

Action Projects : Monitoring Framework, Progress and Sustainability



REVITALIZED MINDS

A project to support children and youth affected by mental health issues in three different locations

November 2021 – March 05, 2022.



Due to various situations that emerged during COVID Pandemic, unprecedented adverse situations prevailed in the lives of many youth and other groups that severely affected their mental health and wellness



Our project was implemented in Chennai, Pune & Mangalore as per the needs identified in the groups identified in each location

Need based online and offline mental health workshops for autistic children in Chennai, neurotypical youth in Pune and Mangalore and frontline anganwadi workers in certain periurban locations of Mangalore.

Partnerships were forged with NGOs and Government agencies and specialists– Yoga, Physical Exercises, Art, Craft



The project reached out to 320 persons, including youth, children, parents, teachers and anganwadi workers with need based sessions

Regular practice of therapy at home and school had a positive effect on the autistic children Anganwadi workers trained for spread awareness about mental health

LEADers
Jothimani
Bindiya Shetty
Jaishree Bajaj



Youth expressed feeling safe and grounded when faced with stressful situations Children are aware of tools to come out of daily stressful situations.

Next Steps

Partnerships with NGOs and experts for future sustained action



UNSCRAMBLE



To help children and adolescents to cope with the challenges during the pandemic through different sessions. Session included reading, art and experience sharing under the theme of Happiness, Health promotion and life skill development.

THE PROJECT WAS CARRIED OUT IN
DELHI, MIZORAM, AND KOLKATA.

Closing of schools, restrained living, lack of social interaction as well as lack of physical activities had a negative impact on the physical and mental health & well-being of children and adolescents. We therefore aimed to support them build resilience and healthy coping approach.



The target group consists of children who lost their parents because of the pandemic, slum kids, and school students.

LEADERS – ARCHANA, MALIHA, KIMI, JATIN,
SIRIVANI, AHTISHAM

An online community of students for peer-group support has emerged
Inculcated the practice of journal writing as a means of effective coping for the students.
It has built a stronger sense of adaptive capability in children through the close-knit social network

It has developed a stronger sense of resilience and adaptive capacity in children by building a close-knit social network in smaller children, which was hampered during Covid 19.



WHAT NEXT

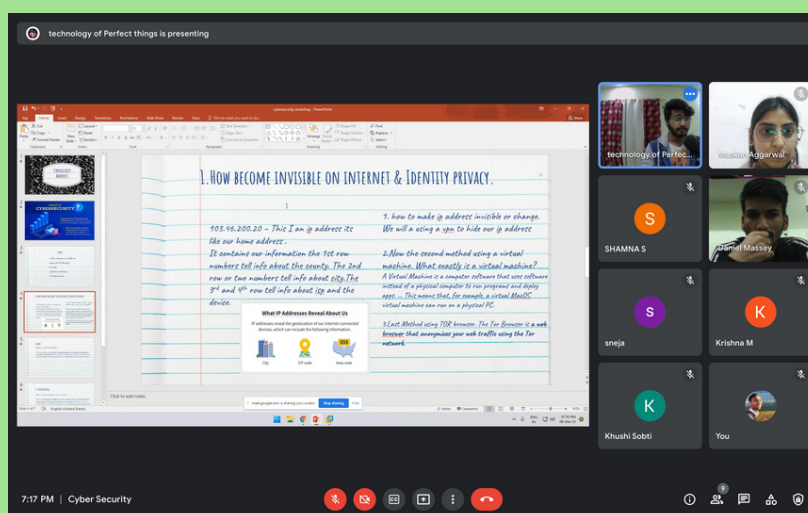
Plans are in motion to utilize social media as means of an awareness campaign in hopes of reaching wider audiences as well as parents.



WOMEN FOR WOMEN

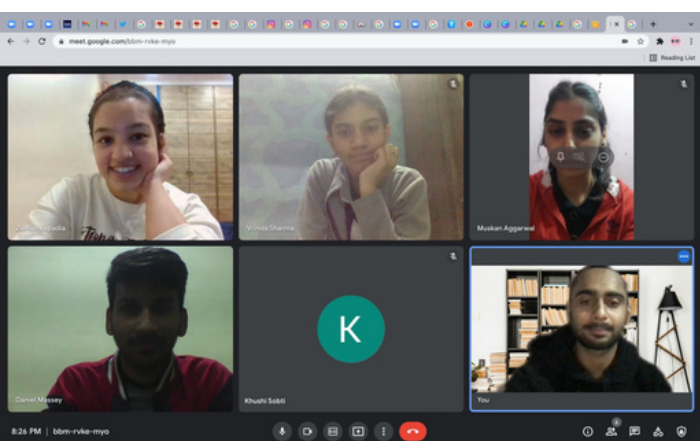


A community by the women for the women to create a safe space, a support system for working women, where women share ideas, stories and opportunities, which can in turn generate value for other women/ eg in upskilling and networking.



