

NEWSLETTER

JAGORI RURAL CHARITABLE TRUST

JANUARY 2026 TO JUNE 2026



Women Farmers Explore Sustainable Farming Practices

On 23 January 2026, Jagori Rural Charitable Trust organized an exposure visit for women farmers to Shunya Farm (Seeds & Deeds), Bir, to enhance their understanding of sustainable and climate-resilient agriculture.

During the visit, participants learned practical techniques for improving soil health through raised beds, composting, mulching, and efficient water management. They also explored biodiverse farming practices such as polyculture, natural pest control, and chemical-free cultivation using locally available resources. The discussions emphasized

the importance of seed sovereignty in strengthening food security, conserving biodiversity, and promoting long-term self-reliance.

The exposure visit inspired women farmers to adopt eco-friendly farming practices that work in harmony with nature, contributing to more resilient livelihoods and sustainable farming communities.



Celebrating International Women's Day Across Kangra

Jagori Rural Charitable Trust celebrated International Women's Day on 8 March 2026 across the blocks of Mumta, Baghni, Kawari, and Sihund in Kangra district. The celebrations brought together 254 women, creating a vibrant platform to recognize women's achievements and reaffirm the collective commitment to gender equality.

The events featured interactive discussions, awareness sessions, and community activities focusing on women's rights, leadership, education, and economic empowerment. Participants openly shared their experiences, reflected on the challenges women continue to face, and explored ways to strengthen solidarity and collective action.

The celebrations inspired women to become more confident, self-reliant, and actively engaged in community development. By fostering dialogue and mutual support, the events reinforced the importance of women's leadership in building more inclusive and equitable communities.



Women Farmers Explore Sustainable Farming Practices

Jagori Rural Charitable Trust organized a Kisan Sammelan (Farmers' Fair) on 7 April 2026 at Sagar Hotel, Kachhiyari, Kangra, bringing together nearly 300 farmers from Kangra and Chamba districts. The event served as a platform to promote natural and sustainable farming practices while connecting farmers with valuable information on organic agriculture and government support schemes.

The Sammelan was graced by Shri Shashipal Atri, Director of the ATMA Project, as the Chief Guest. Agriculture experts, including Dr. Nisha Mehra, Ms. Pallavi, and Ms. Diksha, shared practical insights on organic farming, beekeeping, and government initiatives designed to support farming communities. The programme also featured farmer registration, interactive sessions, cultural performances, and folk songs presented by participants, creating an engaging learning environment.

A special highlight of the event was the recognition of progressive farmers practicing organic farming on more than four kanals of land, who were honoured with certificates for their commitment to sustainable agriculture. The Kisan Sammelan encouraged knowledge sharing, inspired farmers to adopt eco-friendly farming methods, and reinforced the importance of building resilient and sustainable rural livelihoods.



Strengthening Local Leadership Through Capacity Building

Jagori Rural Charitable Trust, in collaboration with the Federation, organized two Capacity Building Meetings on 20 May 2026 at the Block Office, Nagrota Bagwan, and 25 May 2026 at the JRCT Campus, Kangra. The meetings brought together 60 participants, including Federation and SHG members, Panchayat election candidates, farmers, ASHA workers, and community representatives.

The sessions focused on strengthening the leadership capacities of potential Panchayat representatives, promoting informed voting, and encouraging active community participation in local governance. Election candidates shared their development priorities, highlighting issues such as organic farming, waste management, employment generation, de-addiction initiatives, youth engagement, and the establishment of community libraries. Discussions also emphasized transparent and accountable governance, women's leadership, inclusion of marginalized groups, and improved livelihood opportunities through stronger market linkages for SHG products.



Livelihood Fair Inspires Skills and Entrepreneurship

Jagori Rural Charitable Trust organized a Livelihood Fair on 17 June 2026 at Neeiva Hotel, Gaggal, bringing together 141 participants, including farmers, youth, and Self-Help Group (SHG) members. Of the total participants, 123 were women and 18 were men. The event aimed to connect community members with skill development opportunities, livelihood options, and pathways to self-employment.

Representatives from RSETI and MCM introduced a range of free training programmes, including mushroom cultivation, dairy farming, beauty and wellness, computer skills, dress designing, and entrepreneurship development. Community

organic farming, mushroom cultivation, traditional crop production, and value-added products. Discussions further emphasized gender equality and encouraged women and youth to pursue entrepreneurship with confidence.

The fair generated a strong response from participants, with five Self-Help Groups representing nearly 100 women expressing interest in enrolling in future training programmes offered by RSETI and MCM. Young participants also showed enthusiasm for developing new skills and exploring self-employment opportunities. The event strengthened awareness of sustainable livelihood options and laid the foundation for future community-based skill development initiatives.



members also shared inspiring success stories, highlighting how training and support from Jagori had helped them strengthen their livelihoods through



Tailoring Training Strengthens Women's Livelihood Skills

Jagori Rural Charitable Trust organized a Tailoring and Block Printing Training at Rakkar from 3–10 April 2026, with the participation of 21 women. The training aimed to enhance practical tailoring skills, encourage creativity, and strengthen livelihood opportunities for women and adolescent girls through market-oriented production.

Participants received hands-on training in cutting, stitching, finishing, and efficient fabric utilization while learning to create a range of products, including cloth bags, potli bags, and jute bags. They also explored innovative ways to reuse fabric scraps by making woven utility items such as woollen phone covers and coin pouches. The block printing sessions introduced participants to textile design techniques, resulting in beautifully printed handkerchiefs and a decorative bedsheet.

The training equipped participants with practical skills to produce high-quality, marketable products while promoting sustainable use of materials and minimizing fabric waste. Beyond technical learning, the programme boosted participants' confidence and entrepreneurial aspirations, with many expressing interest in advanced training to further strengthen their income-generating opportunities and long-term livelihoods.



Building Entrepreneurial Skills Through Business Strategy Training

Jagori Rural Charitable Trust organized a Business Strategy and Analysis Training on 20 April 2026 at its Rakkar campus, bringing together 18 participants, including entrepreneurs and Self-Help Group members. The training aimed to strengthen participants' understanding of business planning, product development, and government support schemes to help them expand sustainable livelihood opportunities.



The sessions covered key aspects of enterprise development, including product selection, quality improvement, branding, packaging, pricing, and SWOT analysis. Participants were also introduced to the Business Model Canvas, enabling them to better understand customer segments, value propositions, marketing channels, cost structures, and revenue generation. In addition, information was shared on government initiatives such as MUDRA Loans, PMEGP, and PMFME, highlighting financial assistance available to aspiring entrepreneurs.

The training enhanced participants' confidence in planning and managing their enterprises by strengthening their knowledge of business strategy, market opportunities, and financial support mechanisms. It encouraged them to make informed business decisions, improve the quality and competitiveness of their products, and build more sustainable and self-reliant livelihoods.

