

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



SPANDAN Field Action Project

ANNUAL REPORT

2025-26



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

The College of Social Work Nirmala Niketan (Empowered Autonomous) 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, and 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, in the year 2017 responded to the request of the Government of Maharashtra in addressing the malnutrition problems of Palghar district and help in improving the nutritious status of mother and child. Thus the field action project 'Spandan' meaning heartbeat, which 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 was initiated.

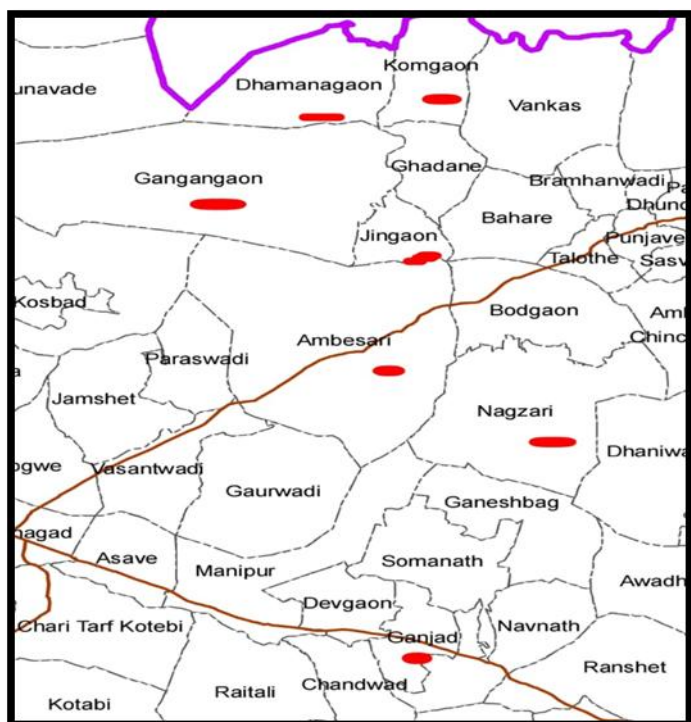
This Report gives the detailed work and activities conducted in the year 2025-2026 in collaboration with Gyanajothi Community College of the Nirmala Institute at Karasgaon



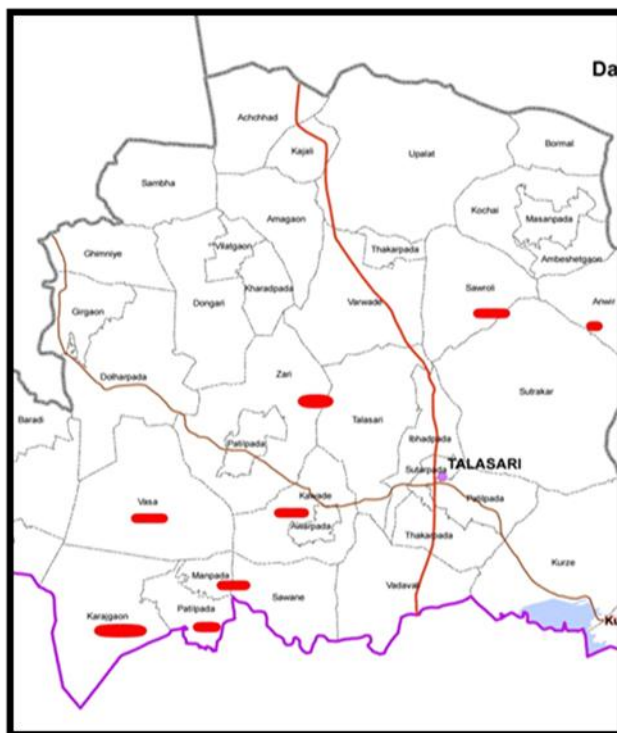
ABOUT SPANDAN



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.



Dhanu Taluka



Talsari Talu

***Village Covered in Dahanu
and Talasari Blocks***

11. Jitgaon

1. Karajgaon

10. Dhamangaon

2. Vasa

9. Gangaongaon

4. Zari

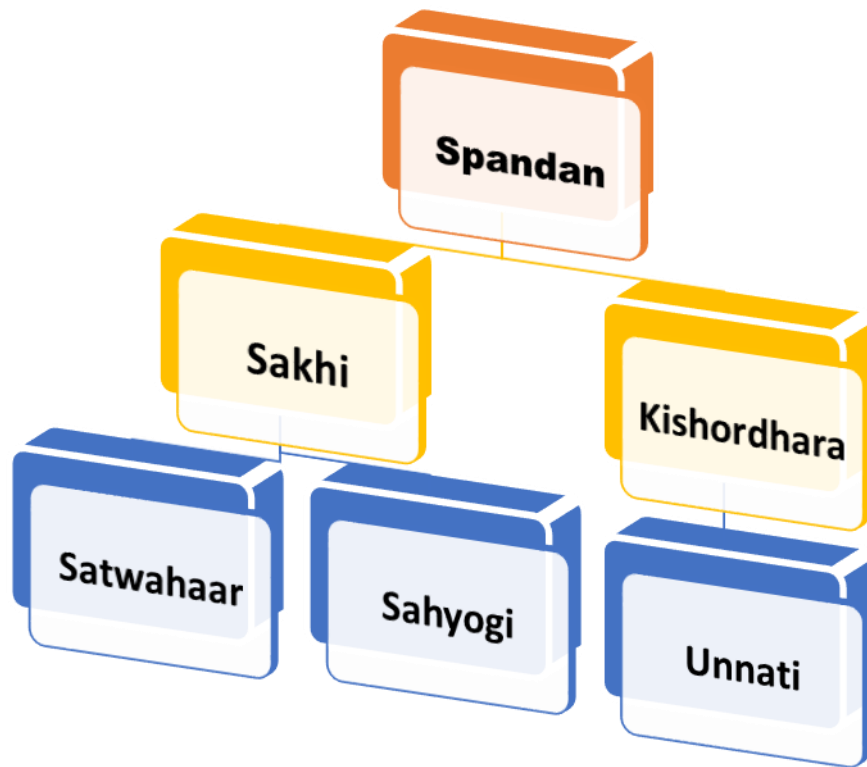
8. Ganjad

5. Sawroli

7. Nagzari

6. Anvir

Under Spandan the following projects were initiated:



Sakhi: intervention with women through anganwadi centers 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: intervention with school going adolescents by its planned program Kishordhara. Kishordhara focusing on multicarrier issues with emphasis on Skill development, Personality development, Career guidance, Good touch bad touch, Time management etc.

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

Satwaahar: Program focuses on ensuring continued learning and practice of setting up Eco friendly 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.





Our Vision

To build a healthy, nourished, empowered, and self-reliant community in the tribal and marginalized areas of Talasari and Dahanu, where every child, woman, adolescent, and person with disability has equal opportunities, dignity, and access to sustainable development



Our Mission

To promote integrated community development through active participation and capacity building in the following key areas:

Nutrition and Health Improvement – Reducing malnutrition, promoting kitchen gardens, and increasing health awareness among children and mothers.

Women Empowerment – Strengthening Self-Help Groups (SHGs), enhancing leadership skills, and promoting financial independence.

Adolescent Development – Providing life skills education, health awareness, and personal safety guidance to adolescents.

Disability Inclusion – Ensuring rights awareness, access to government schemes, and social inclusion for persons with disabilities.

Livelihood Enhancement – Promoting sustainable farming practices, skill development, and income-generating opportunities.

Project Sakhi

This year 2025-26 Spandan has intervened 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. The project focused on strengthening Self-Help Groups (SHGs), promoting financial literacy, building leadership capacity, and enhancing livelihood opportunities among tribal and marginalized women.

1. Karajgaon Manpada 1
2. Kajgaon Manpada 2
3. Karajgaon Mangatpada
4. Karajgaon Thakarpada
5. Karajgaon Narlipada
6. Vasa Sutarpada
7. Vasa Kumbharpada
8. Vasa Patilpada
9. Vasa Brahmanpada 1
10. Vasa Brahmanpada 2
11. Kawada Lilakpada
12. Kawada Thakarpada
13. Kawada Patilpada
14. Sawroli Chinchonpada
15. Sawroli Brahmanpada
16. Sawroli Patilpada
17. Swroli Udhanpada
18. Sawroli Dhamanipada
19. Anvir Patilpada
20. Zari Karvandipada
21. Dhamangaon Patilpada
22. Dhamangaon Zadipada
23. Dhamangaon Kavtepada
24. Dhamangaon Chikhalipada
25. Gangangaon Khoripada
26. Jitgaon Lakhanpada
27. Ganjad Dasarapada
28. Ganjad Diwanpada

**List of Anganwadis Spandan
collaborates**

Sessions Conducted in Anganwadis by Spandan staff

SR. NO	DATE OF THE SESSION	MODULE TOPIC	NUMBER OF PARTICIPANTS	VENUE
1	1 Aug 2025	Importance of breastfeeding	5	Jitgaon Lakhanpada
2	2 Aug 2025	Importance of breastfeeding	20	Gangangaon Kandalipada
3	4 Aug 2025	Importance of breastfeeding	20	Karajgaon Narlipada
4	4 Aug 2025	Importance of breastfeeding	14	Vasa Sutarpada
5	5 Aug 2025	Importance of breastfeeding	17	Karajgaon Manpada 1
6	5 Aug 2025	Importance of breastfeeding	20	Sub Centre Manpada
7	6 Aug 2025	Importance of breastfeeding	16	Kawada Lilkapada
8	7 Aug 2025	Importance of breastfeeding	15	Karajgaon Patilpada
9	7 Aug 2025	Importance of breastfeeding	12	Dhamangaon Kavtepada
10	1 Sep 2025	New Born Care	9	Jitgaon Lakhanpada
11	3 Sep 2025	A Balance Diet	10	Kawada Lilkapada
12	4 Sep 2025	A Balance Diet	13	Jitgaon Lakhanpada
13	5 Sep 2025	A Balance Diet	9	Sawroli Brahmanpada
14	5 Sep 2025	A Balance Diet	9	Sawroli Udhanpada
15	5 Sep 2025	A Balance Diet	5	Sawroli Dhamanipada
16	8 Sep 2025	A Balance Diet	8	Karajgaon Narlipada
17	9 Sep 2025	A Balance Diet	6	Kawada Thakarpada
18	11 Sep 2025	A Balance Diet	5	Karajgaon Manpada 1
19	12 Sep 2025	A Balance Diet	5	Vasa Kumbharpada
20	12 Sep 2025	A Balance Diet	10	Vasa Patilpada
21	16 Sep 2025	Personality Development	16	Karajgaon Manpada 2
22	17 Sep 2025	A Balance Diet	5	Dhamangaon Zadipada
23	17 Sep 2025	A Balance Diet	8	Dhamangaon Patilpada
24	19 Sep 2025	A Balance Diet	8	Anvir Patilpada
25	20 Sep 2025	A Balance Diet	6	Gangangaon Khoripada
26	17 Nov 2025	Session On Gramsabha	8	Kawada Patilpada
27	18 Nov 2025	Session On Gramsabha	4	Karajgaon Narlipada
28	20 Nov 2025	Session On Gramsabha	12	Dhamangaon Patilpada
29	20 Nov 2025	Session On Gramsabha	13	Dhamangaon Kavtepada
30	24 Nov 2025	Holistic Health	5	Jitgaon Lakhanpada
31	25 Nov 2025	Elimination of Violence Against Women	8	Vasa Brahmanpada 2
32	26 Nov 2025	Elimination of Violence Against Women	15	Vasa Sutarpada