For many working women, challenges magnified due to pandemic. Our research showed nearly 7/10 women experienced negative shifts routinely, an impact covid - 19 pandemic. Furthermore, for many women, income went down and work life balance got disturbed.

Women from urban and peri urban areas who were seeking to be a part of a community to get support on various matters affecting their daily lives.



LEADers
Akash, Danile, Muskan Agarwal, Samruddhi, Sneja, Radhika

- Sessions on various topics like Graphology Cybersecurity Networking
- Conducted an interview with Divya Shah who is working along the same lines with the purpose of creating a community.
- Created an instagram page to create awareness about our initiative and facilitate sensitization.
- Personal interactions with women who joined the community to establish a connection and know their story

What NExt

- Hold space for 2-3 months where those who are showing leadership, can be enrolled to take this further
- Connect with group with resource persons who may be interested to come in pro bono and do sessions that are need based
- Have virtual sharing exchanges with other women's virtual groups with similar purpose





@project_adi_shakti
#standbyadishakti



1 What is Project Adi Shakti?

A project to take action against Gender based Violence by equipping girls and women with legal rights, knowledge and self defence skills.

2 Need for Adi Shakti?

During the Pandemic induced lockdowns, violence against women in form of sexual harassment and domestic abuse saw a rise, where 77 cases of rape were reported everyday and domestic violence case numbers was above 3 lacs.



3 How and for whom?

We conducted a series of 3 Online workshops with various professionals like an Activist, Doctor, Lawyer, Police officer and a Self Defense trainer for girls and women across the country from the age group of 15-50 years. We also conducted an offline self defence workshop in Hyderabad.

4 Outcome and future of Adi Shakti ?

Approximate reach was 200+ girls and women from different walks of life. Adi Shakti hopes to continue to make an impact and reach out to more women through a Digital guidance book which will have curative information from the learnings of our workshops.



Team Members!

Zainab Z Kapadia
Sanhitha Goka
Srilaya Gottimukkala
Palash Agarwal
Arohi Taparia



I LEARN 4 ME

KATHRAIN, ROHTAS DISTRICT,
BIHAR, INDIA

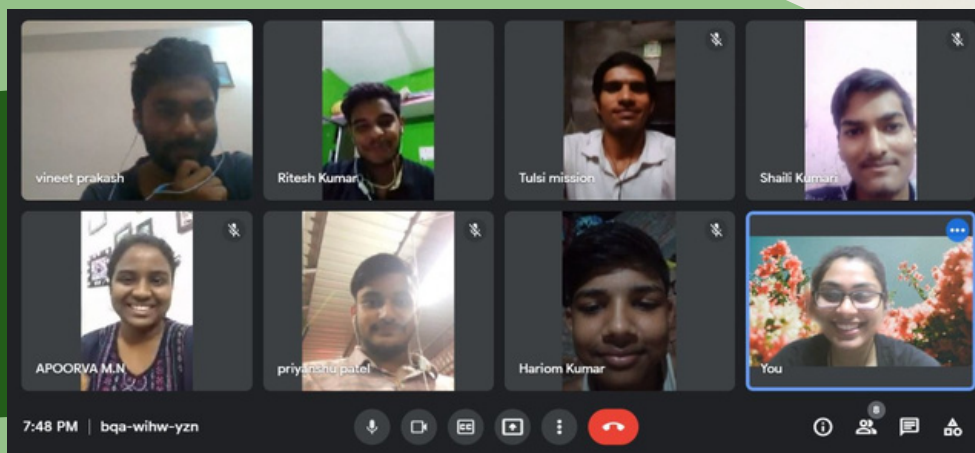
Inspiring first
generation
learners of a
primary school
from rural Bihar
to learn English



This initiative
employed joyful
and playful ways to
mentor the
youngsters on team
work and public
speaking

Students who know and speak English have greater access to resources that may help them progress in life. During the COVID-19 pandemic, students of this project were isolated at home, and had no one who could impart language skills to them.

