

## NEWSLETTER - APRIL TO JUNE 2024



jagorigrameen

<https://www.jagorirural.org/>



**JAGORI RURAL  
CHARITABLE  
TRUST**

### OUR WORK AREA

Aware Women  
Action for Justice -  
AWAJ

Sustainable  
Agriculture Forest  
and Land - SAFAL

Aware Girls Action  
for Justice - AGAJ

\*

Jagori Rural Charitable Trust recently organized a transformative field visit for 37 Panchayat Representatives and Block Monitoring Committee members from District Kangra to the exemplary Murhaag Panchayat in District Mandi. This visit aimed to showcase the power of community-driven development and inspire local leaders to replicate successful initiatives.

Murhaag Panchayat stands as a beacon of progress, demonstrating the remarkable impact of collaborative efforts. The Panchayat's Greenhouse Village project has revolutionized local agriculture, enhancing livelihoods and food security. Moreover, the creation of a Tourism Park under the Mahatma Gandhi National Rural Employment Guarantee Act (MGNREGA) has not only generated employment opportunities but also preserved the region's rich cultural heritage.

Witnessing firsthand the positive changes brought about by these initiatives, the visiting representatives were deeply impressed by the potential for similar transformations in their own communities. The field visit served as a catalyst for innovative thinking and a renewed commitment to community development. Jagori Rural Charitable Trust believes that this experience will empower these leaders to replicate successful models and drive sustainable growth in their respective areas.

As we move forward, we are committed to supporting our partners in creating thriving and inclusive rural communities. We extend our gratitude to the Panchayat of Murhaag for their warm hospitality and for inspiring us all with their remarkable achievements.

## INSPIRING CHANGE: A VISIT TO MURHAAG PANCHAYAT



\*

Jagori Rural Charitable Trust recently organized a three-day workshop from May 25th to 27th, 2024, for 30 Block Monitoring Committee members. The program aimed to enhance the capacity of these local leaders in effectively monitoring and implementing government schemes for the benefit of their communities.

The workshop, facilitated by the esteemed Mr. Shankar Singh from Mazdoor Kisan Shakti Sangathan (MKSS), Rajasthan, covered a range of critical topics including the Right to Information Act (RTI), Mahatma Gandhi National Rural Employment Guarantee Act (MNREGA), education rights, pension schemes, and fundamental rights. Participants gained a comprehensive understanding of these issues and their implications for their communities through interactive sessions and group discussions.

The workshop emphasized the importance of grassroots democracy and the critical role of monitoring committees in ensuring government accountability. Participants were equipped with practical tools and strategies to effectively monitor government schemes, address grievances, and advocate for the rights of marginalized communities.

Beyond knowledge sharing, the workshop fostered a strong sense of camaraderie and shared purpose among the participants. It created a platform for networking and collaboration, enabling them to learn from each other's experiences and challenges.

Jagori Rural Charitable Trust is committed to supporting the capacity building of local leaders and believes that this workshop is a significant step towards strengthening local governance and improving the lives of rural communities.

## STRENGTHENING LOCAL GOVERNANCE: WORKSHOP FOR BLOCK MONITORING COMMITTEES



\*

On June 25, 2024, Jagori hosted a comprehensive one-day workshop on law, constitution, and governance at its Rakkar campus. The session, facilitated by Mr. Mukesh from Mazdoor Kisan Shakti Sangathan (Rajasthan), aimed to enhance the team's understanding of the legal and governance landscape.

The workshop covered a wide range of topics including the RTI Act, accountability laws, fundamental rights, GST, VAT, Directive Principles of State Policy, MIS, right to health, and gig workers' rights. Participants gained valuable insights into these areas and their implications for the organization's work.

A key highlight of the session was the exploration of opportunities to collaborate with the government on developing an online Jansuchana Portal for Himachal Pradesh. This initiative aims to enhance transparency and accountability in governance. Mr. Mukesh has expressed his support for this project and offered to provide technical assistance in its implementation.

The workshop proved to be highly beneficial, equipping the Jagori team with the knowledge and tools needed to effectively engage with legal and governance issues. It has strengthened the organization's capacity to advocate for the rights of marginalized communities and contribute to building a more just and equitable society.

## BUILDING LEGAL AND GOVERNANCE EXPERTISE WITHIN JAGORI



## DIALOGUE MEETING WITH PANCHAYAT REPRESENTATIVES AND BLOCK ADMINISTRATION

Regarding the National Rural Livelihood Mission (NRLM), the Vice President underscored the importance of connecting women with NRLM to strengthen their economic conditions. The meeting concluded with a consensus on the need to enhance coordination between Panchayats and the Block Administration to effectively implement these initiatives, ensuring the welfare and development of the region.

\*

A dialogue meeting was convened at the BDO office in Tissa Block, bringing together Panchayat representatives and Block Administration officials. The Administrative Officer highlighted various schemes under their purview, detailing initiatives from both the Centre and State governments, with a particular focus on MNREGA and other welfare programs.

The Panchayat Sub-Inspector emphasized the significance of MNREGA and other government schemes, discussing various welfare initiatives. Meanwhile, the BDC Chairperson provided insights into environmental conservation efforts, stressing the importance of water conservation, plantation drives, initiatives to reduce temperature, and the discouragement of polythene use.



