72				6-Feb-24	22-Mar-24
60.	Arushi Sachin Irim	17-7-24	14.6	107				12-Feb-24	18-Mar-24
61.	Riya Manoj Gonhare	4-1-23	6.7	65				15-Feb-24	21-Mar-24
62.	Nidhyam Parsuram Sathvi	12-1-22	6.9	77				15-Feb-24	18-Mar-24
63.	Shreyash Sachin Dandekar	6-2-22	8	77				15-Feb-24	18-Mar-24

Under the project Satwaahar the underweight children from different anganwadis/villages were identified. The Spandan staff and the NN Field work students did a home study of these children and met their parents and discussed as to why their children are underweight and what they should do for the children to bring them to their normal weight.

After measuring the weight and height of these children nutrition food was provided to them. A total of 63 children are distributed the nutrition food. The few children who are from a well to do families or have gain normal weight are then cancelled for distribution and the nutrition is distributed to the once who are in more need for the nutritious diet.

The distribution for the year 2023-2024 was as under:

Month of distribution	No of packets distributed to children	No of packets used for demonstration session	Food items distributed
November 22 /December 22/ January 23	37		nutrition powder pkt of pulses by HPT ( 1kg)
February23/ March 23/April 23	33		nutrition powder pkt of pulses by HPT ( 1kg)
May-23	41	4 packets used for demonstaration seesion	nutrition powder pkt of pulses ( 1kg) by HPT and jaggery
August 23/ September 23	45		Ragi atta (1kg) , Jaggery (500grm), wheat flour (1kg)
Sep-23	45		Ragi atta (1kg) , Jaggery (500grm),

Dec-23	49	3 Packets used for demonstration sessions in Ganagangaon and in Dhamangaon community center	moong, Kabuli Chana, Black Chana, Peanuts) 250 grams each item
Jan 24/Feb 24	57	3 Packets use for demonstration session	moong, Kabuli Chana, Black Chana, Peanuts) 250 grams each item
Mar-24	59	1 Packet used for srouded bhel demonstration session in Dhamangaon Aptolpada Anganwadi	moong, Kabuli Chana, Black Chana, Peanuts) 250 grams each item

### SAHYOGI PROJECT

#### Screening camp, Equipment distribution and Sahyogi support group meeting for persons with disability

Dates of the Training	Topic	Resource Person	Total No of Participants	Number of Male participants	Number of Female participants	Number of Staff Members	Observation
2 September 2023	Screening camp for persons with disability	Abhijeet D. Ghag, Abhay B. Lohar, Krishna M Patil, Sameer Butkar	52	38	14	10 NN FW students 2 Spandan staff FW supervisor GCC staff and students	Most participants did not have any equipment. Most of the participants were with locomotor disability. All hoping to get some help. Few of them did not have the disability certificate
21 October 2023	Equipment distribution for persons with disability (9 members from Bhiwnadi could not come for the distribution)	Director General Mr. Yogendra Shetty, Account head Mr. Nagraj, Technician Mr. Abhijit Ghad, Welding unit in charge Mr. Abhay Lohar, Support staff Mr. Manoj	21	17	14	Spandan Staff NN college professor GCC staff	The participants were very grateful for getting the equipment and each one tried on to check and they said they will make the best use of the equipment

	n)	Kamble, Social Worker Mr. Sandip Hire					
29 Nov 2023	Meeting to give informatio n on the different schemes for persons with disability	Mr. Yogesh Bhoye- Project office Dhahanu	23	15	8	Spandan Staff, GCC srs.	Mr. Yogesh gave very informative information about the disability schemes most the members showed their interest to pay attention that the sir says. The members were very responsive
24 Feb 2024	Sahyogi group meeting for discussed about their needs and the farmers market		22			Mr.Yogesh, Ms.Neeta	Some members required help to get the disability certificate. Some women showed their interest to participate for the farmers market at NN.
9 March 2024	Farmers Market at Nirmala Niketan college		18	4	14	Mr.Yogesh, Ms.Neeta	Almost all the product displayed were bought by the buyers. The members were happy and excited as it was a new experience for them