Steps Towards Self-Employment

Three women from Tangroti Panchayat in Dharamshala Block—Kuldesch Dhiman, Anjana, and Renu—have taken an inspiring step towards economic independence by establishing a jute bag manufacturing unit.

Kuldesch Dhiman, associated with Jagori Rural Charitable Trust since 2007, is an ITI graduate and trustee of the Mahila Sashaktikaran Charitable Trust. Driven by her vision of creating livelihood opportunities for women, she joined hands with Anjana and Renu, both experienced artisans in jute bag making, stitching, and weaving.

In December 2025, the three women became part of Jagori's livelihood programme and participated in a business strategy workshop in Chamba. With guidance from Jagori, they identified market opportunities, gathered information on raw materials and machinery, prepared a business plan, and invested their savings to launch the enterprise. They also initiated the loan process to strengthen their business.

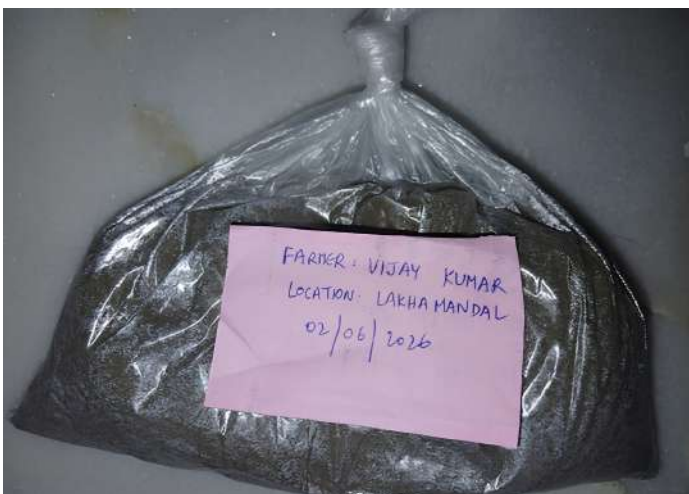
On 1 February 2026, their dream became a reality with the successful establishment of their jute bag manufacturing unit. Today, the enterprise stands as a symbol of women's entrepreneurship, resilience, and self-reliance. The women expressed their gratitude to Jagori for its continuous guidance and look forward to further support in marketing, business expansion, and accessing new opportunities.



Soil Testing for Sustainable Agriculture

Soil testing was carried out across five Panchayats in Nagrota Bagwan Block to assess soil health and identify nutrient requirements for improved crop production. The initiative helped farmers understand key aspects of soil fertility, including pH levels, nutrient availability, and the importance of balanced nutrient management.

By providing scientific insights into soil conditions, the activity enabled farmers to make informed decisions about fertilizer use and crop planning. This initiative is expected to enhance agricultural productivity while promoting sustainable farming practices, improving soil health, and supporting long-term environmental sustainability.



Beej Khojo Yatra: Preserving Traditional Seeds for the Future

As part of the One Billion Rising (OBR) 2026 network, Our Bodies, Our Earth, Our Future, Jagori Rural Charitable Trust organized a Beej Khojo Yatra in the Salli and Boh areas of Shahpur Block to promote the conservation of traditional organic seeds and establish a community seed bank.

The yatra covered seven villages—Nadd, Morch, Boh, Herlad, Salli, Kanol, and Kufri—and reached 39 farmers (32 women and 7 men). Through door-to-door visits and community interactions, participants discussed the importance of preserving indigenous seed varieties, the impacts of climate change on agriculture, declining youth engagement in farming, and the increasing threat of crop damage from wild animals.

The initiative generated strong community interest in conserving traditional seeds that are well adapted to local conditions. It also encouraged collective action towards establishing a community seed bank, strengthening biodiversity conservation, enhancing food security, and promoting sustainable, climate-resilient farming practices for future generations.



Voter Awareness Initiative: Strengthening Democratic Participation

In May 2026, Jagori Rural Charitable Trust conducted a voter awareness initiative across eight development blocks in Kangra and Chamba districts ahead of the Panchayati Raj elections. The initiative aimed to promote ethical and informed voting, encourage active participation in the democratic process, and strengthen women's leadership in local governance.

Through community meetings, pamphlet distribution, and short films, the initiative reached 1,277 community members, raising awareness about the importance of voting independently and responsibly. The initiative resulted in increased political participation, with 93 individuals filing nominations for Panchayati Raj Institution elections, including 30 Pradhan, 11 Up-Pradhan, 44 Ward Panch, and 9 Panchayat Samiti Member candidates. Notably, 80 women and 15 men, many associated with Jagori-supported community institutions such as Self-Help Groups, Farmers' Groups, Federations, Monitoring

Committees, and Nari Shakti Groups, contested the elections.

The initiative successfully strengthened democratic participation, enhanced political awareness, and encouraged greater representation of women in rural governance.



CONNECTING COMMUNITIES WITH GOVERNMENT WELFARE SCHEMES

Over the past six months, Jagori Rural Charitable Trust has made significant efforts to link community members with various government welfare schemes and services, ensuring access to rights, entitlements and opportunities for a better life.



PENSION SCHEMES – SECURING DIGNITY & FINANCIAL SUPPORT



22

people connected with the Old Age Pension Scheme



15

widows connected with the Widow Pension Scheme



5

persons with disabilities linked to the PWD Pension Scheme

LIVELIHOOD & HOUSING SUPPORT



20

families linked to the Pradhan Mantri Awas Yojana (PMAY)



1

person connected with the Sahara Yojana

WOMEN & CHILD WELFARE SCHEMES



9

beneficiaries connected with the Matru Vandana Yojana



2

children linked to the Mission Vatsalya Yojana



1

beneficiary enrolled under the Pradhan Mantri Jeevan Jyoti Bima Yojana (PMJJBY)

DOCUMENTS & CERTIFICATES – ENABLING ACCESS TO RIGHTS



2

individuals received Bonafide Himachal certificates



1

Caste Certificate facilitated



1

Income Certificate facilitated



1

person assisted in accessing the Victim Compensation Scheme



2

women received maintenance and financial support under the Domestic Violence (DV) Act

SUPPORT TO FARMERS



116

farmers' KYC procedures completed with the support of ATMA, enabling them to access various agricultural schemes and services.



These collective efforts reflect JRCT's continued commitment to empowering individuals and families by connecting them with the schemes and services that strengthen their lives and build a more inclusive, empowered community.

Together, we are building stronger communities by ensuring that no one is left behind.