THE PROJECT
ENABLED LEARNING
THROUGH VIRTUAL
SESSIONS ON ZOOM



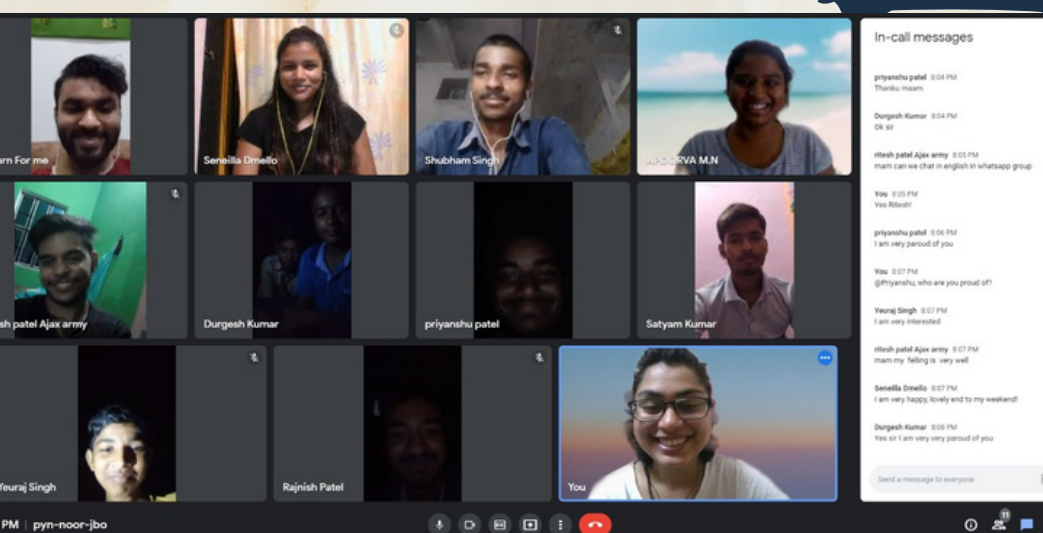
AS THE PROJECT
PROGRESSED, THE STUDENTS
SHOWED CONFIDENCE WHILE
SPEAKING ENGLISH

THEY LEARNT NEW WORDS
AND TO FRAME SIMPLE
SENTENCES



LEADERS
Seneilla, Ooha, Apoorva,
Vineet, Shivasheesh

THEY ARE
SHOWING GREATER
EASE IN READING,
WRITING AND
ENGAGING IN
SIMPLE
CONVERSATIONS IN
ENGLISH



WE ARE CURRENTLY WRAPPING UP BY CONDUCTING REFLECTIONS ON THE PROJECT'S JOURNEY, AND PROVIDING THE PROJECT PARTNERS WITH RESOURCES TO USE INDIVIDUALLY, IF THEY'RE INTERESTED

THE TEAM HAS COMMITTED TO BE CONNECTED WITH THE STUDENTS VIRTUALLY TO PROVIDE MENTORING SUPPORT, ESPECIALLY FOR THEIR CAREER

WE ARE ORGANISING BOOK SHELVES AND BOOKS FOR THE COMMUNITY LIBRARY IN THE VILLAGE





Maitri

GROUP MEMBERS

Umang Jasani
Pratiksha Puneekar
Gayathri
Fatima Zohra
Kirubakaran

WHAT?

We identified women who lost their source of income during the COVID Pandemic and skilled them in making reusable menstrual pads and linked them with employment opportunities

WHERE?

The training was online. Women joined from different cities- Pune, Chennai, Delhi, Surat and Bangalore.

WHOM?

Women from different backgrounds and age-groups joined the sessions. Homemakers from rural, urban and semi-urban areas.

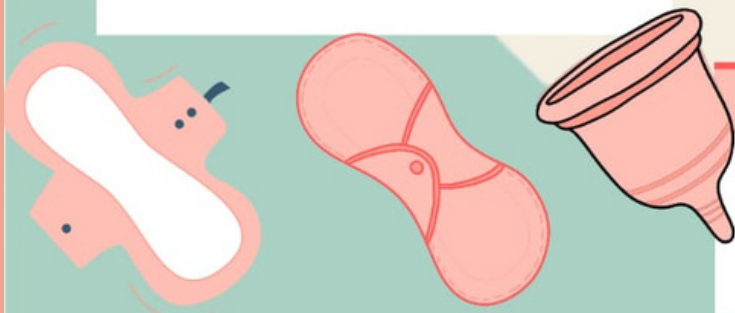
WHAT EMERGED?

- 38 women skilled in making cloth pads.
- Gained awareness about myths around menstruation, sustainable menstrual products, economic, environmental benefits and advantages of cloth pads.
- Gained community entrepreneurship skills
- Few women started earning after being contracted as suppliers by NGO Kamakhya



WHAT NEXT?