33	27 Nov 2025	Elimination of Violence Against Women	11	Ganjad Dasrapada
34	27 Nov 2025	Elimination of Violence Against Women	15	Ganjad Diwanpada
35	28 Nov 2025	Elimination of Violence Against Women	8	Dhamangaon Chikhaliapada
36	1 Dec 2025	HIV/AIDS Awareness Session	13	Jitgaon Lakhapada
37	5 Dec 2025	Elimination of Violence Against Women	7	Kawada Lilakpada
38	8 Dec 2025	Anaemia	11	Vasa Kumbharpada
39	8 Dec 2025	Anaemia	9	Vasa Patilpada
40	9 Dec 2025	Anaemia	13	Kawada Patilpada
41	10 Dec 2025	Human Right	13	Dhamangaon Patilpada
42	10 Dec 2025	Human Right	20	Gagangaon Kandalipada
43	12 Dec 2025	Women's Safety	8	Anvir Patilpada
44	29 Dec 2025	Holistic Health	8	Kawada Lilakpada
45	30 Dec 2025	Holistic Health	8	Zari Karvandipada
46	12 Jan 2026	Session on Gramsabha	10	Gangangaon Khoripada
47	13 Jan 2026	Session on Gramsabha	8	Sawroli Brahmanpada
48	13 Jan 2026	Session on Gramsabha	8	Sawroli Udhanpada
49	13 Jan 2026	Session on Gramsabha	10	Sawroli Chinchonpada
50	11 Feb 2026	Session on Gramsabha	13	Jitgaon Lakhapada
51	25 Feb 2026	New Born Care	9	Swroli Udhanpada
52	6 March 2026	PESA Act Awareness Session	9	Karajgaon Manpada
53	10 March 2026	PESA Act Awareness Session	12	Gangangaon Dandekarpada
54	11 March 2026	New Born Care	18	Karajgaon Thakarpada
55	12 March 2026	PESA Act Awareness Session	05	Vasa Sutarpada





LOW-COST FOOD DEMONSTRATION

SERIAL NO	DATE OF THE SESSION	MODULE TOPIC	NUMBER OF PARTICIPANTS	VENUE
1	15 Oct 2025	Recipe Demonstration (Low Cost Bhel)	14	Dahamangaon Aptolpada Community
2	16 Oct 2025	Recipe Demonstration (Low Cost Bhel)	21	Jitgaon Lakhapada
3	05 Jan 2026	Recipe Demonstration (Low Cost Laddu)	26	Karajgaon Thakarpada
4	17 Jan 2026	Recipe Demonstration (Low Cost Laddu)	18	Vasa Sutarpada
5	16 Feb 2026	Recipe Demonstration (Low Cost Laddu)	18	Dhamangaon Kavtepada

Demonstration sessions on low-cost nutritious food were organized at five different Anganwadi centers. During these sessions, Anganwadi workers demonstrated the preparation of affordable and nutritious food items such as sprouted bhel, Nutrition laddoo for pregnant and lactating mothers

There is a strong need to educate women about preparing low-cost, nutritious food at home, as frequent consumption of store-bought snacks and sweets can negatively impact children's health. Mothers play a crucial role in maintaining the health of their families, and it is important for them to understand that home-cooked food is the healthiest and safest option.

The sessions were designed to ensure active participation of women in the preparation process. This hands-on approach helped them understand the methods more clearly and encouraged them to prepare these food items at home. The nutritional benefits of each ingredient used in the preparation were explained in detail to the participants. After the food was prepared, taste samples were provided to women and their children. This helped them decide whether they would be willing to prepare these items at home. It was observed that some women recognized the importance of home-cooked nutritious food and showed interest in preparing healthy meals for their families. However, a few women did not prioritize healthy eating due to their busy daily routines and generally relied on basic meals such as rice and dal prepared three times a day.

Despite this, all women acknowledged that their children frequently consume market-bought sweets, wafers, and snacks, which are often oily and unhealthy.

During the sessions, special emphasis was placed on creating awareness about nutrition using locally available, low-cost ingredients such as pulses, vegetables, and medicinal plants. This helped women understand that nutritious food does not necessarily have to be expensive or purchased from the market.

Guidance was also provided on the specific nutritional requirements of pregnant and lactating mothers. The importance of iron, calcium, protein, and vitamins was explained, along with the health risks associated with nutritional deficiencies for both mothers and children.

Women were also educated about their role in shaping children's eating habits. Developing healthy eating practices at an early age can significantly contribute to long-term health and well-being. The harmful effects Excessive consumption of processed and packaged foods, including malnutrition, dental problems, and obesity, were discussed. As a result of these sessions, positive behavioral changes were observed among some participants. Several women expressed willingness to prepare low-cost nutritious snacks at home and showed interest in sharing these practices with other women in the community.

Overall, the demonstration sessions were informative and motivating. With continuous guidance, regular follow-up, and repeated implementation of such activities through Anganwadi centers, sustainable improvements in dietary practices can be achieved, leading to better health outcomes for mothers and children.



Low Cost Bhel



Low Cost Nutritious Laddoo



Low Cost Nutritious Laddoo



Low Cost Nutritious Laddoo

Mahila Melava

Mahila Melava (Women's Gathering) (In collaboration with Integrated Child Development Services - Vasa Grampanchayat Talasari vasa beet & Gangangaon Grampanchayat Dahanu, Kasa beet.

**Special Guest: Vinod Nikole (MLA)
Vaibhav Saple (BDO)**

Objective:

- To create awareness among women about health, nutrition, and hygiene.
- To provide information about various government schemes and how women can benefit from them.
- To encourage women towards self-reliance through self-help groups, small businesses, and skill development activities.
- To build confidence and awareness about the important role of women in family and society.
- To promote activities like kitchen gardening and other livelihood practices to support family income.
- To bring women together for sharing experiences, discussing common issues, and strengthening community participation.

Mahila Melva was organized on 18/12/2025 and 14/02/2026 to create awareness among women. Nearly 850 women were present. During these meetings, information was provided about women's health care, the importance of nutrition, the benefits of self-help groups, and how to access various government schemes.

Women were also guided on the importance of self-reliance and were encouraged to improve their family's financial condition through kitchen gardens, small-scale enterprises, and agriculture-based supplementary activities.

The women's meetings proved to be useful and inspiring for the participants. They helped increase awareness among women and encouraged them to actively participate in self-help groups, kitchen gardening, and other livelihood activities in the future. Such programs play an important role in the overall empowerment and development of women.



Women's SHG Group Cultural Programme

A cultural programme was organized at Vasa Sutarpada to encourage community participation and preserve traditional culture. With the participation of 16 women from the Self-Help Group (SHG).

During the programme, various games and traditional Tarpa dance activities were conducted. The event provided a joyful platform for women

To come together, strengthen their unity, and celebrate their cultural heritage. At the end of the programme, small gifts were distributed to the participants to appreciate their active involvement.

The programme helped in building confidence among women, promoting teamwork, and preserving traditional cultural practices within the community.



"Her Voice, Her Art, Her Power!"

International Women's day Celebration



**Karajgaon
Grampanchayat**



**Our Lady of Health Church
Boisar**

On 8th March 2026 women's day was celebrated at Karajgaon Grampanchayat where nearly 300 women were present. Shaila was invited as chief guest for the program and the topic given to her was to create awareness on child marriage. She made the group aware of what child marriage is and how it affects the health of a girl who is not prepared for this marriage and the repercussion on her physical, mental and emotional health was highlighted through different examples. The Prohibition of Child Marriage Act 2006 was explained and under this age for the marriage and if the act is violated then the punishment was explained to women who were present for the program and they were encouraged to share with other women who were not present for the program

On 8th March 2026 women's day was celebrated at Boisar Our Lady of Health Church where nearly 100 women were present. Shaila gave them input on women and family keeping in mind today situations in the families. How mass media affects family life, relationships are getting affected, children and other family members are getting addicted to mobile. She also spoke on women's role in the family and how a woman can build a beautiful family based on love, unity, peace and harmony was explained to the group through various experiences and life situations.

Savta on 22nd March Womens Day Programme
Total No was 300



International Women's Day Celebration

International Women's Day was celebrated on 16th March at Gyanjyoti Community College and on 17th March at Matruchaya Silonda through a joint initiative of the Spandan Project, Vasai Janhit Trust, and Matruchaya Shilonda. The program witnessed active participation from approximately 300 women across both locations.

The celebration included various engaging activities such as games, cultural performances including Tarpa dance, and interactive sessions. These activities helped in building confidence, promoting unity, and encouraging active participation among women.

The events at Gyanjyoti Community College and Matruchaya Silonda successfully created awareness on women's empowerment and provided a platform for women to connect, share experiences, and actively participate in community development.