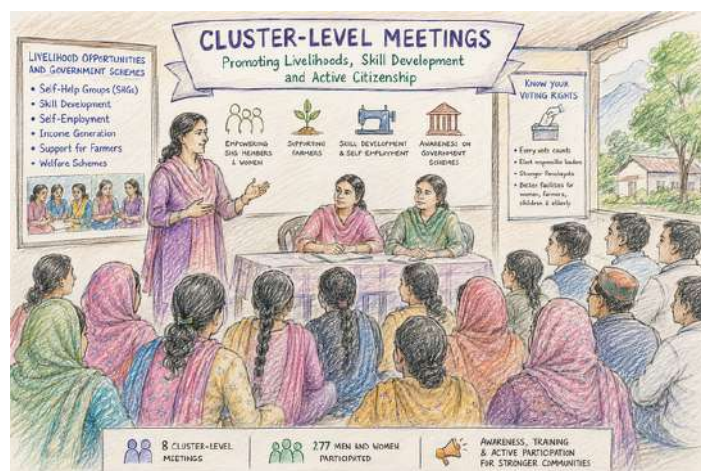
Cluster-Level Meetings: Promoting Livelihoods and Community Participation

Over the past six months, Jagori Rural Charitable Trust organized eight cluster-level meetings across the Rait, Kangra, and Nagrota Bagwan blocks, engaging 277 women and men. The meetings aimed to increase awareness among Self-Help Group (SHG) members, farmers, and community women about livelihood opportunities, government welfare schemes, and skill development programmes.

Participants received information on self-employment initiatives and vocational training opportunities offered by Jagori and government institutions such as RSETI. These interactions encouraged many women to enroll in livelihood training programmes and explore new income-generating activities.

The meetings also promoted informed civic participation by raising awareness about voting rights and the importance of electing responsible leaders committed to inclusive Panchayat development. Through these discussions, community

members strengthened their understanding of how collective action, access to government schemes, and active participation in local governance can contribute to sustainable livelihoods and improved well-being.



Soap-Making Training Empowers Women in Uteep Village

Under the BFTW-supported livelihood initiative, Jagori Rural Charitable Trust organized a Soap-Making Training for women in Uteep Village, Mehla Block, to strengthen women's economic empowerment through skill development.

The training provided participants with practical knowledge of soap production, including the safe use of raw materials, ingredient measurement, mixing techniques, moulding, curing, packaging, and storage. Sessions also emphasized hygiene, product quality, and the use of affordable, locally available materials. In addition, participants received basic guidance on costing, pricing, branding, and marketing to help them explore sustainable livelihood opportunities.

Through interactive demonstrations and hands-on practice, each participant gained confidence in making soap independently. The women actively engaged in discussions and expressed enthusiasm about using their new skills to generate income. Several participants also showed interest in forming

Self-Help Groups (SHGs) to undertake collective soap production and access local markets, marking an encouraging step towards women-led entrepreneurship and financial independence.



10-Day Stitching and Boutique Training Builds Livelihood Skills for Women

Jagori Rural Charitable Trust organized a 10-day Stitching and Boutique Training Programme for 16 women from marginalised communities in Dhanju, Tissa Block, to strengthen their vocational skills and create sustainable livelihood opportunities.

The training covered essential tailoring techniques, including sewing machine operation, body measurements, fabric cutting, stitching, garment finishing, and basic embroidery. Participants also gained an introduction to boutique management, learning about fabric selection, customer service, pricing, design trends, and basic marketing strategies. Through practical, hands-on sessions, all 16 participants developed the confidence to stitch basic garments independently and gained valuable insights into starting small tailoring or boutique enterprises. The programme not only enhanced their technical skills but also fostered self-confidence, teamwork, and entrepreneurial aspirations, enabling them to take meaningful steps towards financial independence.



17 Community Girls Enrolled in Sewing Machine Operator Training

To strengthen livelihood opportunities for young women, Jagori Rural Charitable Trust facilitated the enrolment of 17 girls from marginalised communities in a three-month Sewing Machine Operator Training Programme at the DDU Training Centre, Chamba.

The programme equips participants with industry-relevant skills in sewing machine operation, garment stitching, fabric handling, quality control, and finishing techniques. Alongside technical training, the course includes sessions on workplace safety, communication skills, and entrepreneurship, preparing the trainees for both employment and self-employment opportunities.

By connecting economically disadvantaged young women with structured vocational training, the initiative is helping them build confidence, enhance their employability, and work towards sustainable livelihoods. Upon successful completion, the participants will receive certification, improving their prospects for income generation and financial independence. This collaboration with DDU Chamba

reflects JRCT's continued commitment to empowering young women through skill development and creating pathways for long-term socio-economic growth.



Three-Day Entrepreneurship Development Programme Strengthens Local Enterprises

Jagori Rural Charitable Trust, in collaboration with NITCON Ltd., organized a three-day Entrepreneurship Development Programme (EDP) at Woodsvilla Hotel, Chamba, to strengthen the entrepreneurial and business management skills of local community members and aspiring entrepreneurs.

The programme focused on key aspects of enterprise development, including business planning, value addition to local products, financial management, marketing strategies, market linkages, and government support schemes. Participants were encouraged to develop sustainable business models based on locally available resources, creating opportunities for long-term income generation.

The training featured expert-led sessions, interactive discussions, practical exercises, and experience-sharing, enabling participants to gain practical insights into identifying business opportunities, improving product quality, accessing markets, and

managing small enterprises effectively. The programme enhanced participants' confidence and entrepreneurial skills, supporting their journey towards sustainable livelihoods and economic self-reliance.



Farmers' Fair Promotes Sustainable Agriculture

Jagori Rural Charitable Trust, in collaboration with various Government Departments, organized a Farmers' Fair to raise awareness about agricultural development programmes, government schemes, and support services. The event brought together 20 farmers, who interacted directly with officials from the Agriculture, Horticulture, Animal Husbandry, and other departments.

Participants received valuable information on government initiatives related to soil health, crop insurance, livestock management, financial assistance, and sustainable farming practices. Information, Education and Communication (IEC) materials were distributed to help farmers better understand available schemes and access their benefits.

The fair also provided a platform for farmers to clarify their queries, learn about eligibility and application procedures, and strengthen their connection with government departments. Overall, the programme enhanced farmers' knowledge,

encouraged the adoption of improved agricultural practices, and promoted sustainable livelihood opportunities.



Developing Community Nyay Sakhis: Women as First Responders

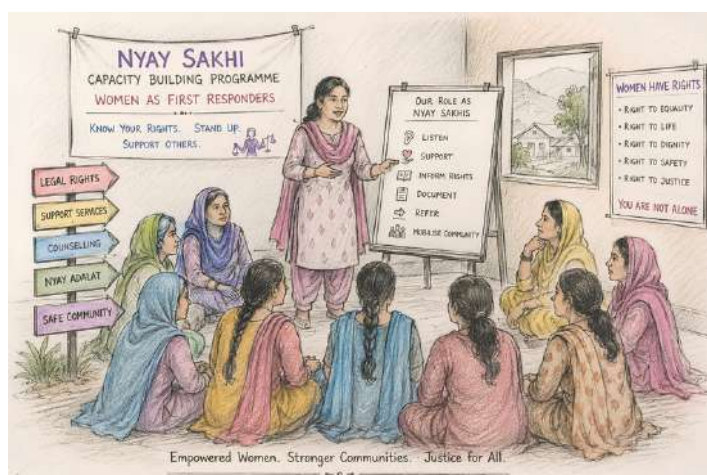
A significant achievement during this period was the strengthening of a cadre of Community Nyay Sakhis –women trained to serve as the first point of support for survivors of violence within their villages. Three capacity -building programmes were organised across Kangra and Chamba, including two three-day residential trainings and one orientation workshop.