The training was online. Women joined from different cities- Pune, Chennai, Delhi, Surat and Bangalore.



PRAYAS



GROUP MEMBERS

Umang Jasani
Pratiksha Puneekar
Gayathri
Fatima Zohra
Kirubakaran



WHAT?

Facilitated experiential learning for students of low income community government schools, who experienced learning gaps during COVID Pandemic lockdown



WHY?

To bridge the gaps created in education and creative engage children and get their attention in learning beyond textbooks

WHAT EMERGED ?

A very participative and enthusiastic students who engaged in science experiments

Access to science experiment kit by students

Spirit of volunteerism invoked among local youth

WHERE?

Jilla Parishad Prathmik Shaala, Undri, Pune

WHOM

School children from economically weaker section, studying in 7th-8th grade in Undri Government school.



Going forward, we will continue to conduct the sessions and organize a science fest for the kids in the first week of Apr'22

WHAT'S NEXT?

A science fest where school students will demonstrate their learning through small Do-it-yourself projects

Donating the science experiments kits to schools to sustain the process for future batches.



DAAYITVA

Helping native Hindi speaking and vernacular language school & college students to skill in English communication.



More than 30 sessions have been conducted to assist participants to boost their proficiency in English speaking and understanding. And holded career counseling sessions for youth in online and in offline sessions for Engineering , MBA, Medicine and UPSC.

Many Undergrad UG students were confined to their homes and online classes due COVID-19 induced pandemic.

Their opportunities to learn and communicate with peers were restricted. Sessions provided them the platform to learn, practice skill development and build cohorts.

Sessions were done online, so students from Delhi, UP, Gujarat, Maharashtra and Kerala joined. career counseling Online and offline sessions held in Kerala.



Career counseling ,creating awareness about various top careers available in India and making them aware of these positions and to guide them how to prepare for it.

August, 2021 continued till Feb, 2022 Online activities for career counseling are ongoing.

vernacular medium schooled students fraternity , currently pursuing graduation or job seeking candidates. career counseling, youth from classes 9-12 and for college students.

Continuing with the session on Sundays and magnifying the cohort. The WhatsApp group created in the beginning will continue to be operational. career counseling, Created 3 UPSC groups of 750 members and helping them with Upsc materials including current affairs and toppers notes and it will continue for next 2 years. Shared contact details for addressing their doubts in various career issues.



LEADers
Himani Pandey, Aadil M Moopen,
Akankshya Sahu, Komal Jain.



Project Dignity



To focus on the lives of daily wage labourers, especially of women and child migrant labourers, working on the streets. Document and publish stories of how covid impacted their life, in an engaging photo-story format. And to bring awareness about schemes and their rights amongst this population in their local languages.

COVID-19 wreaked havoc across states, especially those with large migrant and vulnerable populations. Without wages, this population was overnight exposed to an exponential risk of food scarcity, unemployment, poverty and high contradiction of COVID-19. And it was seen that many labourers were unaware of the benefits they could avail through government schemes. Therefore we decided to focus on women daily wage labourers working on the streets.

Jharkhand (Bokaro Steel City and Dhanbad, Chattisgarh (Raipur)
Haryana (Hisar)



Women daily wage labourers (especially unorganised sector) and particularly those working on streets in harsh weather conditions. These include road sweepers, women involved in brick formation work (Chimni Bhatta), women working as vegetable sellers, rag pickers etc.



To conduct further surveys to know more in depth about the issues faced by the women and attempt to create awareness and write articles in the newspaper .

LEADers – Qurat, Rahul, Aisha, Anu, Gitanjali

August 2021 – March 2022

We discovered several problems faced by the women, such as
There is no washroom in the workplace where they may change their pads during menstruation. As a result, they must use the same pad for extended periods of time, resulting in serious infections and other diseases.

They must retain their pee for extended periods of time because there is no restroom nearby to use while working.



Saarthi

Self help and awareness generation to kids missing on learning and affected due to pandemic induced lockdown and school closures under YLESA project . The areas of focus include social evils and socio emotional losses and how to deal with them .



From October 2021 to march 2022 , March 23rd the comic was launched and distributed to the students.

Gandhi Ashram School,
Tezpur , Assam

To promote safe and healthy living of the community by Providing awareness regarding social evils and building up healthy communities helping each other up .