\*

On June 29, 2024, Jagori Rural Charitable Trust organized a significant Environmental Conservation Dialogue at the Nivia Hotel in Gaggal, witnessing the enthusiastic participation of 164 individuals, including community members, active farmers, Peer Leaders, PRI and officials from various Govt. departments who were the concerned with theme of program. The objective of this dialogue was to promote environmental conservation and enhance awareness about various environmental issues among the all participants. The event featured representatives from the Agriculture Department, Krishi Vigyan Kendra (KVK), ATMA (Agricultural Technology Management Agency), and the Horticulture Department, each bringing their expertise to the discussions. Mr. Vivek from the Horticulture Department highlighted various government schemes supporting sustainable horticultural practices, emphasizing benefits like

farmer income and ecological balance. Miss Priyanka from ATMA Nagrota Bagwan Block discussed the importance of organic farming, detailing its benefits such as improved soil health and reduced pollution, along with practical tips for transitioning from conventional farming. Dr. Deep from KVK Kangra addressed issues of environmental pollution and chemical use in farming, water conservation, the benefits of millet cultivation due to their low water requirements, and the urgent need to tackle climate change and global warming through sustainable practices. As commitment to environmental sustainability, all participants received guava plants, encouraging them to increase green cover and support fruit cultivation. The event was a significant step towards raising awareness and promoting sustainable practices, providing valuable insights and encouraging the community to adopt eco-friendly practices.

## NURTURING A GREENER FUTURE: COMMUNITY DIALOGUE ON ENVIRONMENTAL CONSERVATION



\*

## Overview of Activities

### New Cases Registered:

Over the past three months, our team has registered 40 new cases of violence against women and girls. Each case has been thoroughly documented, ensuring all necessary details are captured to facilitate appropriate interventions.

### Cases that Went to Court:

Six cases have advanced to court for further legal proceedings. Our legal team continues to support these cases, providing essential legal representation and guidance to ensure justice is served.

### Fact-Finding and Follow-Up:

We have conducted fact-finding missions for eight cases to gather comprehensive information and evidence. Follow-up actions have been taken for 35 cases to monitor progress and ensure the safety and well-being of the survivors.

### Cases Resolved:

Through our dedicated efforts, we have successfully resolved 12 cases. These resolutions were achieved through mediation, counseling, and support services provided to the victims and their families.

### Legal Awareness Meetings:

We have organized several legal awareness meetings at various levels to raise awareness and educate communities about legal rights and protections. These meetings covered the Domestic Violence Act, the Protection of Children from Sexual Offences (POCSO) Act, and cyber crimes. They have been instrumental in empowering community members with knowledge about legal recourse and the support systems available for survivors of violence.

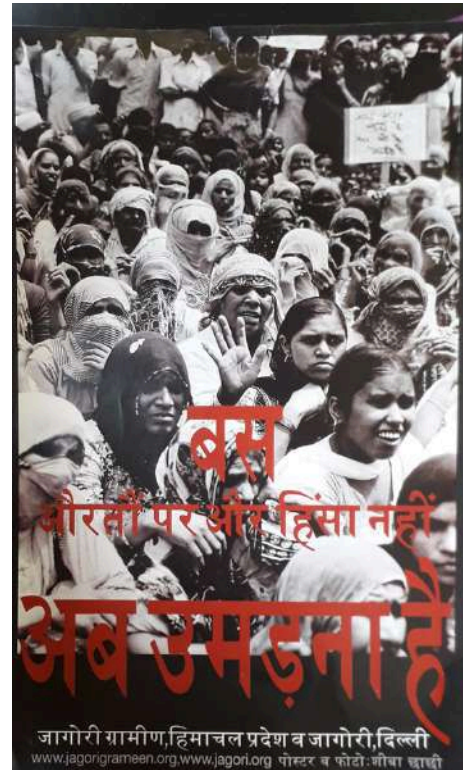
## VIOLENCE INTERVENTION PROGRAM





## CASE STUDY: DOMESTIC VIOLENCE AND LEGAL INTERVENTION

Name: **Sushila (name changed)**  
Age: **34**  
Religion: **Hindu**  
Marital Status: **Married for 7 years**  
Education: **MBA graduate**



### Sushila's Journey: A Life Story of Resilience and Support

Sushila, the wife of Dr. A, has endured a harrowing seven years of domestic violence, suffering both mental and physical abuse at the hands of her husband and mother-in-law. She faced severe threats, including eviction and threats of being burned alive, creating a hostile living environment for the entire family.

The severity of the abuse forced Sushila to relocate to a rented house costing ₹8,000 per month, with her six-year-old child who attends school. Despite these hardships, Sushila sought help from Jagori and engaged with Nari Adalat in Nagrota Bagwan for legal redress and support.

Jagori's intervention has been a source of strength for Sushila. Through our mediation, Dr. A agreed to pay ₹23,000 per month to support her and their child. This financial support, though critical, is just one aspect of the assistance provided. Jagori and its Nyay Sakhis in Nari Adalat have offered unwavering legal and emotional support, empowering Sushila to take formal action against her abusers.

The psychological trauma that Sushila and her child have endured is profound. Her child's well-being has been a constant worry, especially in such an abusive environment. Yet, the support from Jagori has given Sushila the strength to fight back. She is now staying in her maternal home and has recently filed for divorce, taking a significant step toward securing her and her child's future.