The participatory trainings combined case studies, role plays, group discussions, and practical exercises to build participants' knowledge and confidence. Sessions covered gender equality, patriarchy, intersectionality, different forms of violence against women, legal agency and entitlements, survivor-centred approaches, counselling and active listening skills, documentation, referral mechanisms, and the role of Nyay Adalats in ensuring access to justice.

Beyond legal awareness, the trainings encouraged women to reflect on social norms, challenge discrimination, and strengthen their leadership as community change-makers. By the end of the programme, each Nyay Sakhi developed an action

plan to raise awareness, support women facing violence, and create safer, more inclusive communities.

The Nyay Sakhi initiative aims to ensure that every woman understands her entitlements, knows where to seek support, and has the confidence to stand up for herself and others. Through these trained community leaders, Jagori Rural Charitable Trust is building a strong grassroots support system that brings equity, dignity, and hope closer to every village.



Legal Awareness Camps: Bringing Entitlements to the Doorstep

Jagori Rural Charitable Trust, in collaboration with the District Legal Services Authority (DLSA/NALSA), organized six Legal Awareness Camps across Kangra district, reaching nearly 400 community members, including women, elderly persons, persons with disabilities, and other marginalized groups.

The camps provided an interactive platform where participants engaged directly with legal experts, clarified their queries, and learned about their entitlements and available support systems. Key topics included the Entitlements of Persons with Disabilities Act, pension and social security schemes, the Mental Healthcare Act, women's legal agencies, the Domestic Violence Act, free legal aid, and procedures for accessing equality and government services.

By making legal information accessible at the community level, the camps strengthened awareness of rights, increased confidence in seeking legal support, and reinforced the message that access to equity is a fundamental right for everyone.



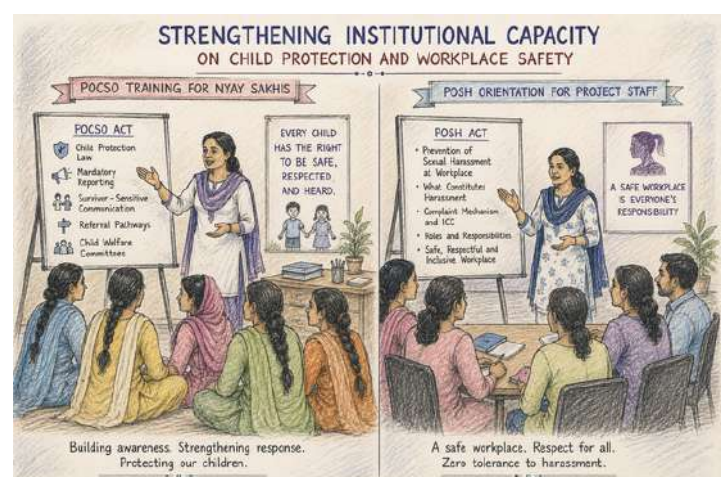
Strengthening Capacity on Child Protection and Workplace Safety

Jagori Rural Charitable Trust organized two capacity-building initiatives to strengthen knowledge of child protection and promote safe, gender-sensitive workplaces.

A POCSO Act training was conducted for Community Nyay Sakhis, enhancing their understanding of child protection laws, mandatory reporting, survivor-sensitive communication, and referral mechanisms. The training equipped participants to identify children at risk, provide appropriate first-level support, and facilitate timely referrals to Child Welfare Committees and other statutory authorities.

In addition, an orientation on the Prevention of Sexual Harassment (POSH) Act was organized for project staff. The session strengthened awareness of workplace sexual harassment, complaint procedures, the role of the Internal Complaints Committee (ICC), and the shared responsibility of creating a safe, respectful, and gender-sensitive work environment.

These initiatives reinforced the project's commitment to protecting the entitlements, dignity, and safety of both children and adults while strengthening institutional accountability.



Walking Alongside Survivors: Strengthening Access to Equity and Healing

Supporting survivors of gender-based violence remained a core focus of the project during the reporting period. In Kangra district, the team provided direct support in more than 60 cases, responding to concerns including domestic violence, maintenance and financial entitlements, child custody disputes, sexual violence, emotional abuse, and denial of legal entitlements.

Using a survivor-centred approach, the project ensured confidential counselling, safety planning, legal guidance, documentation support, and referrals to key institutions such as the Police, One Stop Centres, Child Welfare Committees, Protection Officers, District Legal Services Authority (DLSA), and healthcare services. Several complex cases required sustained follow-up and coordinated action across multiple agencies.

Addressing a Growing Concern

During this period, the project identified an emerging pattern of exploitation involving women and community members through unregulated "healing and wellness centres" operated by foreigners in the region. Multiple cases were documented and referred to the DLSA for legal action. The increasing number of such incidents highlights the need for stronger regulation, greater community awareness, and improved legal protections for survivors.

A Milestone in Access to Equity

A significant achievement was that three survivors of rape successfully received compensation through the legal system. This outcome reflects the project's continuous support through legal guidance, documentation, and institutional follow-up, while reinforcing survivors' access to dignity, protection, and appropriate redress.

The growing number of women seeking support also reflects increasing community awareness, greater confidence in accessing equity, and stronger trust in the project's survivor support mechanisms.



Creating Safe Spaces for Healing

The project also organised its Annual Survivor Meeting, bringing together women who had accessed support services. Through storytelling, group activities, games, and art therapy, survivors found opportunities to express emotions, build connections, and celebrate their resilience in a safe and supportive environment. More than a gathering, the event served as a reminder that healing extends beyond legal processes. By fostering solidarity, hope, and a sense of belonging, the project continues to create spaces where survivors are empowered to rebuild their lives with confidence and dignity.