PROJECT KISHORDHARA

Spandans intervention with school going adolescents by its planned program Kishordhara. Focus on various aspects with emphasis on Skill development, Personality development and Career guidance

List of ZP School and Asharam School Spandan Teamwork with

- ZP School Karajgaon Patilpada
- ZP School Karajgaon Thakarpada
- Gyanmata Adivasi Vidyamandir Manpada
- Ashram School Vasa Baratpada
- ZP School Kawada Patilpada
- ZP School Anvir Patilpada
- Nirmala Adivasi Vidyamandir Sawroli
- Khajagi Shala Uplat Patilpada
- Khristiy Adivasi Vidyamandir Uplat Dhodhadpada
- Gyanmata Adivasi Vidyamandir Talasari
- Nirmala Adivasi Vidyamandir Kurze
- Shanti Adivasi Viodyamanidr Udhawa
- Shanti Adivasi Viodyamanidr Modgaon
- Muktidata Adivasi Vidyamandir Shisane
- Shanti Kumar Adivasi Vidyamandir Varkhanda
- Ashram School Ganjad
- Loyola Asharam School Nagzari
- Gyanmata Adivasi Vidyamandir Zari
- Seva Adivasi Vidyamandir Gangangaon

Sessions Conducted in School by Spandan staff

SR. NO	DATE OF THE SESSION	MODULE TOPIC	NUMBER OF PARTICIPANTS	VENUE
1	19 July 2025	Health and Hygiene	88	Gyanmata Adivasi Vidyamandir Karajgaon Manpada
2	14 Aug 2025	Social and Moral Responsibility	77	Gyanmata Adivasi Vidyamandir Zari
3	23 Aug 2025	Health and Hygiene	182	Seva Adivasi Vidyamandir Gangangaon
4	23 Aug 2025	Menstrual Cycle and Hygiene	182	Seva Adivasi Vidyamandir Gangangaon
5	6 Sep 2025	Health and Hygiene	76	ZP School Karajgaon Patilpada
6	9 Sep 2025	Health and Hygiene	92	ZP School Kawada Thakarpada
7	12 Sep 2025	Good Touch Bad Touch	77	Loyola Asharam School Nagzari
8	13 Sep 2025	Health and Hygiene	80	Ashram School Dhamangaon
9	19 Sep 2025	Health and Hygiene	80	ZP School Anvir Patilpada
10	20 Sep 2025	Health and Hygiene	37	ZP School Karajgaon Patilpada
11	22 Sep 2025	Health and Hygiene	132	Ashram School Ganjad
12	4 Oct 2025	POCSO Act	95	Loyola Asharam School Nagzari
13	4 Oct 2025	POCSO Act	82	Loyola Asharam School Nagzari
14	6 Nov 2025	Good Touch Bad Touch	133	Gyanmata Adivasi Vidyamandir Talasari
15	10 Nov 2025	Good Touch Bad Touch	60	Nirmala Adivasi Vidyamandir Kurze
16	10 Nov 2025	Good Touch Bad Touch	55	Shanti Adivasi Viodyamanidr Udhawa
17	11 Nov 2025	Good Touch Bad Touch	196	Nirmala Adivasi Vidyamandir Sawroli
18	11 Nov 2025	Good Touch Bad Touch	71	Khajagi Shala Uplat Patilpada
19	11 Nov 2025	Good Touch Bad Touch	32	Khristiy Adivasi Vidyamandir Uplat Dhodhadpada
20	14 Nov 2025	Children's Rights & Children's Day Celebration	265	ZP School Karajgaon Patilpada
21	15 Nov 2025	Children's Rights & Children's Day Celebration	357	Gyanmata Adivasi Vidyamandir Karajgaon Manpada
22	19 Nov 2025	Children's Rights & Children's Day Celebration	893	ZP School Kawada Thakarpada

23	17 Nov 2025	Good Touch Bad Touch	110	Seva Adivasi Vidyamandir Gangangaon
24	17 Nov 2025	Good Touch Bad Touch	103	Gyanmata Adivasi Vidyamandir Karajgaon Manpada
25	18 Nov 2025	Good Touch Bad Touch	139	Shanti Adivasi Viodyamanidr Modgaon
26	18 Nov 2025	Good Touch Bad Touch	84	Muktidata Adivasi Vidyamandir Shisane
27	18 Nov 2025	Good Touch Bad Touch	234	Shanti Kumar Adivasi Vidyamandir Varkhanda
28	22 Nov 2025	Good Touch Bad Touch	103	Ashram School Dahamangaon
29	25 Nov 2025	Children's Rights & Children's Day Celebration	188	Ashram School Vasa Baratpada
30	01 Jan 2026	Menstrual Hygiene	23	Z.P School Karajgon Thakarpada
31	01 Jan 2026	Good Touch Bad Touch	45	Z.P School Karajgon Thakarpada
32	13 Jan 2026	Good Touch Bad Touch	202	Z.P School Anvir Patilpada
33	09 Feb 2026	Time Management	165	Ashram School Vasa Baratpada

Under Kishodhara, various awareness and guidance sessions were conducted in different schools for adolescent students. A total of 33 sessions were organized on important topics such as Health and Hygiene, Social and Moral Responsibilities, Good Touch and Bad Touch, Menstrual Hygiene, Time Management, and the POCSO Act.

The main objective of these sessions was to create awareness among students about personal health, safety, responsibilities, and overall personality development. The sessions were conducted using interactive methods such as group discussions, question-answer rounds, real-life examples, and activity-based learning to ensure active participation.

At the beginning of the sessions, many students appeared shy and hesitant, especially while discussing sensitive topics like Good Touch and Bad Touch, Menstrual Hygiene, and the POCSO Act. However, as the sessions progressed and a friendly environment was created, students gradually opened up, asked questions, and shared their thoughts and experiences.

The response from students was positive. Since many of these topics are not discussed in detail in the regular school curriculum, the sessions provided them with new and valuable knowledge. Teachers also appreciated the initiative and expressed the need for such programs in schools.

Overall, the sessions helped in increasing students' awareness, building their confidence, and encouraging healthy habits and responsible behavior. The Spandan team plans to continue organizing such sessions in the future to reach more students and contribute to their holistic development.



Children's Day Celebration at ZP School Karajgaon Patilpada, Manpada & Kawada Thakarpada

On November 14, 15 & 19 2025 the occasion of Children's Day, celebrations were organized in three schools to encourage and motivate children. At Kawada Thakarpada School, the program was conducted in the presence of chief guest Anu Aggarwal founder of Aggarwal foundation and Dr. Lidwin Dias, Principal, College of Social work Nirmala Niketan.

The chief guest guided the children about the importance of education, confidence, and positive values.

At the end of the program, pens, pencils, and sweets were distributed to the students. The celebration created a joyful atmosphere and encouragement.



Collaboration with SHE Matters - Sanitary Pad Distribution for Adolescent Girls

Under the collaboration with SHE Matters, a menstrual hygiene support activity was conducted for adolescent girls. Sanitary pads were distributed to girls studying at Seva Adivasi Vidyamandir Gangangaon, Junior Collage Gangangaon and ZP School Karajgaon Thakarpada.

The main objective of this activity was to promote awareness about menstrual hygiene and ensure that adolescent girls have access to safe and hygienic sanitary products. During the session, girls were guided on the importance of maintaining personal hygiene during menstruation, proper use and disposal of sanitary pads, and breaking myths and taboos related to menstruation.

Through this initiative, girls gained better knowledge about menstrual health and felt more confident discussing their health issues. The distribution of sanitary pads helped support their regular school attendance and overall well-being.



This collaboration successfully supported adolescent girls by improving awareness about menstrual hygiene and providing essential sanitary materials. The activity contributed to promoting health, dignity, and confidence among the girls.

FIRST AID KIT DISTRIBUTION

Objective:

- To provide essential first aid kits to schools.
- To promote awareness about basic health and safety practices.
- To enable quick response during minor injuries and emergencies.
- To support schools in maintaining a safe and healthy environment.

Venue / Beneficiary Schools:

1. Dhamangaon Ashram School
2. Zilla Parishad School, Karajgaon Thakarpada
3. Zilla Parishad School, Karajgaon Patilpada
4. Zilla Parishad School, Anvir Patilpada
5. Seva Vidyamandir Madhyamik School Gangangaon
6. Junior College Gangangaon
7. Asharam School Vasa Baratpada
8. Zilla Parishad School Anvir Patilpada

Sr. No	School Name	Date
1	Dhamangaon Ashram School	30 Dec 2025
2	Zilla Parishad School, Karajgaon Patilpada	1 Jan 2026
3	Zilla Parishad School, Karajgaon Thakarpada	1 Jan 2026
4	Zilla Parishad School, Anvir Patilpada	13 Jan 2026
5	Seva Vidyamandir Madhyamik School Gangangaon	17 Jan 2026
6	Junior College Gangangaon	17 Jan 2026
7	Asharam School Vasa Baratpada	9 Feb 2026

Spandan organized a First Aid Kit Distribution Programme with the aim of strengthening basic health care support in rural schools. The programme focused on ensuring immediate medical assistance for students in case of minor injuries and health emergencies. This initiative reflects Spandan's commitment towards child health, safety, and well-being

The First Aid Kit Distribution Programme was conducted at Dhamangaon Ashram School and Zilla Parishad Schools at Karajgaon Thakarpada and Karajgaon Patilpada. Each school received First Aid Kits containing essential medical items such as bandages, cotton, antiseptic solution, gauze, and basic medicines useful for treating minor cuts, wounds, and injuries.

Teachers and school staff were briefed on the importance of keeping the First Aid Kit accessible and using it appropriately during emergencies. The programme was successfully conducted with the active cooperation of school authorities.



Children's Parliament (Bal Panchayat)

To promote the overall development of children and make them aware of their rights, Bal Panchayat groups were formed at Vasa Sutarpada and Karajgaon Patilpada. Through these Bal Panchayats, children get an opportunity to develop leadership qualities, express their views and participate in the development process of the village.

Bal Panchayat is a platform for children where they discuss topics like school, health, cleanliness, child rights and social responsibilities. These activities increase the confidence of children and help them become responsible citizens of the society.

Village	Balpanchayat Name	Balpanchayat Member
Vasa	Savitribai Phule Balpanchayat	34
Karajgaon	Dr. Babasaheb Ambedkar Balpanchayat	15

The Bal Panchayat activities in Vasa Sutarpada and Karajgaon Patilpada are showing positive changes in the children. The children have shown more awareness about education, cleanliness and health. Through the Bal Panchayat groups, the children are getting leadership opportunities and are taking the initiative to bring about positive changes in the society. These activities have increased the confidence of the children and are helping them to become responsible and aware citizens in the future.

Objective: To develop leadership qualities and decision-making skills in children.
 To make children aware of their rights and duties.
 To give children an opportunity to raise problems in the village and suggest solutions to them.
 To increase confidence, communication skills and team spirit in children.
 To create awareness among children about cleanliness, health and education.



Exposure Visit & Study Tour

SBI Bank Talasari Branch , Talasari Police Station & Gyanmata Sadhan Society.