Sushila's journey is a testament to the power of resilience and the impact of supportive intervention. The guidance and advocacy provided by Jagori and Nari Adalat have not only helped her navigate the legal complexities but also restored her sense of self-worth and hope for a better future.

Her case underscores the critical role of organizations like Jagori in addressing domestic violence. Through continuous support, Sushila is determined to rebuild her life, protect her child, and seek justice. This positive outcome demonstrates how collective efforts can bring about meaningful change, offering victims a path to safety and empowerment.

\*

## A Comprehensive Training for 40 Anganwari and ASHA Workers

To enhance the capabilities of 40 Anganwari and ASHA workers in addressing the reproductive health and sexuality needs of their communities, a focused training was conducted in Chamba on April 13th. The session aimed to equip these frontline workers with the knowledge and skills necessary to promote gender equality, challenge harmful stereotypes, and improve overall sexual and reproductive health outcomes.

Through interactive methods such as village mapping and role-play exercises, participants gained a deeper understanding of the social and cultural factors influencing reproductive health and sexuality in their communities. By identifying key resources and challenges within their villages, the workers were better prepared to develop targeted interventions.

The training also highlighted the critical role of gender equality in achieving optimal sexual and reproductive health. By exploring gender stereotypes through group activities and discussions, participants developed strategies to challenge these norms and create a more supportive environment for women and girls.

Ultimately, the session empowered Anganwari and ASHA workers to become more effective advocates for sexual and reproductive health and well-being in their communities. Their strengthened skills and knowledge will undoubtedly contribute to improved health outcomes for women and children in the region.

## EMPOWERING FRONTLINE WORKERS FOR IMPROVED REPRODUCTIVE HEALTH AND SEXUALITY



\*

On April 20th, a dedicated group of women from our federation, with a keen interest in herbal plantation, embarked on an enlightening visit to a herbal nursery organized by Jagori Rural Charitable Trust. The primary goal of this visit was to deepen their understanding of herbal cultivation techniques and to empower them with the skills necessary for sustainable agriculture and economic independence. Guided by experienced horticulturists, the participants gained invaluable insights into the cultivation of medicinal plants such as neem and ginger, as well as other herbal species. This hands-on experience included practical demonstrations on soil preparation, seed sowing, and natural pest control methods, all of which are essential for successful herbal farming.

## EMPOWERING RURAL WOMEN THROUGH HERBAL CULTIVATION: A TRANSFORMATIVE VISIT TO A HERBAL NURSERY



The visit was not only educational but also fostered a strong sense of community among the women. Interactive sessions and group discussions provided a platform for sharing personal experiences and challenges, promoting solidarity and mutual learning. The women left with a renewed sense of confidence and a wealth of knowledge that will help them enhance their herbal cultivation practices. This initiative underscores Jagori Rural's commitment to empowering rural women and promoting sustainable development. By continuing to support and train these women, we can ensure the preservation of traditional herbal knowledge while embracing modern techniques for the benefit of local communities and the environment.



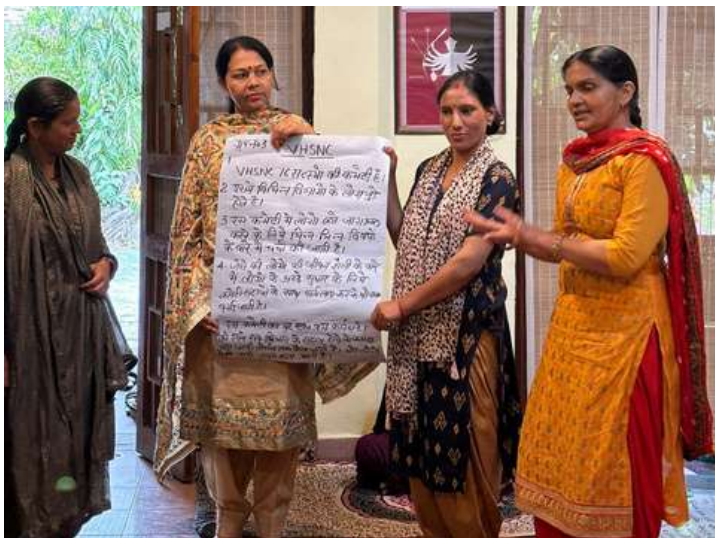
\*

On May 12, 2024, Jagori Rural Charitable Trust hosted a pivotal Village Health Sanitation and Nutrition Committee (VHSNC) meeting at our campus, bringing together 31 dedicated attendees, including ASHA workers, Anganwadi workers, and the JRCT team. The meeting focused on enhancing community health through effective collaboration and active participation. Asha Ji initiated the session with a warm welcome and an overview of the agenda, emphasizing the critical role of cooperation between VHSNC, ASHA, and Anganwadi workers in improving health outcomes.

The discussions delved into the core functions of VHSNC, stressing the importance of community empowerment in addressing health and sanitation needs. The roles and responsibilities of the VHSNC were clearly outlined, highlighting their pivotal role in identifying health issues, developing action plans, and facilitating awareness programs. The integral support of ASHA and Anganwadi workers was underscored, showcasing their contributions to maternal and child healthcare, immunization, nutritional support, and early childhood education. The meeting also highlighted the benefits of a well-functioning VHSNC, such as improved health outcomes, enhanced community participation, and better resource utilization.