Impact at a Glance (Jan 2026 – Jun 2026)

SIX-MONTH IMPACT SUMMARY



3 Nyay Sakhi
capacity-building
programmes conducted,
including 2 three-day
residential trainings
and 1 orientation
workshop



A growing cadre of
community Nyay Sakhis
trained to identify, support,
counsel, and refer
survivors of gender-
based violence



6 legal awareness
camps organised
in partnership with
DLSA/NALSA across
Kangra, reaching
~400 community
members



~400 community
members reached on
disability rights, pension
schemes, Mental
Healthcare Act,
domestic violence law,
and legal aid



~100 women
participated in an
International
Women's Day
district-level
programme on
women's leadership
and legal rights



Specialised POCSO
training conducted
for Nyay Sakhis
to strengthen
community child
protection
mechanisms



POSH orientation
conducted for all
project staff to
reinforce safe and
respectful workplace
practices



60+ survivors of
gender-based violence
received confidential
counselling, legal
guidance, referrals,
and sustained case
follow-up



3 survivors of rape
received legal
compensation through
the justice system —
a landmark outcome
reflecting the project's
sustained advocacy
and survivor-centred
case support



Annual survivor meeting
conducted with art
therapy, games, and
peer sharing — creating
a space for survivors
to heal, connect, and
celebrate their
resilience together



Growing pattern of exploitation
through healing and wellness
centres involving foreigners
documented and flagged —
multiple cases referred to
DLSA for legal intervention



WELLNESS
CENTRE

Building Healthier and More Resilient Communities



Health Camps Bringing Healthcare Closer to Communities

To improve access to quality healthcare, Jagori Rural Charitable Trust organised seven community health camps across Bandi (Rait), Rakkar (Dharamshala), Rait, and Nagrota Bagwan, reaching nearly 270 community members, including women, elderly persons, adolescents, and people living with chronic health conditions.

Conducted in collaboration with medical practitioners, physiotherapists, and local health stakeholders, the camps provided blood pressure, blood sugar, and haemoglobin screening, medical consultations, physiotherapy guidance, free medicines, and referrals for advanced treatment where needed.

A follow-up camp in Bandi village identified many participants living with unmanaged hypertension, diabetes, anaemia, respiratory illnesses, and chronic joint pain. Doctors prescribed medicines while demonstrating simple physiotherapy exercises, breathing techniques, dietary practices, and home-based remedies to support long-term self-care.

A specialised orthopedic and physiotherapy camp at Rakkar served 52 community members with musculoskeletal and mobility issues. Additional camps reached 42 women in Rait and 25 adolescents (15–18 years) in Nagrota Bagwan, extending essential healthcare services to young people.

Beyond treatment, the camps promoted preventive healthcare, early diagnosis, regular follow-up, and healthier lifestyles—helping communities take informed steps towards better health and well-being.



Community Meetings Promoting Health and Well-being

Over the past six months, Jagori Rural Charitable Trust organised regular community health meetings and dialogues across Moondla, Kabaadi, Nagrota Bagwan, Dharamshala, Kangra, and Chamba, engaging more than 400 community members.

These interactive sessions focused on preventive healthcare, nutrition, mental well-being, physiotherapy, healthy ageing, women's health, and access to government health services. A highlight was a zero-cost physiotherapy awareness session in Moondla, where 24 community members, particularly elderly women, learned simple exercises to improve mobility and manage chronic pain.

To sustain awareness at the grassroots, the team also conducted small-group health discussions across villages in Chamba, reaching women in groups of 8–20 and strengthening community engagement between larger health camps.

The project further expanded access to care through individual health support for 65 community members

in Kangra and a dedicated wellness space at Sheela Chowk offering one-to-one consultations.

A major milestone during this period was the launch of the Inclusive Health and Wellness Centre (I-HWC), developed in partnership with local health providers. The Centre now provides physiotherapy, psychosocial counselling, health consultations, and rehabilitation support, serving as an important referral hub for elderly persons, women, and other vulnerable community members.



Strengthening Local Governance, Equality and Entitlements

Jagori Rural Charitable Trust continued to strengthen community participation in local governance by facilitating dialogues on entitlements and access to public services.

In Chamba, a multi-stakeholder meeting brought together teachers, the Integrated Child Development Services (ICDS) team, Anganwadi and ASHA workers, health representatives, and a woman Panchayat leader to discuss community well-being and government entitlements.

In Kangra, two community dialogues provided a platform for residents to engage directly with institutional stakeholders. The first, held in Nagrota Bagwan, brought together 65 participants, including Panchayati Raj Institution members and representatives from NALSA, while the second, held in Dharamshala, engaged 24 community members in discussions on local governance issues, public services, and access to government schemes and entitlements.

These dialogues strengthened community awareness, encouraged citizen participation, and promoted greater accountability and collaboration between communities and local institutions.



Building the Capacity of Frontline Workers

To strengthen community-based mental health support, Jagori Rural Charitable Trust organised two three-day residential Community Mental Health Workshops for 56 Anganwadi Workers from Nagrota Surian and Nagrota Bagwan.

The workshops used interactive methods—including case studies, role plays, group discussions, storytelling, and experiential activities—to build understanding of stress, anxiety, depression, trauma, addiction, domestic violence, psychosocial support, communication, and self-care. Participants also received practical training in Psychological First Aid (Look-Listen-Link), referral pathways, relaxation techniques, breathing exercises, and grounding methods.

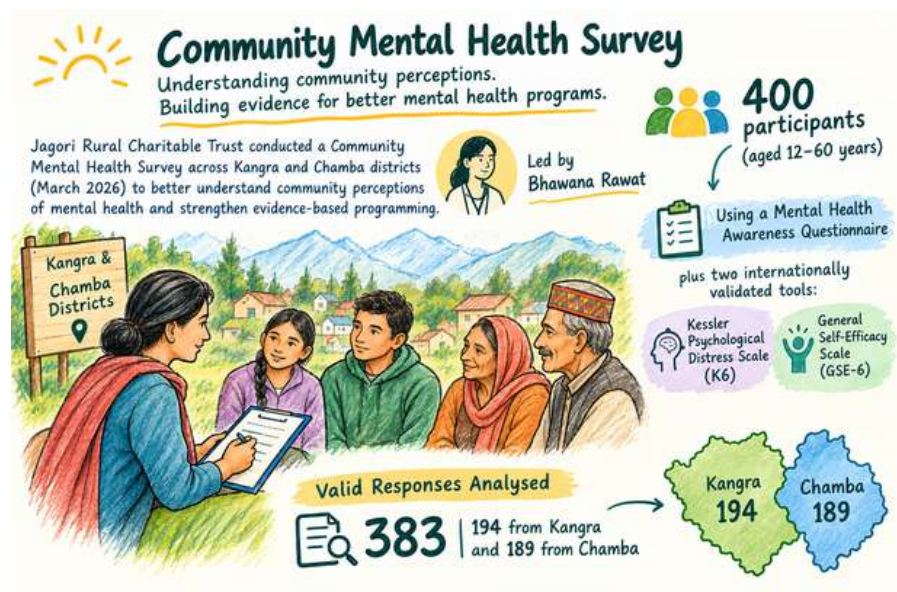
A separate two-day residential workshop in Chamba brought together 16 women from the Health Department and the Nyay Sakhi network to strengthen knowledge on gender equality, complementing the project's broader mental health and health systems initiatives.