### Follow-up of Sahyogi members

Name of the beneficiary	Equipment provided	Details of follow-up
Hitesh Lakhma Kavte	Axil-Crutches	<ul style="list-style-type: none"> <li>Using the crutches daily. Very useful as his old crutches broke.</li> </ul>
Sachin Laxman Kakad	(R) AFO /(R) Hand Splint	<ul style="list-style-type: none"> <li>Uses the equipment sometimes when at home but does not use when going out.</li> </ul>
Vanshya Babu Ibhad	(L) KAFO/ Axil-Crutches	<ul style="list-style-type: none"> <li>Using the equipment daily. There are very useful for him.</li> </ul>
Nilam Prakash Kurkute	Bil HKAFO/Walker (Big)	<ul style="list-style-type: none"> <li>Uses the Bil HKAFO daily for sometimes. Wears as a support to stand. She cannot use the walker as she needs more support and the walker is not enough for her as she has difficulty to stand.</li> </ul>
Rohit Ishnu Bendga	(Bil AFO	<ul style="list-style-type: none"> <li>Wears the equipment at home daily for sometimes but not in the school.</li> </ul>
Pritesh Sitaram Sambar	(L) Knee Cage/ (L) AFO	<ul style="list-style-type: none"> <li>Wears the equipment at home daily but not at work place. As not feeling comfortable.</li> </ul>
Ramdas Devahi Khevra	(L) AFO / Hand Splint	<ul style="list-style-type: none"> <li>Using the equipment daily at home.</li> </ul>
Suresh Parshuram Thakare	Walking stick	<ul style="list-style-type: none"> <li>Using the equipment daily.</li> </ul>
Jayesh Rajesh Daware	Surgical Shoes /Hand Splint (R)	<ul style="list-style-type: none"> <li>Uses the equipment at home daily for some time but not comfortable using in the school.</li> </ul>
Santosh Ananta Vekhande	(R) KAFO	<ul style="list-style-type: none"> <li>Using the equipment but the KAFO is smaller compared to his leg but using the it.</li> </ul>
Pandurang Tukaram Patil	Walking Stick	<ul style="list-style-type: none"> <li>Using the walking stick daily.</li> </ul>
Ramesh Bala Koli	[L] Ak / Axil - Crutches	<ul style="list-style-type: none"> <li>Using the equipment daily. Useful for him.</li> </ul>
Surekha Ramesh Vasavala	[R] KAFO	<ul style="list-style-type: none"> <li>Having a problem using the equipment as the equipment is hurting her at the thigh joint.</li> </ul>
Ganpat Babu Mohra	[L] knee Cage	<ul style="list-style-type: none"> <li>Uses the equipment at home but not at work.</li> </ul>
Jamna Ramesh Vasavala	Surgical Shoes	<ul style="list-style-type: none"> <li>Has tried using the equipment but they are very heavy so cannot use daily.</li> </ul>

Pratik Satish Kakad	Bil AFO /[R] Hand Splint [Clock-Up]	<ul style="list-style-type: none"> <li>Using the equipment very rarely at home.</li> </ul>
Egnas Ladky Shedad	Shoes with Rise	<ul style="list-style-type: none"> <li>Using the equipment daily. It is very useful for him.</li> </ul>
Govind Davaji Valavi	Shoes with Rise	<ul style="list-style-type: none"> <li></li> </ul>
Anandi Vanshya Ravate	[R] KAFO	<ul style="list-style-type: none"> <li>Using the equipment sometimes when at home. But having difficulty as she finds it heavy to walk.</li> </ul>
Uttam Rama Ghute	[L] AFO	<ul style="list-style-type: none"> <li>Using the equipment only when at home.</li> </ul>
Prashant Shamu Rayat	BK [L] Sims	<ul style="list-style-type: none"> <li>Using the equipment when at home but not at home.</li> </ul>
Nilima Uvraj Dongre	BK [L] Prosthesis	<ul style="list-style-type: none"> <li>Using the equipment daily. Very useful for her.</li> </ul>
Rutik Govind Kom	Wheelchair [Small]	<ul style="list-style-type: none"> <li>Using the equipment but as the child runs around does not cooperate with mother when she tries to make him use the equipment.</li> </ul>
Nandani Shelar	Wheelchair [Small]	<ul style="list-style-type: none"> <li>Using the wheelchair sometimes as the road is not proper unable to make much use of it.</li> </ul>
Krushna Lahanya Irin	Wheelchair [small]	<ul style="list-style-type: none"> <li>Using the equipment daily very useful for him.</li> </ul>
Subhash Mahadu Baraf	Wheelchair	<ul style="list-style-type: none"> <li>Tries to use the equipment but does not use daily.</li> </ul>
Arun Ramesh Urade	Tricycle [L] Hand	<ul style="list-style-type: none"> <li>Using the equipment nearby home but not yet able to take the tricycle on the road as he is not able to manage the break and the handle as had one hand is not very active.</li> </ul>
Minakshi Pandurang Dhak	Tricycle [R] Hand	<ul style="list-style-type: none"> <li>Uses sometimes to go around near by places.</li> </ul>
Santosh Ashok Gharat	Blind Stick	<ul style="list-style-type: none"> <li>Using it to cross the roads. Very useful for him.</li> </ul>
Navin Damodar Patil	Blind Stick	<ul style="list-style-type: none"> <li>Using the blind stick</li> </ul>