A study tour (exposure visit) was organized to provide practical learning opportunities to Balpanchayat members and to help them understand the functioning of important public institutions. A total of 48 Balpanchayat members from Vasa Sutarpada and Karajgaon Patilpada participated in this visit.

During the visit, the children were taken to Talasari Police Station and SBI bank, where officials explained the basic functions of these institutions. The children learned about the role of the police in maintaining law and order and the importance of saving money through banks. They also had the opportunity to ask questions and gain knowledge through direct observation.

Overall, the study tour was an informative and engaging experience that helped increase the children's awareness, knowledge, and confidence. The group was happy to get delicious snacks provided by SBI.

Then they enjoyed a fun filled time at Gyanmata Sadhan Society, where different games were conducted making beautiful memories. A day of learning, fun, joy, and new Experience.



"Together we learn, together we raise let's build a Better Tomorrow"

Project Satwahaar

Project Satwahaar aims to improve the nutrition, health, and livelihood of women and children in rural and tribal communities. The project focuses on reducing malnutrition and promoting sustainable agricultural practices through community participation.

Under this project, several activities were conducted during the year. Nutrition kits were distributed to underweight children to support their health and growth. Families were encouraged to develop kitchen gardens so that they can grow fresh and nutritious vegetables at home. Seeds and guidance on vegetable cultivation were provided to the beneficiaries.

The project also promoted women-led farming, where women were trained and encouraged to participate in agricultural activities and decision-making. Awareness sessions were conducted on nutrition, health, hygiene, and balanced diet, helping families understand the importance of healthy food and proper care for children.

Through these activities, the project helped improve awareness about nutrition, increased the availability of healthy food at the household level, and strengthened the role of women in farming and family wellbeing.



Model Garden Gyanjyoti Community Collage

Under the Spandan Project, two model kitchen gardens were successfully developed and maintained at Gyanjyoti Community College (GCC). These gardens were managed collaboratively by the Spandan team, a gardener, and hostel girls.

The primary objective of this initiative was to ensure availability of fresh, organic vegetables for hostel students and reduce their dependence on purchasing vegetables from outside.

The Spandan team provided seeds and technical guidance for cultivating a variety of vegetables such as:

Spinach, fenugreek, bottle gourd, ridge gourd, red amaranthus, radish, tomato, brinjal, and okra.

Once the vegetables were ready for harvest, hostel girls actively participated in collecting them and using them in their daily meals.



"From Garden to Plate - Fresh & Nutritious!"

Awareness on Importance of Parasbaug & Vegetable seed distribution

Under the Satwahaar Project, an initiative was implemented in 6 villages to promote awareness about the importance of kitchen gardens and to distribute vegetable seeds among community members.

The activity aimed to encourage households to develop their own kitchen gardens for better nutrition and self-sustainability. During the program, beneficiaries—especially women, undernourished families, and vulnerable groups—were actively engaged and provided with seasonal vegetable seeds.

Along with seed distribution, awareness sessions were conducted to educate participants on the importance of kitchen gardens. Beneficiaries were guided on vegetable cultivation techniques, use of organic manure, water management, and maintenance of small-scale gardens at the household level.

Sr. No	Date of Session	Place	Number of Seeds Distribution
1	28/04/2025	Modgaon	11
2	10/05/2025	Karajgaon Manpada	27
3	11/05/2025	Vasa Sutarpada	22
4	20/06/2025	Jitgaon Lakhanpada	15
5	20/06/2025	Gangangaon Kandalipada	28
6	07/11/2025	Vasa Brahmanpada	15



1. Bottle gourd
2. Bitter gourd
3. Sponge gourd
4. Ridge gourd
5. Ladyfinger
6. Math Bhaji
7. Spinach
8. Fenugreek
9. Cluster beans
10. Tomato
11. Radish

Vegetable Seeds Provide



Vasa - Sutarpada



Karajgaon Manpada



Jitgaon Lakhanpada



Gangangaon Kandalipada

Women-Led Intensive Farming Initiative In collaboration with Janhit Trust, Vasai

Objective

The primary objective of this initiative was to empower rural women by promoting intensive farming practices, enhancing their agricultural skills, and improving household income and nutrition security. The program also aimed to encourage sustainable farming methods and strengthen women's participation in livelihood activities

Under this initiative, women from selected villages were mobilized and trained in intensive farming techniques such as seasonal vegetable cultivation, crop planning, organic inputs, and efficient land use. The program was implemented in collaboration with Janhit Trust, Vasai, ensuring technical guidance and community support.

Women participants were provided with necessary inputs such as seeds and basic farming resources. Practical demonstrations and field-level guidance were conducted to ensure better understanding and adoption of improved farming practices. Regular follow-ups and mentoring sessions were also organized to monitor progress and provide technical support.

The initiative was implemented across 6 villages, namely:

1. Karajgaon Manpada
2. Kawada Patilpada
3. Karajgaon Narlipada
4. Vasa Sutarpada
5. Savarli Chinchonpada
6. Gangangaon Dandekarpada

The program focused on engaging women from these villages and promoting their active participation in intensive farming and nutrition-related activities.

Services Provided

- The following services were delivered under the initiative:
- Training on Intensive Farming practices
- Distribution of vegetable seeds
- Guidance on Kitchen Garden establishment
- Support on organic farming and crop planning
- Demonstration sessions for practical learning
- Regular follow-up and technical support
- Nutrition awareness activities



Monthly Meeting



women Farmer's Meeting



Seeds Distribution



Crop Planning



Demonstration



Follw up

White Onion Cultivation Initiative

With the objective of increasing the income of farmers in rural areas and promoting sustainable agricultural practices, a white onion cultivation initiative was implemented by the Vasai Janhit Trust under the 'Spandan' project. As onions constitute a significant cash crop, this initiative contributes to improving the economic condition of farmers.

Under this initiative, white onion saplings were distributed to farmers in selected villages. Each farmer was provided with a sufficient quantity of saplings required for cultivation across an area of four gunthas.

The white onion cultivation initiative under the Spandan Project was successfully implemented, benefiting farmers by providing quality saplings and technical guidance. By ensuring cultivation on a defined land area of four gunthas per farmer, the program promoted planned farming and enhanced income-generation opportunities. Scaling such initiatives can further strengthen rural livelihoods and agricultural sustainability.



Agricultural Training Exposure Visit – Madhya Pradesh

A field exposure visit was conducted in Madhya Pradesh to provide practical agricultural training. It was attended by 2 Spandan Staff and 3 Farmers.

Objectives of the Visit:

- Learn natural and sustainable farming techniques
- Understand agro ecological practices under SuATI project
- Observe water conservation and soil fertility methods

Learnings:

- Preparation and use of natural fertilizers such as Nimastra & Jivamrut
- Crop diversification methods
- Water management through Vanrai Bandhara
- Low-cost eco-friendly farming solutions
- This training helped strengthen field-level agricultural interventions in project villages.



Empowering Farmers with Organic Solutions Nimastra & Tak Andi Sanvivak Training

Spandan Project is Trainings Farmers to Prepare Nimastra & Tak Andi Sanvivak a Natural Fertilizer that promote organic Farming reduces chemical use and enhances soil healthy. This initiative help supports sustainable agricultural and helps farmers improving crops Quality while protecting that Environment. Fertilizer



Promoting Sustainable & Chemical Free Farming
Helping Farmers Reduce Chemical use, Improve Soil
Health and Healthier Crop Sustainably

Tak Andi Sanvivak



Healthy Soil, Better Field

Compost Fertilizer Training

Spandan Project Provided Farmers Completed Training on the Low-Cost Compost Fertilizer. This initiative helps farmers produce organic fertilizer, improve soil health, and enhance crop productivity, leading to sustainable and eco-friendly farming practices.

A compost fertilizer training session was organized in total of five hamlets, namely Karajgaon Manpada, Narlipada, Vasa Sutarpada, Sawroli Chinchonpada, and Gyanjyoti Community Collage Karajgaon

Karajgaon Manpada



Vasa Sutarpada



Sawroli Chinchonpada



Karajgaon Narlipada



Gyanjyoti Community College



Gyanjyoti community College

Farmer Meeting, Guidance on Farming Practices

Resource Person: Mr. Harishchandra Dayasagar

A farmer meeting was organized on 22nd February 2026 at Gnanajyoti Community College Karazgaon with the objective of promoting sustainable agricultural practices and creating awareness about Positive Millets. The session focused on traditional farming, mixed farming, modern farming methods, seed treatment, water management, fertilizer management, and pest control.

Due to changing climatic conditions, water scarcity, and increasing input costs, there is a need to adopt low-cost, climate-resilient, and nutritionally rich crops. In this context, millets were highlighted as an important alternative for sustainable agriculture and nutritional security.

Importance and benefits of the millets:

- Chava
- Kodo
- Kutaki
- Ragi
- owar
- Bajra
- Foxtail Millets

Objectives

1. To create awareness about Positive Millets.
2. To provide guidance on traditional, mixed, and modern farming methods.
3. To explain seed treatment, sowing methods, and water management.
4. To educate farmers about pest management techniques.
5. To encourage women farmers to actively participate in agriculture.

Benefits of Millets

Suitable for dry land farming

Growing market demand

Help reduce malnutrition

Rich in iron, calcium, fiber, and protein

Require less water compared to other crops

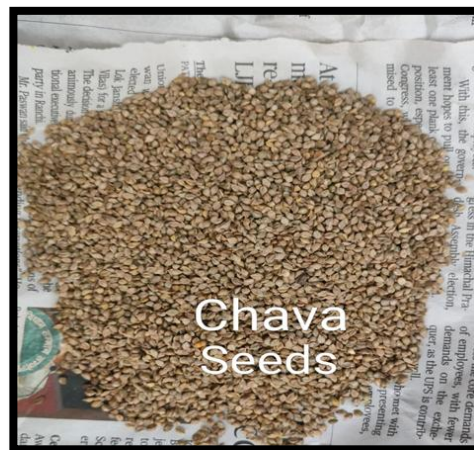


Farmer Meeting, Guidance on Farming Practices & Field Visit





Seed Distribution



Success Story



Name: Manisha Manoj Vangad

Village: Vasa, Brahmanpada 2

Age: 35 years

Occupation: Housewife

Under the Spandan Project, vegetable seeds were distributed to Manisha Manoj Vangad from Vasa Brahmanpada- 2 on 7 November 2025. The objective of this initiative was to encourage Women to cultivate vegetables at home, improve family nutrition, and create opportunities for additional income.