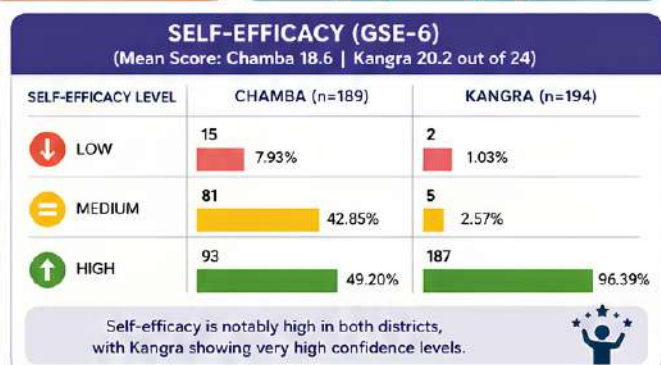
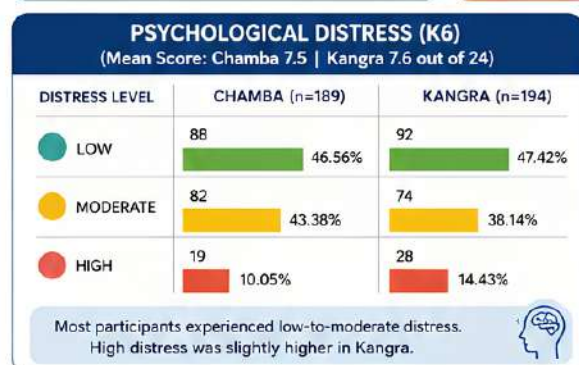
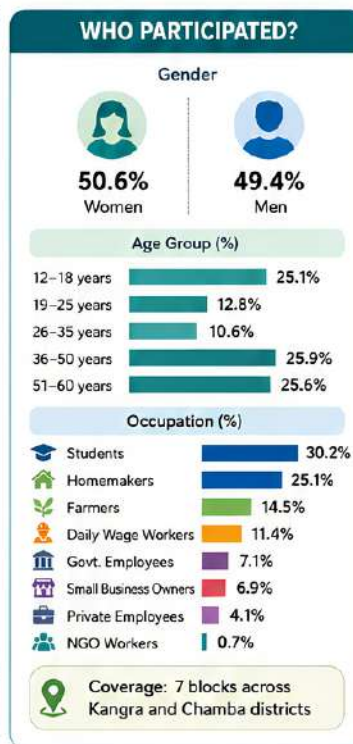
By the end of the training, participants reported increased confidence in identifying mental health concerns, providing empathetic support, reducing stigma, and linking community members with appropriate services—strengthening the role of Anganwadi Workers as trusted frontline responders.



Spotlight: Community Mental Health Survey

To better understand community perceptions of mental health and strengthen evidence-based programming, Jagori Rural Charitable Trust conducted a Community Mental Health Survey across Kangra and Chamba districts (March 2026). Led by Bhawana Rawat, the survey engaged 400 participants (aged 12–60 years) using a Mental Health Awareness Questionnaire alongside two internationally validated tools—the Kessler Psychological Distress Scale (K6) and the General Self-Efficacy Scale (GSE-6). A total of 383 valid responses (194 from Kangra and 189 from Chamba) were analysed.





IMPACT AT A GLANCE

JANUARY – JUNE 2026



SIX-MONTH IMPACT SUMMARY



7 COMMUNITY HEALTH CAMPS

organised across Kangra (general health, orthopedic & physiotherapy, and a youth-focused camp), reaching nearly **270** community members.



400+

COMMUNITY MEMBERS

participated in health awareness meetings and dialogues across Kangra and Chamba.



56

ANGANWADI WORKERS

completed intensive three-day residential workshops on community mental health.



16

HEALTH DEPARTMENT & NYAY SAKHI PERSONNEL

completed a two-day residential workshop on gender equality.



400

COMMUNITY MEMBERS

(200 each in Kangra & Chamba) participated in the Community Mental Health Survey.



TWO COMMUNITY DIALOGUES

on rights & entitlements reached **89** participants, involving PRI members, NALSA, teachers, ASHA and Anganwadi workers.



INCLUSIVE HEALTH AND WELLNESS CENTRE

established and operational, providing integrated physiotherapy, counselling, rehabilitation, and psychosocial support.



65+

INDIVIDUALS

reached through direct individual health support and wellness-space consultations.



Stronger Communities. Better Health. Empowered Lives.

Together, we create lasting impact.



AGAJ (Aware Girls Action for Justice)

The first half of 2026 under the AGAJ (Aware Girls Action for Justice) programme was a period of reflection, learning, and collective action. Across Kangra and Chamba districts, adolescent girls deepened their understanding of rights, leadership, gender equality, democracy, and community participation while preparing to become the next generation of peer leaders and changemakers.

"Every meaningful journey begins with listening, learning, and preparing."

The year began with thoughtful planning and curriculum renewal. The AGAJ team redesigned the Batch 3 Leadership Curriculum to make it more participatory, relevant, and responsive to the

everyday realities of adolescents. At the same time, a transparent peer leader selection process was conducted through schools and village communities, ensuring that motivated girls from diverse backgrounds could join this transformative leadership journey.

From January to June 2026, the programme reached 1,548 adolescent girls, 162 adolescent boys, and 148 mothers, along with parents and other community members across Kangra and Chamba districts. Through village-level meetings, school sessions, workshops, networking meetings, community discussions, and remedial classes, participants explored issues of education, health, gender equality, rights, and leadership—building the knowledge, confidence, and skills needed to become informed and active leaders within their communities.

Learning to See Beyond Differences

Intersectionality, Inclusion & the Dignity of Labour

The AGAJ programme began the year with two intensive workshops on Intersectionality and Inclusion in Kangra and Chamba, bringing together 54 peer leaders (29 from Kangra and 25 from Chamba). Through interactive discussions, role plays, and reflection exercises, participants explored how caste, gender, class, disability, occupation, and unequal access to resources shape everyday experiences of discrimination and exclusion.

The workshops encouraged girls to look beyond stereotypes and recognise the value of diversity. Conversations on the lives of Non-Timber Forest Produce (NTFP) collectors and traditional pattal makers highlighted the dignity of labour and questioned why skilled, eco-friendly work is often undervalued. Participants also reflected on subtle caste discrimination in Himachal Pradesh, the inclusion of children with disabilities in schools, and the importance of recognising artisans and traditional workers as skilled knowledge holders.

Many peer leaders observed that exclusion often begins in classrooms, where children who learn differently are labelled as "weak" or "slow learners" and receive less encouragement than their peers. These reflections deepened their understanding of empathy, equality, and inclusive leadership.

The learning did not end with the workshops. On Republic Day (26 January), peer leaders organised community awareness sessions in their villages, sharing messages on equality, inclusion, and respect with adolescents and community members.

Community ownership also emerged as a key outcome. In Gorda Panchayat (Rait Block), the Panchayat made its building available as a community learning space where



adolescents can meet, read, and continue leadership activities. In Dharamshala Block, peer leaders celebrated Republic Day with children at Surya Uday Charitable Trust, using games and creative activities to promote inclusion and respect for diversity. Meanwhile, in Tissa Block, Chamba, peer leaders facilitated discussions with adolescent girls and women on the dignity of labour, extending these important conversations into their own communities.