### Other interventions for Sahyogi members

Name	Address	Intervention
Meena Sadanand Vartha	Karajgaon Manpada, Tal. Talasari, Dist. Palghar	<ul style="list-style-type: none"> <li>• Helped her in the process of getting the documents and filling the form for availing the government scheme of 50K to start a livelihood.</li> </ul>
Gulab Ratna Vartha	Karajgaon Manpada, Tal. Talasari, Dist. Palghar	<ul style="list-style-type: none"> <li>• Helped him in the process of getting the documents and filling the form for availing the government scheme of 50K to start a livelihood.</li> </ul>
Arun Urade	Zari Karvandipada, Tal. Talasari, Dist. Palghar	<ul style="list-style-type: none"> <li>• Helped him in the process of getting the documents and filling the form for availing the government scheme of 50K to start a livelihood.</li> <li>• Assisting him for studies to give 10<sup>th</sup> board exam.</li> </ul>
Ramdas Devji Khevra	Zari Karvandipada, Tal. Talasari, Dist. Palghar	<ul style="list-style-type: none"> <li>• Helped him in the process of getting the documents and filling the form for availing the government scheme of 50K to start a livelihood.</li> <li>• Assisting him for studies to give 10<sup>th</sup> board exam.</li> </ul>
Subhash Valvi	Bapugaon Valvipada, Tal. Dahanu, Dist. Palghar	<ul style="list-style-type: none"> <li>• Motivating him to start to learn basic words and numbers as he has never been to school.</li> <li>• Motivating his family to take the responsibility to start a livelihood activity.</li> </ul>
Nilam Kurkute	Bapugaon Dongaripada, Tal. Dahanu, Dist. Palghar	<ul style="list-style-type: none"> <li>• Assisting her to continue reading and writing as her does not practice reading and writing so she is struggling to read and write.</li> <li>• Motivating her to read the and write fluently.</li> </ul>
Surekha Ramesh Vasavala	Vasa Machipada, Tal. Talasari, Dist. Palghar	<ul style="list-style-type: none"> <li>• Taken her to the hospital for an eye check-up but no glass is applicable to her as she had got too used to seeing with her naked eye.</li> </ul>
Bhumika Haresh Mase	Anvir Patilpada, Tal. Talasari, Dist. Palghar	<ul style="list-style-type: none"> <li>• Taken her to the hospital for a checkup. The Dr.s had asked her parents to get the girl admitted but he parents did not want to.</li> </ul>
Rutik Govind Kom	Dongari, Tal. Talasari, Dist. Palghar	<ul style="list-style-type: none"> <li>• Taken the boy to the hospital to for a check-up for his leg disability. The Dr.s have asked to take him to the other hospital as he has other heart problems.</li> </ul>

## The 2 Model Kitchen Graden progress at Gnanjyoti Community College (Updated on 10 April 2024)

Date	Progress
Model Kitchen Garden 1	Harvesting on laal math bhaji, bhendi, tomato, cluster beans, sponge gourd, bottle gourd, bitter gourd
Model Kitchen Garden 2	Harvesting onion, tamato, raddish, chilli, bottle gourd, palak, methi, laal math, bitter gourd, sponge gourd, cluster beans.

The two vegetable gardens were made and maintained by the Gcc and the Spandan staff. Different vegetable seeds were sown in both the garden which was then taken care of by the GCC hostel girls the gardener and the Spandan team. The harvest was then used by the hostel girls for their meal. The vegetable harvest consumed by the girls is as below:

Sr.No	Date	Name of Vegetables
1.	6 Oct 2023	Ladyfinger, Spong gourd, Ridge gourd, Rajma
2.	30 Oct 2023	Red Maath, Ambadi
3.	5 Dec 2023	Laal Math, Palak, Shirada
4.	27 Dec 2023	Methi, Cluster-beans, Ridge gourd, Palak, Radish
5.	30 Dec 2023	Red maath, Spong gourd, Ridge gourd
6.	15 Jan 2024	Tomatos
7.	16 Feb 2024	Red maath, Ridge gourd, Coriander
8.	1 March 2024	Brinjal, Tomato
9.	21 March 2024	Palak, Red maath,
10.	3 April 2024	Palak, Red Maath, Brinjol