The interactive session allowed ASHA and Anganwadi workers to share their experiences and challenges, providing valuable insights into their collaboration with Jagori Rural. They expressed a desire for more training sessions, workshops, and exposure visits, along with specialized training in herbal remedies and medicines. This feedback reaffirms our commitment to supporting these vital community health workers through ongoing training and capacity-building initiatives. By fostering a collaborative and inclusive environment, Jagori Rural continues to empower rural communities, ensuring sustainable health and well-being for all.

## STRENGTHENING COMMUNITY HEALTH: VHSNC MEETING AT JAGORI RURAL



## SEXUALITY AND SOCIETY: A DEEP DIVE

\*

A comprehensive workshop on sexuality was conducted for Jagori team members on May 13th, led by Sarika Sinha. The session delved deep into the complex interplay between sexuality, gender, and society. Through discussions, activities, and film screenings, participants explored societal constructs of femininity, body image, and sexual control. The workshop highlighted the diverse experiences of women, challenging stereotypes and emphasizing the need for self-acceptance. It also brought to light the historical and contemporary issues faced by women, particularly those at the intersections of gender, caste, and class. By examining global perspectives on women's health and rights, the session encouraged a critical understanding of the social and political factors shaping women's lives.



The workshop concluded with a focus on challenging patriarchal norms and fostering empathy. Films like "A Girl in the River" and "Kingdom of Women" offered contrasting perspectives on gender roles and societal structures. Participants were encouraged to continue exploring these themes through suggested readings and films. Overall, the session provided a rich and thought-provoking platform for reflection and discussion, empowering the Jagori team to work towards a more equitable and just society.



\*

On June 19th, Jagori Rural Charitable Trust organized an enriching exposure visit for Anganwadi and ASHA workers to the University of Horticulture and Forestry in Hamirpur. The primary aim was to deepen their understanding of herbal and medicinal plants, suitable cultivation practices, and the integration of herbal remedies into community health. Through interactive sessions with university professors, participants gained valuable knowledge about the diverse range of herbal plants, their medicinal properties, and climate-specific planting techniques. This hands-on experience not only enhanced their horticultural skills but also provided practical insights into promoting health and wellness within their communities.

The visit included comprehensive learning sessions that covered the cultivation techniques and maintenance practices necessary for optimal growth

of herbal plants. Detailed discussions on the medicinal properties of various herbs underscored their role in traditional medicine and community health. Participants were particularly enthusiastic about applying their newfound knowledge in their local contexts, aiming to use herbal remedies for common health issues. This initiative highlighted the importance of practical education and training in bridging the gap between traditional knowledge and modern healthcare practices, equipping frontline health workers with the tools needed to enhance rural health practices.

The visit concluded with a strong recommendation to organize more such educational trips and training programs regularly. By integrating this knowledge into the standard training curriculum for Anganwadi and ASHA workers, Jagori Rural aims to ensure sustained learning and practical application in community health initiatives. This initiative reflects Jagori Rural's commitment to fostering holistic healthcare solutions and sustainable practices for the well-being of rural populations.

## ENHANCING COMMUNITY HEALTH: AN INSIGHTFUL VISIT TO THE UNIVERSITY OF HORTICULTURE AND FORESTRY



# HEALTH CAMP IN BAGGA VILLAGE

Participants found the health awareness sessions eye-opening, realizing the importance of prioritizing nutrition and exercise. The informative discussions on women's health issues heightened awareness of preventive care, motivating attendees to share their newfound knowledge with family and friends.



\*

On June 29, 2024, Jagori Rural Charitable Trust organized a health camp in Bagga Village, Mehla Block, aimed at providing basic health check-ups and raising health awareness among women. The event was a valuable opportunity for the community to access free health services and information, reflecting JRCT's commitment to improving the health and well-being of rural women.

The health camp focused on early detection of potential health issues, promoting proactive health behaviors and lifestyles to prevent future illnesses and complications. Identifying health problems at early stages allows for timely intervention and treatment, significantly improving health outcomes and reducing the severity of illnesses.

In addition to health check-ups, the Jagori team educated the community on the importance of a balanced diet and nutrition in women's lives. Discussions on personal hygiene practices were also conducted, and women were encouraged to engage in physical activity and understand its benefits.

The health camp successfully provided essential health screenings and valuable education to 25 women in Bagga Village. Women were empowered with knowledge about maintaining their health and well-being. The event aimed not only to diagnose health issues but also to prevent future health complications through education and awareness.

Jagori Rural Charitable Trust plans to conduct regular health camps and extend their reach to more villages, aiming to create a healthier and more informed community.





**Name: Lachho Ram & Bega devi  
(Elderly)**  
**Village: Majehtali  
(Nagrota Block)**  
**Category: OBC**  
**Age: Lachho Ram-85,  
Bega Devi-80**

## Jagori Team Brings Hope to Elderly Couple in Majhetalli Village

When the Jagori team visited Majhetalli village, we encountered a heartbreaking scene: an elderly couple living in dire conditions. Despite India's progress, it is distressing to see people who have given so much to their families and communities left to suffer in such a way. Sadly, this is the harsh reality for many elderly individuals in India.

The couple, bedridden and surrounded by filth, lacked even basic food. Their son, an alcoholic laborer, completely neglects them. He often abuses his wife and children and brings a different woman home every night, further ignoring his parents' desperate needs. With no other relatives to turn to, the couple was left helpless.