Welcoming Batch 3 Peer Leaders

A key milestone during the first half of 2026 was the selection of the next generation of AGAJ Peer Leaders. Following a structured process involving school and village outreach, application reviews, interactions, and parental consent meetings, 87 adolescent girls—66 from Kangra and 21 from Chamba—were selected to begin their three-year leadership journey.

In April, the newly selected peer leaders came together for district-level orientation programmes, where they were introduced to the AGAJ curriculum, explored the vision of the programme, and reflected on what it means to become a young leader and changemaker in their communities.

The journey continued with monthly learning sessions in May and June on Knowing Self and Effective Communication, helping participants build self-awareness, confidence, empathy, and leadership skills. These foundational learnings will be strengthened through village-level peer group meetings, block-level gatherings, exposure visits, and community-led initiatives throughout the coming months.



Mother–Daughter Fair: Celebrating Bonds and Building Confidence

The first collective engagement of the year brought together both new and experienced peer leaders through two vibrant Mother–Daughter Fairs (माँ-बेटी के संग, बदलाव के रंग), creating a joyful space for dialogue, learning, and celebration.

The events witnessed the participation of 171 adolescent girls and 109 mothers—including 113 girls and 57 mothers in Kangra, and 58 girls and 52 mothers in Chamba. The fairs aimed to strengthen communication and trust between mothers and daughters while encouraging conversations around health, gender equality, education, leadership, and livelihood opportunities.

Beyond awareness, the events provided adolescent girls with a supportive platform to express themselves, build confidence, and actively engage in their own growth and community development. The celebrations also honoured the achievements of previous AGAJ peer leaders through a certificate distribution ceremony, recognising their leadership, commitment, and continued contribution as young changemakers in their communities.



Strengthening Networks, Expanding Perspectives

Leadership flourishes through dialogue, collaboration, and shared learning. During the reporting period, the AGAJ Programme organised block-level networking meetings and exposure visits for 150 adolescent girls and boys to Ankur Foundation (55 participants), Vigyan Foundation (65 participants), and CREA Foundation (30 participants). These interactions exposed participants to diverse approaches to feminist leadership, community mobilisation, strengthening community voices, and youth participation, inspiring them to build confidence, broaden their perspectives, and strengthen collective action within their own communities.



Building Active Citizens

Through regular village-level adolescent group meetings across Kangra and Chamba, AGAJ created spaces for young people to learn, question, discuss, and engage with issues that affect their lives and communities. Sessions explored themes such as Panchayati Raj, Fundamental Values, Gender, Health, Education, Environment, and Climate Change, helping adolescents develop critical thinking, awareness, and confidence to participate in community life.

In May, AGAJ conducted Voter Awareness Sessions with older adolescent girls and boys, encouraging them to become ACTizens—active and responsible citizens who understand fundamental values and participate meaningfully in democratic processes. A significant milestone was achieved when 37 young women from Kangra and Chamba voted for the first time, taking an important step towards exercising their democratic values and strengthening their role as active citizens.



Learning with Nature, Preparing for the Future

During World Environment Day and throughout June, AGAJ engaged adolescents and community members in activities that encouraged greater awareness, participation, and responsibility towards the environment. Across Kangra and Chamba, the programme organised 6 cleanliness drives with 99 participants, 2 nature walks with 28 participants, and 7 community environmental sessions reaching 130 participants.

These activities provided adolescents with opportunities to connect with nature through direct experience and collective action. The cleanliness drives encouraged community responsibility for shared spaces, while nature walks helped participants observe and appreciate their local environment. Community sessions created spaces to discuss climate change, waste management, environmental protection, and conservation of natural resources. Through these efforts, adolescents were encouraged

to move beyond awareness and take meaningful action towards healthier communities and a more sustainable future.



Career Guidance: Expanding Aspirations, Building Futures

A Career Guidance Session was organised in collaboration with Minerva Institute, bringing together 22 adolescent girls from Kangra and Rait blocks. The session created a safe and interactive space for girls to explore diverse career possibilities and think beyond conventional jobs and degrees.

The discussion began with the question, "What does a career mean to you?" Participants reflected on career as a pathway towards identity, independence, confidence, and supporting their families. Through personal experiences, practical guidance, and open dialogue, the girls explored a wide range of opportunities, including professional courses, government services, civil services, banking, defence, law, psychology, environmental studies, and emerging career fields.

The facilitator encouraged participants to continue their education, recognise their strengths and interests, and make choices based on their own aspirations rather than societal expectations.

An interactive question-and-answer session allowed the girls to clarify their doubts and explore possibilities for their future.

The session concluded with participants feeling more confident, informed, and motivated to make thoughtful decisions about their education and careers.



Engaging Boys as Partners in Change

Gender equality requires the active participation of everyone. Under the AGAJ programme, engagement with adolescent boys was strengthened through SOGI Sathi – Social Opportunities for Gender Inclusion and Positive Masculinity. SOGI, a word from the local Pahari dialect meaning "together," reflects the initiative's vision of creating communities where girls and boys learn, grow, and lead change together. During the first six months of 2026, AGAJ organised two orientation meetings in Kangra district, engaging 54 adolescent boys in conversations around gender equality, positive masculinity, respect, and shared responsibility.

The initiative also reached 221 students through four school sessions under the "Ghar Ka Kaam, Sab Ka Kaam" programme. The sessions encouraged boys to move beyond the idea of simply "helping" with household work and instead recognise care and domestic work as a shared responsibility. By questioning gendered roles at home, the initiative encouraged young people to imagine more equal families and communities.



The first six months of 2026 have created a strong foundation for the next phase of AGAJ. The programme will continue to strengthen village-level peer groups, adolescent-led community actions, exposure visits, and grassroots leadership, enabling young people to become active partners in building a more gender-just society.

One Billion Rising (OBR) Youth Lead Change Through Theatre and Creative Expression

On 13 February 2026, Jagori Rural Charitable Trust organized a vibrant Youth Theatre Festival at Chambi Ground in the state of Himachal Pradesh as part of the One Billion Rising 2026. Bringing together students from colleges across Kangra and members of the local community, the event created a dynamic space for youth-led expression and dialogue. Centered on the theme "Deh Se Dharati Tak" - From the Bodies to the Earth under the global call "Rise For Our Bodies - Our Earth - Our Future," the festival featured poetry and dance performances that powerfully addressed gender and environmental equality. Through their creative expressions, young participants shared visions of a more just, inclusive, and sustainable future. The event was graced by Chief Guest Keval Singh Pathania, who emphasized the importance of collective voices and artistic expression in challenging violence against both people and the planet. A diverse range of institutions and community groups participated, including,

Dhanvantari Nursing & Pharmacy College, Musel Engineering College (Nagrota), HIET Group of Institutes (Shahpur), Priyadarshini Nursing & Pharmacy College (Rait), women from Mohal and Abdulapur villages, and children from Surya Uday Charitable Trust. The festival also promoted sustainable practices, with local farmer Beena from Nagrota Bagwan serving traditional kodra tea, encouraging organic farming and environmental consciousness. Through this initiative, Jagori amplified youth voices, reinforcing the powerful connection between care for our bodies and care for the Earth.