After receiving the seeds, Manisha started vegetable cultivation in her field. She carefully managed the crops by regularly watering them and using simple and natural farming practices. Some of the vegetables produced were used for her family's daily meals, which helped improve their household nutrition.

Due to good production, the surplus vegetables were sold in the local market. Through this effort, Manisha earned around **₹5,000** from the sale of vegetables.

This case study highlights that with proper support and resources, rural women can strengthen their livelihoods and become economically empowered. The initiative under the Spandan Project has encouraged Manisha and inspired other women in the village to adopt Vegetable cultivation for nutrition and income generation.

CHILDREN MONTHLY PROGRESS DATA

Sr. No	Village	Names	Sep-25		Oct-25		Nov-25		Dec-25		Jan-26		Feb-26		Mar-26	
			W	H	W	H	W	H	W	H	W	H	W	H	W	H
1	Karajgaon	1. Aryan Sunil Sutar	12.6	100	12.5	100	12.8	101	12.9	102	12.9	102	13.2	102	13.3	103
2		2. Ayansh Anil Sutar	7.5	68	7.4	73	7.5	74	7.6	75	7.5	76	7.6	76	7.8	77
3		3. Rutuja Rajendra Ghute	8	74	8	74	8.5	75	8.3	77	8.4	80	8.5	80	8.7	81
4		4. Priyal Pravin Thakare	7.8	75	7.8	75	8	77	8.3	78	8.5	78	8.7	78	8.7	90
5		5. Vishal Shailesh Bhoje	9.5	83	9	83	9.5	84	9.7	85	10.4	85	10.5	85	10.7	86
6		6. Riya Madhu Vartha	12	95	12	95	12.2	96	12.4	97	12.3	97	12.4	97	12.5	98
7		1. Alpita Ganpat Thakare	11.3	96.5	11.4	97	11.5	97	11.6	97.5	12.3	98	12.3	98	12.5	99
8		2. Amrita Ganpat Thakare	7.9	76	7.9	76	8	78	8.1	80	8.4	81	8.5	81	8.6	82
9		1. Swara Sagar Shalkar	11.5	91	11.4	91	11.5	91	11.5	93	11.6	93	11.7	94	11.8	95
10		2. Arohi Prakash Jawaliya	12.4	98	12.6	99	12.6	99	13	100	13.6	100	13.8	101	13.9	102
11		3. Ridanat Madhu Thakare	9.5	82	9.6	82	9.8	84	9.8	84	10	84	10.4	84	1.5	85
12		1. Pratiksha Vasu Khanjode	11.2	94	11.1	95	11.3	95.5	11.4	96	11.5	97	11.6	98	11.7	99
13	Vasa	1. Ridhee Naresh Sutar	7	78	8	82	9.3	83	9.7	84	9.6	85	9.8	85	9.9	86
14		2. Sriyanshi Nitesh Sutar	9	87	9	88	11.2	93	11.7	95	11.8	96	11.7	98	11.8	99
15		1. Swarnima Sachin Rajput	10.6	98	10.1	98	10.2	98	98.5	10.2	10.5	99	10.6	99	10.7	100
16		2. Vedangi Pradip Katela	9.7	82	10.2	85	10.4	86	10.5	86.5	10.4	87	10.6	88	10.7	89
17		1. Pavan Arvind Rajad	11.2	90	11.1	90	11.4	91	11.3	91	11.5	92	11.6	92	11.7	93
18		1. Riyan Sajid Hadal	9.8	85	10	86	10.2	87	10.3	88	10.4	88.5	10.5	89	10.6	90
19	Sawroli	1. Ravina Sanjay Shingada	11.6	91	11.4	92	11.5	92	11.8	93	11.9	95	12	96	12.4	98
20		2. Priyanshi Rakesh Fesarda	7.7	74	7.8	74	7.5	74	8	74	8.1	74	8.3	75	8.4	76
21		3. Pranav Vinod Thakare	11.9	94	12	94.5	12.1	94.5	12.3	95	12.4	95	12.5	95	12.6	96
22		1. Niranj Anil Pachalkar	9.7	82	9.9	83	10	84.5	10.4	85.5	10.3	86	10.4	86	10.5	87
23		2. Prachi Rohit Pachalkar	7.9	68.6	8	71	8.1	73	8.3	74.6	8.5	75	8.6	75	8.7	76
24		1. Arpita Soniya Wadu	13.6	99	13.2	100	13.2	101.5	13.6	102	13.8	102	13.9	103	14	103
25		2. Riyana Pramod Rayat	12.9	98	12.1	100	13	101	13.5	101.6	13.9	102	13.9	103	14	104
26		3. Mansvi Vipul Shanvar	12.6	97	12.6	98.5	12.9	100	13	100.5	13.2	100.5	13.3	101	13.5	102
27		4. Niyati Yogesh Miskite	12.6	98	12.9	99	12.9	100	13	100	13.1	100	13.2	101	13.4	102
28		5. Riya Rahul Daware	11.9	90	11.9	92	12	93.5	12	94	12.3	94	12.4	95	12.5	96
29		6. Riyanshi Ravi Wadu	9.7	82.5	9.8	83	10	84.5	10.3	87	10.6	88	10.7	89	10.9	90
30		7. Ananya Nitin Vartha	9.3	79	9.3	79.5	9.4	80	9.5	81	9.6	82	9.7	83	9.9	84
31		8. Riyansh Rakersh Daware	9.9	80.5	10	82	10.1	83	10.2	84.5	10.5	86	10.6	86	10.8	87
32		9. Tanmay Pravin Valvi	10.9	88	11	89.5	11.3	91	11.4	91	11.5	91	11.6	92	11.7	93
33		10. Shivram Rakesh Daware	10.6	92	11.7	92.5	11.8	93.5	11.8	95	12.1	95	12.2	95	12.4	96
34		11. Arpin Vinod Sambar	10.2	82	10.3	83	10.4	84	10.5	85	10.6	85.5	10.7	86	10.8	87
35		1. Krutika Rahul Pagi	8.4	72	8.5	73	9	74	9.2	9.5	75	10	10.1	75	10.3	76
36		1. Rohini Rohit Govari	8	73.2	8.2	74	8.5	79.5	8.6	81	8.7	81	8.9	82	9.1	83

37		2. Sartik Shailesh Fesarda	13	94	13.2	95	13.2	97	13.3	97	13.3	98	13.4	98	13.5	99
38	Anvir	1. Arohi Navin Kanhat	7.7	72	7.9	74	8.2	74	8.8	74	8.9	77	10	77	10.2	78
39		2. Minakshi Ramesh Dhinde	7	69	7.2	71	7.3	71	7.5	72	7.6	72	7.7	73	7.8	74
40		3. Ansh Himmat Dabhode	8.3	73	8.3	75	8.5	75	8.9	77	8.7	77	8.9	78	10	79
41		4. Shreyanshi Kishan Malavkar	11	89	10.9	90	10.9	90	11	92	11.9	93	12	94	12.2	95
42	Kawada	1. Soyam Sachin Nam	9	76	9	78	9.3	78	9.4	79	9.5	80	9.6	81	9.7	82
43		2. Rudra Nilesh Kuvra	9.5	83	9.3	83	9.5	83	9.5	83	9.6	84	9.7	85	9.8	85
44		1. Ayesha Hitesh Nam	12.8	103	12.4	105	12.7	106	12.8	107	12.7	107	12.8	108	12.9	109
45		2. Tanisha Navin Nam	11.3	89	11.5	92	11.7	93	11.8	94	11.9	95	12	96	12.1	97
46		1. Tanesh Ajay Jadhav	11.7	87	11.9	94	11.9	94	11.9	95	12	96	12.1	97	12.2	98
47		2. Riyani Rahul Jadhav	9	79	9	81	9.6	82	9.7	83	9.8	84	9.9	85	10	86
48		3. Kartik Aakash Rabad	9.9	76	10	77	10.1	77	10.2	78	10.4	79	10.5	80	10.7	81
49		4. Ojeshvi Krushna Jadhav	12	92	12	95	11.2	95	11.2	95	11.3	96	11.4	97	11.5	98
50	Dhamangaon	1. Riya Sandesh Vangad	9.2	78	9.3	79	9.4	82	9.5	83	9.6	83.5	9.7	85	9.8	86
51		2. Ayansh Vishal Parhyad	8	73	8.2	73	8.6	77.5	8.7	78	8.9	78.5	9	79	9.3	80
52		3. Arohi Sandesh Vangad	12.3	94	12	94	12.2	96.5	12.3	97	12.5	97	12.6	98	12.7	99
53		4. Seema Suresh Merya	12.9	94	12.9	94	13.2	96	13.5	96.5	13.6	97	13.5	98	13.6	99
		Samiksha Bachhu Merya	-	-	-	-	-	-	-	-	-	-	6.5	70	6.7	71
54		1. Naiyati Kamlesh Vangad	12.6	100	12	100	12.2	100	12.3	101	12.4	102	12.6	102	12.7	103
55		2. Shravni Sachin Vangad	8.9	81	9.1	82	9.4	86.3	10.2	87	10.3	88	10.5	89	10.7	90
56		3. Pranjal Sandesh Shingada	10.2	85	10.3	85	10.5	88	10.7	89	10.8	90	11	91	11.2	92
57		4. Vihan Santosh Shingada	12.8	98	12.9	98	13	98	13.2	99	13.3	100	13.5	101	13.6	102
58		5. Atisha Sanjay Vangad	11.6	94	11.7	94	11.9	95.2	12.2	96	12.4	97	12.5	97	12.6	98
59		6. Nirjan Shamu Vangad	14.7	105	14.8	105	15.2	108	15.5	109	15.5	110	15.8	111	15.9	112
60		1. Shreyash Sandip Vangad	8.4	75	8.7	75	8.9	77.5	9.1	78	9.2	79	9.3	80	9.4	81
61		2. Alaknanda Akshay Tandel	8.4	77	8.3	77	8.6	82	8.8	82.5	8.9	83	9	84	9.1	85
62		3. Shushil Avinash Karbat	11.9	94	12.1	96	12.8	98	13	99	13.1	100	13.2	101	13.4	102
63		4. Jignesh Jayesh Shanvar	10.7	87	10.8	87	11.7	93	11.8	93	11.9	94	12	95	12.2	96
64		5. Arush Arvind Dhabasa	10	84	10.1	84	10.3	86	10.9	89	11	90	11.1	91	11.2	93
65		6. Arpan Avinash Karbat	9.4	81	9.5	82	9.8	84	9.9	85	10	86	10.2	87	10.3	88
66		1. Tanisha Ajay Urade	13.1	98	13.5	99	13.6	100	13.8	102	14.5	105	14.8	106	14.9	107
67		2. Parina Vanesh Thakare	4.5	57	4.8	59	5	60	5.4	62	6	65	6.8	66	6.9	67
68		3. Hardik Swapnil Dumada	11.9	88	11.2	89	11.4	90	11.6	91	11.8	93	11.9	94	12	95
69	4. Niranj Ankush Vangad	8.7	75	8.8	76	9	78	9.7	80	10.1	85	10.3	86	10.5	87	
70	5. Arnav Diwal Ravte	7.9	73	7.5	74	7.6	75	7.8	76	7.9	76	8.5	76	8.7	77	
71	Gangangaon	1. Anvit Subhash Rokada	9.7	82	9.9	83	10.2	85	10.7	88	10.8	88.5	10.9	89	11	90
72		2. Ronak Rahul Habalya	8.3	75	8.5	76	8.4	77	8.5	80	9.2	81	9.3	81	9.5	82
73		3. Shivam Rupesh Vajjya	7.8	73	8	73	8.2	75	8.5	76	8.6	77	8.8	78	8.9	79