When the Jagori team spoke to them, the elderly couple struggled to express their hunger and dire state. The team quickly provided food and cleaned their home, but they knew this was only a temporary fix.

Determined to find a sustainable solution, the team approached the Panchayati Raj Institution (PRI) of the local Panchayat and submitted a written application on behalf of the couple. The PRI assured them of swift and effective assistance.

Jagori remains in close contact with the couple, diligently following up with the PRI to ensure the promised aid is delivered promptly. Thankfully, a caretaker has now been provided, offering the couple much-needed support and relief.

This intervention highlights the critical need for sustained support and the community's role in caring for its vulnerable members. Seeing the elderly couple in a better position now brings a sense of relief and satisfaction to the Jagori team. Their story underscores the importance of community intervention and the collective effort to ensure no one is left behind in their time of need

# 1. KISHORI PANCHAYAT

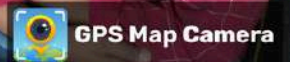


## \*Empowering Change: The Kishori Panchayat Initiative

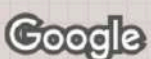
The Kishori Panchayat initiative is transforming the lives of adolescent girls by fostering their holistic development and encouraging their active participation in community development. This innovative program has established nine Kishori Panchayats across the districts of Kangra and Chamba, with four in Kangra and five in Chamba.

The vision of the Kishori Panchayat is to create a nurturing environment where adolescent girls can thrive, develop their skills, and become proactive agents of change in their communities. By providing essential resources, education, and opportunities, the mission of Kishori Panchayat is to empower these young girls, enabling them to contribute effectively to community development.

Through the Kishori Panchayat initiative, these girls are not only gaining confidence and competence but are also shaping a brighter future for themselves and their communities.



Rakkar, Himachal Pradesh, India  
695F+5MQ, Naguni Rd, Rakkar, Kharota, Himachal Pradesh 176057, India  
Lat 32.208895°  
Long 76.374131°  
14/04/24 11:52 AM GMT +05:30



\*

Over the past three months, heartwarming events have focused on strengthening the special bond between mothers and daughters. Three successful Mother-Daughter fairs brought together 143 adolescent girls and 100 mothers, fostering deeper connections through engaging activities and shared experiences.

### **Fairs Filled with Fun and Connection:**

These fairs were more than just gatherings; they were vibrant spaces designed with thoughtful activities that nurtured the mother-daughter relationship. Imagine stalls offering interactive experiences, such as arts and crafts stations where mothers and daughters could create something beautiful together. Workshops promoting open communication and understanding were likely offered, providing tools to navigate the complexities of their bond.

\*

### **A Celebration of Love :**

The highlight of the fairs was the culminating celebration. Daughters and mothers, having spent quality time together throughout the event, expressed their love and appreciation through artistic mediums. A dance performance showcased their synchronized movements, a testament to their unspoken connection. Mothers and daughters penned heartfelt poems for each other, expressing emotions that words might not always capture. Songs brimming with love and gratitude filled the air, further solidifying their bond.

### **A Lasting Impact :**

These Mother-Daughter fairs go beyond the festivities. They plant seeds for a stronger and more communicative relationship between mothers and daughters. The tools and knowledge gained from workshops, along with the shared experiences at the fair, can have a lasting impact on their interactions at home. Imagine open conversations replacing hesitant dialogues, and understanding replacing frustration.

## **2. STRENGTHENING BONDS MOTHER-DAUGHTER FAIRS FOSTER CONNECTION (MAA BETI MELA)**



\*

Jagori Rural is confronting gender stereotypes head-on by bringing adolescent girls into the traditionally male-dominated sports playgrounds. This initiative empowers young girls and promotes their participation in healthy activities.

### 3. BREAKING BARRIERS: ADOLESCENT GIRLS TAKE ON THE FOOTBALL FIELD

#### **More Than Just a Game: Challenging Perceptions**

For too long, playgrounds have been seen as spaces primarily for boys. Jagori Rural's approach disrupts this notion, sending a powerful message: sports are for everyone, regardless of gender. By encouraging adolescent girls to participate in football training, Jagori Rural is challenging these stereotypes and paving the way for a more inclusive sporting culture.



#### **Building Skills and Confidence:**

The initiative goes beyond simply providing access to playgrounds. Jagori Rural has organized football training sessions in three different blocks of Kangra district, equipping 74 adolescent girls with the basic skills and techniques needed to play the beautiful game. These sessions involve learning dribbling, passing, and shooting, all while building their confidence and teamwork abilities.

#### **The Power of Sports:**

The benefits of sports participation for young people are well-documented. Football, in particular, can:

- Promote physical fitness and overall health
- Develop teamwork and communication skills
- Boost self-esteem and confidence
- Provide a healthy outlet for stress and energy

Jagori Rural's initiative harnesses the power of sports to empower adolescent girls. As these girls develop their football skills, they are also acquiring valuable life skills that will benefit them both on and off the field.



\*

Jagori Rural is dedicated to empowering adolescent girls (AGs) with the knowledge and tools needed to navigate their lives successfully. Recently, a three-day residential workshop in the Chamba district focused on gender and basic health, providing 28 AGs from three different blocks with valuable information.

#### **Breaking Down Barriers: Understanding Gender:**

The workshop tackled crucial concepts of gender and gender discrimination. Picture girls engaging in discussions about these topics, learning to identify and challenge gender stereotypes that might limit their opportunities. By fostering this understanding, Jagori Rural empowers these young women to advocate for themselves and others.