From Body to Earth: Youth Rise for Bodily Autonomy and Sustainability

As part of the One Billion Rising 2026 initiative, Jagori Rural Charitable Trust organised two youth-led Risings in Chamba district, creating spaces for young people to reflect, speak out, and take collective action for gender equality, bodily autonomy, and environmental sustainability.

The first Rising was held at the Deen Dayal Upadhyaya Kaushalya Yojana Centre, engaging 75 trainees and staff around the theme "Deh Se Dharati Tak - From the Bodies to the Earth." Through songs, discussions, role plays, and slogans, participants explored issues of gender-based violence, discrimination, bodily autonomy, education, and environmental responsibility. The programme encouraged confidence, dialogue, and a deeper understanding of equality and self-reliance.

On 14 February 2026, a second Rising was organised at Kasturba Gandhi Balika Vidyalaya, bringing together 150 students and staff under the theme "Rise for Our Bodies, Our Future, Our Earth." The programme began with the inspiring song "Tu Zinda Hai", followed by an introduction to the One

Billion Rising initiative. Students actively participated through speeches, role plays, and slogans highlighting concerns such as domestic violence, early marriage, discrimination, and the importance of education.

Both programmes concluded with a collective pledge for equality, dignity, and sustainability, strengthening young people's commitment to creating a safer, more just, and violence-free future.

Through these Risings, Jagori continues to amplify youth voices and leadership, reminding us that the journey towards a sustainable future begins with respect for our bodies, our dignity, and our Earth.



RIISING FOR OUR BODIES, EARTH & SHARED FUTURE

As a precursor to the Swara Mountain Arts Festival, Jagori Rural Charitable Trust organised an artistic Rising at the Dharamshala College Auditorium on 5 April 2026, bringing together nearly 300 young people, artists, women, and community members.

Held under the theme "Deh, Dharti Aur Sanjha Kal – Our Bodies, Earth & Shared Future," the programme created a vibrant space to explore bodily autonomy, environmental sustainability, freedom, and social transformation through the power of art.

Music, dance, theatre, poetry, and film screenings became powerful tools for reflection and collective expression. Performances such as "Paryavaran Bachana Hai – We Have to Save the Environment", along with the screening of "Take Back the Night," encouraged participants to reflect on violence, environmental concerns, solidarity, and the possibilities of collective action.

The Rising demonstrated how art can create spaces

for healing, dialogue, collective action, and hope, connecting the struggle for bodily autonomy with the urgent need to protect our Earth and build a more just and shared future.



Rising for Our Bodies – Our Earth – Our Future

As part of the One Billion Rising 2026 initiative, Jagori Rural Charitable Trust organised five transformative Risings across Kangra and Chamba districts, including the Swara Mountain Arts Festival, creating vibrant spaces for collective action, dialogue, and creative expression around gender equality and environmental sustainability.

On 8 March 2026, a Rising was organised in Tissa Block, Chamba, under the theme "Rise for Our Bodies – Our Earth – Our Future." The programme brought together 130 women and adolescent girls for discussions and cultural performances addressing gender-based violence and highlighting the important role of rural women in protecting forests, water sources, and other local natural resources.

Another Rising took the form of a Mother-Daughter Fair, titled "Maa Beti Ke Sang Badlaav Ke Rang – The Colours of Change with Mothers and Daughters," held on 5 April 2026. The event brought together 217 adolescent peer leaders, mothers, and community members. Through games, performances, discussions, and interactive stalls, participants explored themes of

girls' leadership, nutrition, education, trust, and gender equality. The gathering also created a meaningful space for intergenerational dialogue, strengthening bonds of mutual support between mothers and daughters.

Together, these Risings demonstrated the power of collective voices, creativity, and intergenerational solidarity in challenging violence, advancing gender equality, and building a more sustainable and just future for communities.



Swara Mountain Arts Festival 2026: Art, Resistance, Healing & Collective Futures

The fifth edition of the Swara Mountain Arts Festival, organised by Jagori Rural Charitable Trust from 28 April to 2 May 2026, brought together artists, young people, women, civil society practitioners, and community members around the powerful One Billion Rising 2026 theme: "Rise for Our Bodies, Our Earth, Our Future."

Workshops: Where Art Meets Community-Led Action

The festival opened with three immersive workshops in theatre, music, and puppetry, creating spaces for creative exploration, healing, and collective expression.

K. P. Lakshmana's theatre workshop introduced participants to storytelling through body movement, improvisation, and body language, encouraging them to discover confidence, creativity, and their own voices through performance.

In Ragini's Seasonal Raaga music workshop, participants explored the emotional landscapes of Raag Basant and Raag Megh Malhar, using rhythm, breath, and melody to create a reflective and immersive musical experience.

The puppetry workshop led by Anurupa Roy transformed everyday materials into expressive puppets and masks. Through storytelling, initiative, and imagination, participants explored creativity, community-led action, and collective connection.

Open Gate Evenings: A Community in Celebration

From 28 April to 1 May, Jagori's campus came alive each evening with the Open Gate Evenings—a vibrant celebration of art, community, and collective action. More than 40 performers, ranging from young children to established artists and civil society practitioners, presented music, dance, poetry, and spoken-word performances.



The performances explored themes of identity, healing, freedom, community-led action, and collective futures. Local artists, food pop-ups, ethical brands, and interactive art spaces further transformed the campus into a lively space for creativity, dialogue, sustainability, and connection. The Open Gate Evenings attracted over 400 people.

The Grand Finale: Artists Rise for Our Bodies, Our Earth, Our Future

The Swara Mountain Arts Festival 2026 culminated in a powerful finale at the Tibetan Institute of Performing Arts (TIPA), McLeod Ganj, bringing together over 1,000 participants. The evening opened with a message from V, formerly Eve Ensler, followed by inspiring performances by Binita Chetry, Aditya Vardhan, Shinjini Kulkarni, Navtej Johar, and Barmer Boys, exploring themes of bodily autonomy, freedom, resilience, and collective futures.

Compered by Syeda Hameed, the evening also featured conversations on solidarity, healing, and community-led action. Vidya Negi, Chairperson of the Himachal Pradesh State Commission for Women, emphasised the importance of creating safe, equitable, and violence-free spaces for women and girls. Youdon Aukatsang, Director of the Tibetan Nuns Project, expressed solidarity with One Billion Rising and highlighted education and self-reliance as pathways to empowerment.

The finale reaffirmed art as a powerful force for healing, solidarity, and social transformation, inspiring collective action for a future where our bodies, our Earth, and our shared futures are valued and protected.