74		4. Ayan Babu Umbarsada	11	89	11.2	89	11.3	91	11.7	93	11.7	94	11.9	95	12	96
75		5. Riyanshi Subhash Rokada	11.3	90	11.5	92	11.6	94	12	96	12.2	97	12.5	98	12.6	99
76		6. Arushi Kaliman Kharad	10.1	86	10.3	86	10.5	88	10.5	89	10.7	90	10.8	90	10.9	91
77		7. Paridi Ajay Habalya	11.2	91	11.3	94	11.4	96	12	96	12.1	96	12.2	97	12.3	97
78		8. Swaraj Mangesh Vajjya	8.1	74	8	74	8.4	75	8.6	77	8.7	78	8.8	78	8.9	79
79	Ganjad	1. Sonali Sanjay Karmoda	10.6	92	10.7	93	10.9	94	-	-	-	-	-	-	-	-
80		2. Shriyala Ajay Jadhav	9.5	79	9.5	80	9.6	81	-	-	-	-	-	-	-	-
81		3. Shruti Sanjay Karmoda	9.4	84	9.5	85	9.6	86	-	-	-	-	-	-	-	-
82		4. Mayuresh Mahesh Savara	12.3	99	12.4	99	12.5	100	12.6	101	12.8	102	12.9	103	13	104
83		5. Ram Dasharath Subar	12.2	92	12.4	93	12.5	94	12.5	94	12.6	95	12.7	95	12.8	96
84		6. Aruna Sitaram Karmoda	7.7	76	7.9	78	7.9	79	-	-	-	-	-	-	-	-
85		7. Ayati Shailesh Bhoje	12	102	12.4	103	12.5	104	-	-	-	-	-	-	-	-
86		8. Nakshatra Shailesh Bhoje	10.8	92	11	93	11.2	94	-	-	-	-	-	-	-	-
87		9. Chitika Vinod Bhoje	7.2	71	-	-	-	-	-	-	-	-	-	-	-	-
88		10. Vedika	7	70	7	70	7.2	71	-	-	-	-	-	-	-	-
89			1. Arnav Ashitosh Borkar	10.7	93	11	94	11.2	95	11.3	96	11.4	97	11.5	98	11.6
90	Jitgaon	1. Naruna Sakun Beej	9.8	84	9.8	85	10.2	87	10.1	87	10.2	87	10.3	88	10.4	90
91		2. Akshita Jayesh Umtol	10.5	90	10.8	90	11	91	11.3	92	11.4	93	11.5	94	11.6	95
92		3. Tanuj Nitesh Bij	11.6	92	12.2	92	11.9	94	11.9	94	12.1	95	12.3	96	12.4	97
93		4. Ayush Jagdish Bij	10.3	83	10.3	83	10.9	85	10.6	86	10.9	86	11	87	11.3	88
94		5. Vedika Pravin Bujad	6.1	69	6.3	70	6.6	71	6.7	72	6.8	72	6.9	73	7	73
95		6. Radhika Pravin Bujad	6.1	69	6.2	70	6.6	71	6.6	71	6.7	71	6.8	72	6.9	72
96		7. Aparna Dhakat Shedad	7.8	74	7.9	74	8	75	8.1	76	8.2	77	8.3	77	8.4	78
97		8. Nakules Jana Mahsha	9.1	80	9.3	81	9.5	82	9.6	82	9.6	88	9.7	89	9.9	89
98		9. Rustam Sughan Savre	12.5	97	13	97	13	99	100	13.2	13.3	101	13.4	102	13.5	103
99		10. Anuj Santosh Vartha	12.6	99	12.8	99	13.1	100	13.4	100	13.7	102	13.8	102	13.8	103
100		11. Vediksha Santosh Vartha	6.6	68	6.7	68	7.2	71	7.3	71	7.4	72	7.5	73	7.8	74
101	Karajgaon	1. Shreya Jaywant Thakare	-	-	8	74	8.2	75	8.3	76	8.4	77	8.7	78	8.9	78
102		1. Rajvir Suresh Rahya	-	-	-	-	-	-	9.2	80	9.5	81	9.7	82	9.8	83
103		2. Tanvi Arvind Rajad	-	-	-	-	-	-	10.7	89	10.8	90	7.9	91	8	92
104		3. Dhruvika Santosh Vartha	-	-	-	-	-	-	7.2	69	7.3	70	7.4	71	7.5	72
105	Zari	1. Saynika Jayesh Bhavar	-	-	-	-	-	10.5	84	10.6	84	10.7	85	10.8	86	
106		2. Arnav Pintu Sapta	-	-	-	-	-	13.5	95	13.6	96	13.7	97	13.8	98	
107		3. Mayur Jayesh Kom	-	-	-	-	-	-	84	10.2	10.3	85	10.5	86	10.6	87
108		4. Arushi Vishwas Daware	-	-	-	-	-	-	9.3	78	9.4	78	9	79	9.5	80

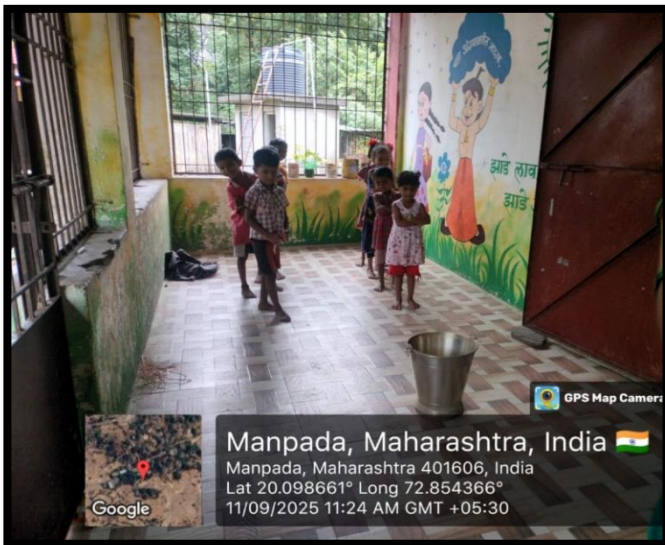
Followed up on Underweight Children's Health Condition, Height and Weight

To improve the health status of underweight children, regular follow-up was conducted. By periodically recording the children's height and weight, their growth and nutritional status are assessed.



Making Learning Interactive in Anganwadi

We Believe Childrens Learn Best Thought Seeing and Touching



Project Sahyogi

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



Food Distribution Program to Widows and Disabled

A food distribution program was organized by Spandan at Gyanjyoti Community College, Karajgaon on 27th August 2025. The objective of this program was to provide food support to vulnerable members of the community.

During the program, food was distributed to 100 beneficiaries, including widows and persons with disabilities from the villages of Karajgaon, Gangangaon, Dhamangaon, Kawada, and Zari.

The program was conducted in a disciplined and respectful manner, ensuring that all beneficiaries received the support smoothly and with dignity. The activity was successfully implemented with the support and collaboration of Peter and his family from Vasai.

Through this initiative, Spandan aimed to support needy families and strengthen community solidarity by ensuring access to essential food assistance.

100 widows and disabled persons from various villages received food grains.

The sense of cooperation and social responsibility was strengthened in the society.



Widows and persons with disability

Sr. NO	Beneficiaries	Sr. NO	Beneficiaries
1	Sarita Kashtya Kuwara	51	Shewanti Dharma Godhale
2	Pravin Bacchu Dadoda	52	Shewanti Anta Shelkar
3	Dharma Bhiwa Dabalya	53	Sita Mahya Govari
4	Abhay Josef Muhudkar	54	Gulab Sadu Shelkar
5	Rasu Devalya Godhalya	55	Devki Kathyia
6	Ladkya Devalya Godhalya	56	Tulshi Mahdya Dandekar
7	Bala Babu Godhalya	57	Jamani Mahdya Medha
8	Sitaram Kakdya Madha	58	Giraji Banya Pagi
9	Jinson Ratna Gowari	59	Lakhama Vaijya
10	Lata Anton Gowari	60	Gulab Vinay Vayeda
11	Aryan Ajay Medha	61	Amita Ashish Vayeda
12	Ayush Ashish Madha	62	Ishwati Habale
13	Vandana Javalya Narle	63	Gangu Cleman Thankar
14	Atul Dattu Hadal	64	Reshmi Gorat
15	Sahil Silvesh Bherade	65	Palu Dattu Dadoda
16	Navin Chaitya Hadal	66	Shevanti Hadal
17	Sachin Laxman Kakad	67	Kashtya Kuwara
18	Rashmi Baraf	68	Sangit Sampat Gimbhal
19	Gajari Thakare	69	Kalpana Sunil Gimbhal
20	Karina Raman Pachalkar	70	Shani Kini Kalat
21	Namrata Anil Agari	71	Vanu Laxman Rokada
22	Amisha Suresh Nagare	72	Agustin Kuwara
23	Shubhangi Santya Ghatal	73	Ladaki Vanshya Vedga
24	Payal Shantaram Chaudhari	74	Sita Navshya Kharpade
25	Neha Lahanu Ghute	75	Parvati Shantaram Katela
26	Praiyanika Vijay Dole	76	Asha Pravin Rayat
27	Surekha Madhukar Andher	77	Shesal Raghu Rokada
28	Parvati Rajesh Sambar	78	Aanu Bhavar
29	Urmila Ajay Valvi	79	Mahi Ravji Vangad
30	Sainika Jayesh Bhavar	80	Sita Balaji Vangad
31	Gulab Arjun Dhulsada	81	Reshami Devlya Dhak
32	Bhanu Vartha	82	Lakhi Anton Dhodhade
33	Giraji Laxman Kharad	83	Bharati Subhash Khanjode
34	Nanhi Jana Khanjode	84	Gulab Sitaram Shingada
35	Ladki Babu Godhale	85	Lata Sitaram Narle
36	Taru Navsya Dandekar	86	Devaki Devlya Kalagada
37	Anandi Anton Barga	87	Suman Mahesh Masmar
38	Ladki Bhoir	88	Vandana Suresh Kedar
39	Ramay Govari	89	Lushi Vilas Vangad
40	Teru Philip Medha	90	Imani Soma Kakad
41	Sadu Dadoda	91	Bebi Vijay Kharpade
42	Tulshi Sadu Morgha	92	Giraji Ladkya Vartha
43	Soni Devji Rokada	93	Tulshi Raghya Kharpade