#### **Prioritizing Health: Knowledge is Power:**

The workshop also delved into basic health, focusing on menstrual health, reproductive health, and the importance of a balanced diet. This knowledge is essential for girls to make informed choices about their well-being. Imagine sessions on menstrual hygiene management, equipping them with the tools to navigate this natural process with confidence. Workshops on reproductive health likely covered topics like puberty and family planning, empowering them to make informed decisions about their future. Discussions about balanced diets could have provided them with the knowledge to make healthy food choices, nourishing their bodies and minds.

#### **Taking Action: The Power of Health Camps:**

Complementing the workshop was a health camp specifically designed for the participants. This camp likely offered medical checkups and consultations with healthcare professionals, addressing any immediate concerns the girls might have. Additionally, sessions on maintaining good health and the importance of a balanced diet could have reinforced the knowledge gained during the workshop.

#### **Building a Brighter Future:**

Jagori Rural's workshop and health camp initiative empower adolescent girls with the knowledge and confidence to make informed choices about their lives. By understanding gender issues and prioritizing their health, these young women are well-equipped to navigate the complexities of adolescence and step into the future with power and purpose.

## 4. EDUCATING AND EMPOWERING: A GENDER AND HEALTH WORKSHOP FOR ADOLESCENT GIRLS





\*

Jagori Rural is nurturing future leaders by providing adolescent girls (AGs) with unique exposure visits that challenge assumptions and build confidence. Over the past three months, 152 AGs from the Kangra and Chamba districts participated in four eye-opening experiences.

### **Beyond the Fences: Exploring the Army :**

One visit took the girls to an army area, shattering the stereotype that military careers are solely for men. They learned about the enlistment process, the diverse roles available within the army, and the opportunities for personal growth and service. This exposure likely sparked a newfound interest in the world of defense for some, while also challenging traditional notions of gender roles.

### **Empowered, Not Afraid: Demystifying the Police Station:**

Two visits targeted a common fear – the police station. Historically, girls and women might have felt hesitant to approach the police. Jagori Rural took a bold step to dismantle this taboo by organizing a visit to a police station. Here, the girls learned about police operations, their role in maintaining law and order, and most importantly, their rights as citizens. They conversed with police officers, understanding how the police can be allies in ensuring their safety and well-being. This visit likely empowered the girls, replacing fear with knowledge and confidence.

### **Shedding Light on Primary Healthcare: A Visit to the Local Clinic:**

Many adolescents might harbor anxieties about visiting a doctor or a health center. To bridge this gap, a recent initiative saw 30 teenagers embark on an informative visit to the Primary Health Center in Panchayat Lech. Dr. Tanya Sharma, a beacon of dedication, explained the inner workings of the clinic and its role in the community. The teenagers, curious and engaged, bombarded Dr. Sharma with questions. They delved into the path to becoming a doctor, explored various medical specializations, and learned about the crucial role of Community Health Officers (CHOs). Witnessing Dr. Sharma's commitment firsthand undoubtedly left a lasting impression. This visit fostered a sense of empowerment among the teenagers. The fear of the unknown was replaced with newfound confidence, stemming from a deeper understanding of healthcare and their rights as citizens. This visit likely inspired some to consider a future in medicine.

### **Building Leaders for Tomorrow:**

These exposure visits are more than just field trips. They are carefully curated experiences designed to build leadership qualities and confidence in AGs. By exposing them to diverse career paths and fostering a sense of security within legal systems, Jagori Rural is empowering these young women to become future leaders in their communities. They are learning to advocate for themselves and others, fostering a generation of strong, confident women who are not afraid to challenge stereotypes and pursue their dreams.

## **5. SHATTERING STEREOTYPES, BUILDING LEADERS: EXPOSURE VISITS EMPOWER AGS**





\*

Jagori Rural understands that achieving gender equality requires a two-pronged approach. To this end, they recently launched the innovative Kishori-Kishor Utsav (Festival for Girls and Boys) in the Kangra and Chamba districts.

### **Breaking Down Walls, Building Bridges:**

This groundbreaking event aimed to dismantle gender stereotypes and foster a culture of equality. Boys and girls participated in activities that traditionally might be seen as gender-specific. Boys learned the art of cooking alongside girls, challenging the notion that the kitchen belongs solely to women, while girls engaged in technical work, proving that such skills are not limited to boys. This shared experience likely fostered understanding and respect between the genders, laying the groundwork for a more equitable future.

### **A Celebration of Unity:**

The Kishori-Kishor Utsav wasn't just about breaking down barriers; it was also a celebration of unity. A total of 359 individuals aged 13 and above participated in the event, with a healthy mix of 247 girls and 85 boys. This inclusive approach ensures that both genders have a voice in the conversation about equality.

### **A Look Ahead: Building a More Equitable Future:**

The success of the Kishori-Kishor Utsav highlights the importance of engaging boys in the fight for gender equality. Jagori Rural's initiative paves the way for future events that promote understanding and collaboration between genders. As boys and girls work together to challenge stereotypes, they become agents of change, building a future where opportunities and choices are not limited by gender.