44	Vandana Ankush Thapad	94	Laxmi Diwal Kharpade
45	Lavu Rama Salkar	95	Navshi Rama Shingada
46	Rami Lahanya Thakare	96	Barki Madhi Vangad
47	Meena Rajesh Mangat	97	Savita Lahanya Ghute
48	Champa Devlya Thakare	98	Sainath Mangesh Dhangada
49	Natalina Vijay Sutar	99	Gourity Luis Harpale
50	Samati Thomas Lakhat	100	Parvati Rama Suthediya

Case Support for Disability Certificate

Under the Spandan Project, support was provided to Mr. Atul Dattu Hadal in obtaining his disability certificate.

Mr. Atul Dattu Hadal was facing difficulties in accessing government services due to the absence of a valid disability certificate. Recognizing his need, the Spandan team took initiative to guide and assist him through the entire process.

The team coordinated with the concerned government departments and facilitated his participation in the disability assessment camp. Necessary documents were collected, verified, and submitted with proper guidance. Continuous

Follow-up was done to ensure that the process was completed smoothly and without delay.

With the support of the Spandan Project, Mr. Atul Dattu Hadal successfully received his disability certificate. This has enabled him to access various government schemes and benefits meant for persons with disabilities, thereby improving his quality of life.



Dear UDID cardholder,

Thank you for joining national database for Divyangjans.

Your UDID card **MH6620720110006342** has been successfully generated and attached herewith.

This card is valid across India. You must also be aware that you can download your UDID card and Disability Certificate from the UDID portal given below. The UDID card is also available on Digilocker. In case the card is lost or damaged, you can apply for duplicate card on UDID portal.

Using your UDID card you can get free OPD services at any National/ Regional Institute of DE/PwD in India. You are also eligible to attend any academic course run by our National Institutes/Regional Institute free of cost.

You are requested to quote this number for future reference. If there are any correction discrepancies in the UDID card details, kindly contact the Issuing Medical Authority /District Medical officers.

प्रिय यूडीआईडी कार्डधारक,
दिव्यांगजनों के लिए राष्ट्रीय डेटाबेस में शामिल होने के लिए आपका धन्यवाद।

आपका यूडीआईडी कार्ड नंबर **MH6620720110006342** सफलतापूर्वक तैयार किया गया है, और एतद्वारा संलग्न है।

यह कार्ड पूरे भारत में मान्य है। आपको यह भी अवगत कराया जाता है कि आप नीचे दिए गए यूडीआईडी पोर्टल से अपना यूडीआईडी कार्ड और दिव्यांगता प्रमाणपत्र डाउनलोड कर सकते हैं। यूडीआईडी कार्ड डिजिटल फॉर्म पर भी उपलब्ध है। यदि आपका यूडीआईडी कार्ड खो जाता या क्षतिग्रस्त हो जाता है, तो आप यूडीआईडी पोर्टल पर डुप्लिकेट कार्ड के लिए आवेदन कर सकते हैं।

अपने यूडीआईडी कार्ड का उपयोग करके आप भारत में दिव्यांगजन सार्वजनिकरण विभाग के किसी भी राष्ट्रीय/संयोजित क्षेत्रीय संस्थान में निशुल्क ओ. पी. डी. सेवाएं प्राप्त कर सकते हैं। इस यूडीआईडी कार्ड के आधार पर आप हमारे राष्ट्रीय संस्थान/संयोजित क्षेत्रीय संस्थानों द्वारा संचालित किसी भी शैक्षणिक पाठ्यक्रम में निशुल्क भाग लेने के लिए आपसे अनुरोध है कि भविष्य में संदर्भ के लिए इस नंबर को नोट आवश्यकता है/ कोई विसंगति है, तो कृपया जारी करने वाले अधिकारी से संपर्क करें।





Para Legal Volunteer Meeting

On 13th October 2025, a meeting of PLV (Para Legal Volunteer) members was organized. The session was facilitated by Mr. Brian Lobo, who served as the Resource Person for the meeting. All PLV members were present and actively participated in the session. We are grateful to Dr. Lidwin Dias for being present at this session and contributing to move ahead. During the meeting, several important legal and community-related topics that commonly affect local people were discussed. The session covered Human Rights, Land Objection Process, Potgi (Maintenance), Changes in Group and Survey Numbers, and Crop Inspection (Peekpahani). The resource person explained these topics in a simple and practical manner so that the PLV members could better understand the legal procedures and processes.

The session also emphasized the important role of PLV members in spreading legal awareness and guiding community members in addressing their legal issues. Participants were encouraged to support villagers by providing correct information and helping them access legal processes when required. The meeting helped strengthen the knowledge and capacity of PLV members to work effectively with the community. The program was conducted in a well-organized and interactive manner.



World Disabled Day awareness program

On the 3rd Dec 2025 occasion of World Disabled Day, Awareness Program at Gyanjyoti Community Collage was successful in building sensitivity and understanding toward persons with disabilities. The participants gained valuable knowledge about disability rights and the importance of creating an inclusive society.

A total of 19 participants were present for the awareness program. Their cooperation and enthusiasm Contributed to the success of the event.



Disability Certificate Assessment Camp

On 1 January 2026, a disability assessment camp for issuing disability certificates was organized at Rural Hospital Talasari in coordination with the Revenue Department. Through the Spandan Project, five persons with disabilities from Karajgaon and Zari village of Talasari Taluka were taken to the camp for medical examination.

The doctors conducted medical assessments and guided the beneficiaries through the process required for obtaining disability certificates. This initiative helped the beneficiaries move forward in accessing various government schemes and services available for persons with disabilities

ग्रामीण रुग्णालय तलासरी व महसूल विभाग तलासरी यांच्या संयुक्त विद्यमाने दि 01 जानेवारी 2026 रोजी ग्रामीण रुग्णालय तलासरी येथे दिव्यांग प्रमाणपत्रासाठी तपासणी शिबीर आयोजित करण्यात आलेले आहे. सदर शिबिरात दृष्टीदोष, अस्थिव्यंग व मानसिक व्यंग या तीन प्रकारच्या दिव्यांगसाठी व UDID कार्ड साठी तपासणी करण्यात येईल.

सदर दिव्यांग असलेल्या लाभार्थ्यांनी दि. 1 जानेवारी 2026 रोजी सकाळी 10.30 वाजता स्वतःचे आधारकार्ड, दोन पासपोर्ट साईज फोटो, असल्यास जुने दिव्यांग प्रमाणपत्र व मानसिक व्यंग असलेल्यांनी पालकांचे आधारकार्डची प्रत, यासह ग्रामीण रुग्णालय तलासरी येथे उपस्थित राहावे

<i>Sr. no</i>	<i>Name</i>	<i>Village</i>
1	Vandana Javalya Narle	Karajgaon Narlipada
2	Anushri Karshan Pardhi	Karajgaon Narlipada
3	Avi Karshan Pardhi	Karajgaon Narlipada
4	Saynika Jayesh Bhavar	Zari Karvandipada

Grain Distribution on the Occasion of Christmas

Christmas is a festival that spreads the message of love, compassion, and service to humanity. On this auspicious occasion, a food grain distribution programme was organized with the objective of supporting associate members and promoting social responsibility. The programme was conducted with the collaboration of the **Spandan Organization** along with individual initiative.



Guidance and assistance for restarting the discontinued pension scheme.

The pensions of several beneficiaries under the widow and old age pension schemes had been stopped due to incomplete KYC. Through the efforts of **Spandan**, coordination was established with the Tehsil office to help these beneficiaries complete their KYC process. With the necessary guidance and support provided by **Spandan**, many beneficiaries were able to restart their pension benefits. Under this scheme, beneficiaries receive ₹1500 per month as financial assistance. This support has helped them meet their basic needs

List of beneficiaries

218	MH-A-04648996	DHARMI LAHANYA GIMBHAL	IGNOAPS	SAWROLI ANVIR	SAVROLI
219	MH-A-04648813	NAVASU LAKSHI JHATYA	IGNOAPS	SAWROLI ANVIR	ANVIR
220	MH-A-02202923	KALARI LAHANYA PACHALKAR	IGNOAPS	SAWROLI ANVIR	SAVROLI
221	MH-A-02202928	TEREJA VALHYA MALKARI	IGNOAPS	SAWROLI ANVIR	SAVROLI
222	MH-A-04595395	SANTI RAGHUNATH NAM	IGNOAPS	SAWROLI ANVIR	SAVROLI
223	MH-A-04297757	PALJI VASHYA GORAT	IGNOAPS	SAWROLI ANVIR	SAVROLI
224	MH-A-02202944	JAMANIBAI MAHRYA ANDHER	IGNOAPS	SUTRAKAR	SUTRAKAR
225	MH-A-02202956	RASMAJI LAKHMA PEGARDA	IGNOAPS	SUTRAKAR	SUTRAKAR