## **6. CELEBRATING EQUALITY TOGETHER: KISHORI-KISHOR UTSAV PROMOTES GENDER HARMONY**



\*

Jagori Rural Charitable Trust recently held a two-day residential workshop in Rakkar, aimed at empowering young people to become advocates for rights and entitlements within their communities.

### **Sharpening the Tools: Knowledge is Power:**

Expertly facilitated by Dr. Rajeev Bansal, the workshop brought together 34 participants from various regions, including 29 peer leaders and 5 boys, underscoring Jagori Rural's commitment to inclusive participation. The curriculum covered crucial topics such as:

- **Constitutional Rights:** Participants gained a comprehensive understanding of the fundamental rights guaranteed by the Indian Constitution, empowering them to identify and challenge violations.
- **Fundamental Duties:** The workshop explored the concept of fundamental duties, emphasizing the responsibilities that accompany rights and fostering a sense of civic engagement.
- **Key Legislations:** Focused on legislations like RTI (Right to Information), MGNREGA (Mahatma Gandhi National Rural Employment Guarantee Act), and the 73rd Amendment Act, the workshop equipped participants with knowledge of powerful tools for holding authorities accountable and ensuring access to government programs.

### **Learning Through Engagement:**

The workshop employed a variety of engaging activities to solidify understanding beyond traditional lectures. Keynote addresses by experts sparked thought-provoking discussions, while interactive sessions encouraged active engagement with the material. Group discussions provided a platform for participants to share experiences and brainstorm solutions, and presentations showcased their newfound knowledge, igniting a passion for advocacy.

## **7. EQUIPPING CHANGEMAKERS: WORKSHOP EMPOWERS YOUTH ON RIGHTS AND ENTITLEMENTS (ADVANCE WORKSHOP)**



\*

Jagori Rural Charitable Trust recognizes that achieving gender equality requires a multi-faceted approach, including engaging boys in the conversation. This was precisely the goal of a recent two-day residential workshop held under the AGAJ (Aware Girls Action for Justice) program.

### **A Safe Space for Exploration:**

The workshop, held at the Rakkar office, provided a safe space for 33 boys from various blocks in Kangra and Chamba districts to explore critical topics related to gender. Facilitated by the knowledgeable Dheeraj Kumar Yadu, the sessions delved into concepts such as:

- **Gender and Patriarchy:** Boys engaged in discussions about the definition of gender and how patriarchal structures perpetuate inequality. This critical self-reflection is a crucial first step toward challenging the status quo.
- **Adolescence and Relationships:** The workshop addressed the complexities of adolescence, a time marked by significant physical and emotional changes. Discussions about healthy relationships, communication, and respect fostered empathy and understanding.
- **Consent:** A clear understanding of consent is paramount for building respectful and equitable relationships. The workshop ensured that the boys were equipped with the knowledge to navigate consent healthily.

### **Learning Through Engagement:**

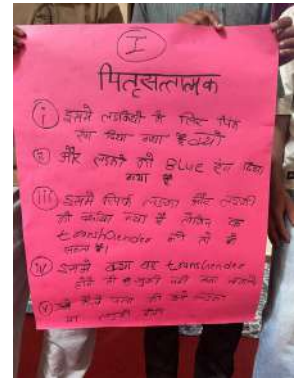
The workshop emphasized active participation over traditional lectures. Interactive activities kept the boys engaged, encouraging them to express their views and challenge preconceived notions. Discussions with peers and the facilitator provided a platform for open dialogue and exploration, while multimedia presentations added a visual dimension to the learning experience, solidifying understanding.

### **Building Advocates for Change:**

The ultimate goal of the workshop was to sensitize the boys to gender issues and foster a deeper understanding of equality. By actively participating and engaging with these critical concepts, the boys are on the path to becoming advocates for change. They are learning to challenge traditional gender roles and societal norms, paving the way for a more just and equitable future for all.

## **8. BREAKING DOWN WALLS, BUILDING EQUALITY: BOYS' WORKSHOP TACKLES GENDER ISSUES**





\*

Jagori Rural Charitable Trust, in collaboration with Doers Organization under the AGAJ program, recently hosted a crucial three-day workshop. This forward-thinking initiative focused on the critical link between Sustainable Development Goals (SDGs) and Disaster Risk Reduction (DRR), empowering teams to build resilient communities.

### **A Roadmap for the Future: SDGs and DRR:**

Led by experts Navneet and Anuradha, the workshop delved into the concept of SDGs, highlighting their role as a comprehensive blueprint for sustainable development. The focus was on integrating proactive DRR strategies into existing plans, ensuring a future less susceptible to disasters.

## **9. BUILDING RESILIENT COMMUNITIES: DISASTER MANAGEMENT WORKSHOP EQUIPS TEAMS**



### **Understanding the Threat: Climate Change and the Himalayas:**

The workshop didn't shy away from the harsh realities of climate change. Interactive sessions addressed climate change awareness, emphasizing its profound impact on the fragile Himalayan region. Participants gained valuable knowledge about the specific threats posed by climate change in their communities.

### **Building Resilience: Practical Skills and Innovation:**

The focus wasn't just on understanding the challenges; it was also about equipping teams with practical skills. Attendees participated in activities that highlighted the synergy between ongoing projects and specific SDGs, fostering a culture of innovation and preparedness. Hands-on training sessions covered essential skills like first aid, climate science, and managing mental health during emergencies. These skills are vital for building resilient communities that can not only withstand disasters but also bounce back stronger.

### **A Collaborative Effort for a Brighter Future:**

The workshop's success lies in its collaborative nature. Jagori Rural Charitable Trust's dedication to building resilient communities was amplified by the partnership with Doers Organization. The expertise of facilitators Navneet and Anuradha further enriched the experience. By working together, they have empowered participants with the knowledge and skills necessary to create a safer and more sustainable future for their communities.



\*

Jagori Rural Charitable Trust is prioritizing the emotional well-being of adolescent girls (AGs) by creating a safe space for open discussions about mental health. In collaboration with Pooja from the Aloka Foundation, they recently held two dynamic one-day sessions for 44 girls in the Kangra district.

Through engaging activities such as drawing, personal reflections, and discussions on self-identity and emotional well-being, the sessions aimed to foster a deeper understanding of mental health challenges. The girls actively participated, openly sharing their experiences and struggles with self-identity, gender roles, and mental health. They also expressed their joys and dislikes, creating a strong sense of camaraderie and shared vulnerability.

The overwhelming desire for more sessions from the girls highlights the critical need for ongoing mental health education and support in their communities. Jagori Rural is committed to addressing this need, and these sessions mark the beginning of their important work in promoting emotional well-being among AGs.

## 10. MENTAL HEALTH SESSION



\*

Jagori Rural Charitable Trust is partnering with MCM Institute to promote gender equality and create opportunities for women to excel in all areas of life. Our plumbing workshop initiative reflects this commitment, empowering adolescent girls and women with the skills and knowledge needed for a successful career in the plumbing industry. Thirty participants from the Kangra District are enrolled in this month-long workshop.

### **Nurturing Skills, Transforming Lives:**

Our plumbing workshops provide hands-on training in various aspects of plumbing, including:

- Pipe installation and repair
- Sanitary fitting
- Waterproofing techniques
- Safety protocols

Through these workshops, we aim to equip girls with the skills necessary to become self-sufficient and contribute meaningfully to society.

### **Breaking Stereotypes, Building Confidence:**

Jagori Rural's initiative addresses the traditionally male-dominated plumbing industry, challenging stereotypes and encouraging adolescent girls to explore their potential in a non-traditional domain. We believe women have the aptitude and determination to excel in any field they choose.



## 11. PLUMBING WORKSHOP



\*

Jagori Rural Charitable Trust is actively working to safeguard our planet and empower future generations through a series of impactful environmental initiatives. Here's a glimpse into their recent efforts:

### **World Environment Day Celebration at Khaniyara:**

On World Environment Day, Jagori Rural collaborated with Waste Warriors to educate students at Khaniyara Primary School. The theme "Our Land. Our Future. We are #GenerationRestoration" resonated as students learned about responsible waste disposal practices. Interactive games helped them grasp sorting techniques, while a short film emphasized waste reduction and recycling. The day concluded with a strong sense of community unity, as everyone joined in the chant "Who will do it, we will do it!"

**Environmental Awareness at Ichhi School:** A dynamic session at Ichhi Govt. Sr. Sec. School engaged 199 students through chart creation, slogan development, and discussions on environmental protection. This interactive approach fosters a comprehensive understanding of critical environmental issues.

**Cleanliness Drive in Tillu Village:** In partnership with Waste Warriors, Jagori Rural organized a successful cleanliness drive in Tillu Village. Thirteen adolescent girls, five boys, and three women actively participated, highlighting the importance of community involvement. Activities included waste collection, segregation, and raising awareness about proper waste management.

**Salooni Block Clean-Up Drive:** To commemorate World Environment Day, Jagori Rural initiated a clean-up drive focused on natural water sources in the Salooni block of Chamba district. Thirteen villagers joined forces with the Jagori Rural team, ensuring cleaner and healthier water sources for the community.

**Mehla Block Clean-Up Drive:** In the Mehla block of Chamba district, Jagori Rural led a comprehensive clean-up drive across seven locations. Eighty-five community members enthusiastically participated, contributing to the cleanliness of natural water sources and roads, enhancing hygiene and well-being in the area.

**Tissa Block Clean-Up Drive and Tree Planting:** In the Tissa Block of Chamba district, Jagori Rural organized a focused clean-up drive covering four locations, with 36 participants actively involved. Efforts focused on cleaning natural water sources and bus stops, promoting a healthier environment for all. Additionally, Jagori Rural planted 30 saplings in Chilli village, enhancing the area's beauty and contributing to a greener future. Jagori Rural's commitment to environmental education and community action is paving the way for a cleaner, healthier future.

## 12. JAGORI RURAL CHAMPIONS A CLEAN AND HEALTHY ENVIRONMENT!



## **Other regular Activities:**

The AGAJ program thrives on regular activities that bring people together and empower communities. Here's a glimpse into its success in Kangra and Chamba districts over the past three months:

- **Monthly Meetings:** A cornerstone of the program, 71 monthly meetings were held, each focusing on a distinct topic relevant to the community.
- **Impressive Participation:** A staggering 756 AGs and mothers actively participated in these meetings, demonstrating a strong commitment to learning and engagement.
- **Diverse Topics:** The meetings covered a wide range of subjects, fostering knowledge and empowering participants to address various challenges.

These numbers showcase the AGAJ program's effectiveness in fostering dialogue, knowledge sharing, and community action in Kangra and Chamba.

---

<https://www.jagorirural.org/>