420	MH-A-04130388	JAMANI RUPAJI BARAF	IGNOAPS	VASA	VASA
421	MH-A-02204366	RASMAY LAXI VALAVI	IGNOAPS	VASA	VASA
422	MH-A-02913255	DEVLI LALYA OZARE	IGNOAPS	VASA	VASA
423	MH-A-04129796	DAMJI KAKAD KADALI	IGNOAPS	VASA	VASA
424	MH-A-02912661	DIWAL POSLYA PADWALE	IGNOAPS	VASA	VASA
425	MH-A-02203357	GIRAJI KAKAD GIMBHAL	IGNOAPS	VASA	VASA
426	MH-A-02204363	VIKALI UKHARDYA NANGARE	IGNOAPS	VASA	VASA
427	MH-A-02203364	VANASHI BARKYA HADAL	IGNOAPS	VASA	VASA
428	MH-A-04429588	ANTI MAHADYA VASAVALA	IGNOAPS	VASA	VASA
429	MH-A-04398357	MALHI MADADYA BHURKUD	IGNOAPS	VASA	VASA
430	MH-A-02203378	BEBALU LAHANYA SHANVAR	IGNOAPS	VASA	VASA
431	MH-A-03973683	JAMANI VANSHYA FARLE	IGNOAPS	VASA	VASA
432	MH-A-02203391	BARAKU VAJE CHIMADA	IGNOAPS	VASA	VASA
433	MH-A-02204404	IFTHI VALHYA DHAK	IGNOAPS	VASA	VASA

107	MH-A-02203421	RUPAY SHANKAR GAIKWAD	IGNOAPS	KAWADA	KAWADA
108	MH-A-02203433	BHADALI VAJYA NAGKODA	IGNOAPS	KAWADA	KAWADA
109	MH-A-02203419	DHARMA VANSHA HADRA	IGNOAPS	KAWADA	KAWADA
110	MH-A-02203435	VANSHE NANYA THAKARE	IGNOAPS	KAWADA	KAWADA
111	MH-A-02203430	HARKU DIVAL JAVLIYA	IGNOAPS	KAWADA	KAWADA
112	MH-A-02203426	RASMAY BARKYA GONARE	IGNOAPS	KAWADA	KAWADA
113	MH-A-02203532	SONI VANSHA KHARPADE	IGNOAPS	KAWADA	KAWADA
114	MH-A-02203448	JATHU BHIKA THAKARE	IGNOAPS	KAWADA	KAWADA
115	MH-A-02203464	KASHI RADAKA VARTHA	IGNOAPS	KAWADA	KAWADA
116	MH-A-02831455	MADHU SHIDAVA RABAD	IGNOAPS	KAWADA	KAWADA
117	MH-A-04648259	RAMESH RUPJI THAKARE	IGNOAPS	KAWADA	KAWADA
118	MH-A-02912753	JATRI BHIKHAL AADAGA	IGNOAPS	KAWADA	AWARPADA
119	MH-A-02691783	KAKAD KAKADYA VANGA	IGNOAPS	KAWADA	KAWADA
120	MH-A-02203445	JAMANI VANSHA DAYAT	IGNOAPS	KAWADA	KAWADA
121	MH-A-02203510	NIRMALA DEVAJI KHARPADE	IGNOAPS	KAWADA	KAWADA

Project Unnati

Was Initiated to Provide Alternate Livelihood Option for the Community Youth and Families by providing trainings in Different Skills Such as Coconut Sell, Artefacts, Bamboo Products, Herbal Medicine Preparation and other Value added Products



AS a Part of Livelihood Initiative, Spandan Project under Project Unnati, a Karvanti training program was conducted at Aptolpada, Dhamangaon. The training provided women with skills to create various products from Karvanti.



Food Stall at Nirmala Niketan College of Social Work

Food Stall at Nirmala Niketan Collage of Social Work Mumbai, had Organized a Traditional Food and Vegetable Mela on 17th Dec 2025. The GCC and Project Spandan Staff Participated in it. They Prepared Traditional food of Varli Tribe. They prepared different types of millets roti, dry fish vegetables and nutrition bhel. They sold the food at minimum price; people appreciated and enjoyed the food items. *Special thanks to college of Social Work Nirmala Niketan for organizing such events.*



Demonstration on Nirgudi Oil

Under the Spandan Project, a demonstration on the preparation and use of Nirgudi oil was conducted in selected villages to promote traditional healthcare practices and low-cost remedies.



A tree plantation program

A tree plantation program was organized by the Spandan Project in collaboration with the Women Karajgaon Manpada & GCC Hostel Girls of Patilpada with the objective of promoting environmental conservation and developing a green and healthy ecosystem. The initiative aimed to raise awareness about the importance of trees and sustainable living.



Karajgaon Manpada



Karajgaon Patilpada

Karjgaon Gramsabha

As part of community engagement and participatory development, the Spandan Project team actively attended the Gram Sabha organized by the Karajgaon Grampanchayat. The meeting served as an important platform for discussing village development issues and strengthening coordination between the community and local governance



Swachhata Week Celebration

Swachhata Rally & Village Mapping Karjgaon Grampanchayat

Grampanchayat Karjgaon in Collaboration with Spandan Project & ZP School Karjgaon Patilpada

The Swachhata Week was successfully celebrated through a joint initiative of the Grampanchayat Karjgaon Spandan Project and ZP School Karjgaon Patilpada & with the objective of promoting cleanliness, hygiene awareness, and community participation.

As part of this initiative, a Swachhata Rally was organized involving villagers, school students, and local representatives. The rally started from the Grampanchayat to Karjgaon Thakarpada, spreading awareness about the importance of maintaining cleanliness, proper waste disposal, and adopting healthy sanitation practices.

In addition to the rally, a Village Mapping Activity was conducted to assess sanitation conditions and identify key areas requiring improvement. The mapping included observation of waste disposal points, drainage systems, water sources, and public spaces. This exercise helped in understanding the existing challenges and planning future cleanliness interventions effectively.

The event witnessed active participation from Gramsevak, Sarpanch, community members, women, Students and local leaders, including the support of the Grampanchayat members. The collaboration strengthened community engagement and created a sense of responsibility towards maintaining a clean and healthy environment.

Overall, the Swachhata Week celebration was impactful in raising awareness and encouraging collective action for village cleanliness and sustainable sanitation practices.



Spandan Team Organized awareness Session on Various Topics for NSS Camp

Social Evils Awareness Session

A Session on Social Evils was conducted by Spandan staff for the NSS Group of St. Andrew's College at Nandgaon, Manor, on 3rd November 2025. The primary aim of the session was to sensitize students about prevalent social evils and to encourage a sense of social responsibility among youth.

During the session the students were divided into 6 groups and asked to discuss two main questions: after which they did the presentation and from there the session was taken ahead which was appreciated by the group.

41 NSS student volunteers attended. Students wore official NSS T-shirts, representing the discipline and unity of the NSS group.



Gender Equality

A session on *Gender Equality* was conducted by the Nirmala Niketan Collage of Home Science NSS group at GCC with the objective of creating awareness among girls about the concept of gender equality, rights, responsibilities, and the importance of equal opportunities for all genders. The session aimed to encourage critical thinking and active participation among students.

- Participants gained a clear understanding of gender equality
- Girls felt confident sharing their thoughts and experiences
- Awareness was created about gender stereotypes and discrimination
- The session encouraged positive thinking and mutual respect

The session was successful and informative. Active participation from all 25 girls made the program interactive and meaningful. Such sessions are important in empowering young girls and building an equal and inclusive society.



Impact of Social Media

An awareness session on the Impact of Social Media was conducted at GCC to educate participants about the positive and negative effects of digital platforms on youth. The session focused on commonly used social media and internet tools and highlighted serious social and mental health concerns linked with excessive and unsafe usage. The Session was facilitated by Fr. Ashley, who shared valuable insights and practical examples.



Street Play on Prevention of Suicide and Alcohol Addiction

A Street Play was jointly organized by Spandan and Nirmala Niketan Home Science College, NSS Camp. A street play (nukkad natak) focusing on the prevention of suicide and alcohol addiction was organized at Karajgaon Naka, Wednesday Market, and Z.P. School Karajgaon Patilpada. The initiative aimed to raise awareness among villagers and students about the harmful effects of alcohol abuse and the importance of mental health.

Through impactful performances, the team highlighted the causes, consequences, and preventive measures related to addiction and suicidal tendencies. The play emphasized seeking support, maintaining emotional well-being, and adopting a healthy lifestyle.

The activity received active participation and attention from the local community, market visitors, and school students. It successfully delivered a strong social message and encouraged people to make positive life choices.



Swachhata Rally - Karajgaon Patilpada

A Swachhata (cleanliness) rally was jointly organized by Spandan and Nirmala Niketan Home Science College, NSS Camp and ZP School Karajgaon Patilpada with the objective of spreading awareness about hygiene and sanitation among the local community.

The rally commenced from ZP School Karajgaon and concluded at Karajgaon Patilpada, covering key areas of the village. Students, teachers, and community members actively participated in the rally, carrying play cards and raising slogans promoting cleanliness, proper waste management, and healthy living practices.

Through this initiative, the participants aimed to encourage villagers to adopt hygienic habits and maintain a clean environment. The rally also emphasized the importance of collective responsibility in achieving a healthier and cleaner society.



Vanrai Bandhara – Karajgaon Manpada

A Vanrai Bandhara (earthen check dam) was constructed through shramdaan (voluntary community work) on 6th January 2026 at Karajgaon Manpada, under the joint initiative of the Spandan and Nirmala Niketan Home Science College, NSS Camp, Mumbai.

The primary objective of this activity was to promote water conservation, improve groundwater levels, and ensure water availability for agricultural purposes. Local women actively participated in the activity, and the Karajgaon Grampanchayat Sarpanch was also present during the initiative.

The collective efforts of all participants led to the successful completion of the bandhara. This initiative helped create awareness among villagers about the importance of water conservation and encouraged community participation in sustainable rural development activities.



Before



After



Skill Development Training under PESA Act

Under the Spandan Project in collaboration with Grampanchayat Karajgaon, a skill development training program was successfully organized on 13th, 14th, 16th, and 17th February under the provisions of the PESA Act.

The training focused on enhancing livelihood opportunities for rural women and community members by providing hands-on skills in:

- Papad making
- Cloth/Paper bag making
- Candle making

The main objective of this initiative was to promote self-employment, financial independence, and sustainable livelihood practices among local villagers, especially women. The sessions were conducted with practical demonstrations, allowing participants to actively engage and learn production techniques, quality maintenance, and basic marketing ideas.



A Word of Gratitude:

Spandan staff are grateful to Dr. Lidwin Dias principal of the College of Social Work Nirmala Niketan for her timely guidance, visits, encouragement, financial support and placing students for the field work which helped us to move ahead. Thanks to the student Mary Benedict for her innovation and fund raising towards the project. We thank Health Promotion Trust for supporting nutritional kits for hundred underweight children for eight months. To all the well-wishers who supported this project a sincere thanks.