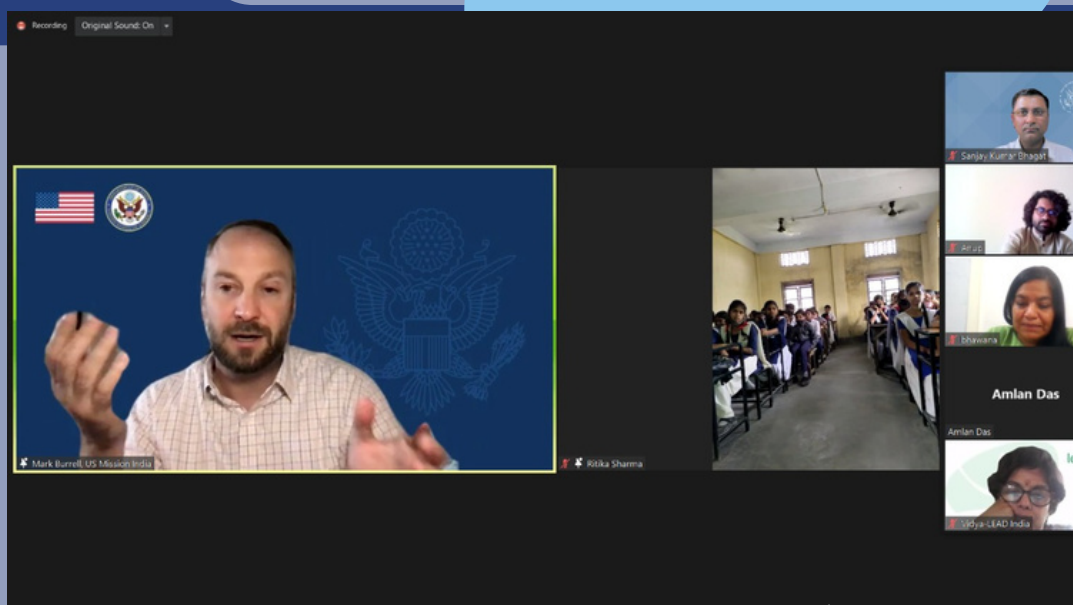
School students are the beneficiaries of the comic book which is self help and interactive type . The kids have received the comic with great joy .



what emerged - saarthi is a friend who helps out during difficult times....likewise our comic book saarthi has become a friend to the kids

LEADers - Amlan , Nehal , Pearly, Tarusha

what's next - making revised version of comic and implementation at various schools of different regions and states.



THE MANN TALKS

A project that built fun, participatory workshops to raise mental health awareness



SHOMALLI MOHALLA
IN OLD SATWARI,
JAMMU, JAMMU AND
KASHMIR, INDIA



This initiative began during the COVID-19 pandemic to support children and adolescents

Breakdown of the safety net of protective family, peer groups, and psychological support from teachers had led to a rise in psychological distress among children and adolescents.

A MIX OF SITUATIONS COMPLICATED THE PROBLEM

Home confinement, parental anxiety, lack of physical activities or direct social interaction, and disruption in routines.



THE PROJECT'S FOCUS HAD MANY BRANCHES

- Raising awareness about various aspects of mental health
- Peeping into one's own mental health
- Going inside oneself through art
- Identifying one's own nonviolent expressions
- Identifying self-defeating labels about oneself
- Setting a positive self-image

20

FAMILIES AND CHILDREN
BETWEEN THE AGES OF 13-
17 BECAME PART OF THE
PROJECT

LEADERS

Simran Kour, Hemani Singh,
Janvi Kour

BIRTH OF A COMMUNITY AND HOPES FOR A BETTER FUTURE

A REGIMEN OF WEEKLY ACADEMIC SUPPORT AND MONTHLY FOLLOW-UP WORKSHOPS ON MENTAL HEALTH HAS BEEN ESTABLISHED

PLANS ARE IN MOTION TO REPLICATE THE PROJECT IN OTHER PARTS OF JAMMU

A VIRTUAL MENTAL HEALTH GROUP HAS EMERGED TO SUPPORT CHILDREN IN NED



WORKSHOPS FOR PARENTS WITH A FOCUS ON THE MENTAL HEALTH OF CHILDREN HAVE BEEN CONDUCTED

LINKAGES HAVE BEEN CREATED WITH LOCAL CIVIL SOCIETY ORGANISATIONS FOR LONG-TERM HOLISTIC DEVELOPMENT OF CHILDREN-CENTRIC, ACADEMIC, AND CO-CURRICULAR SUB-PROJECTS AND ACTIVITIES



MITHI RIVER

MITHI RIVER CLEANUP, a community service initiative to make sure we're the last generation to clean the trash

After India's independence in 1947, Mumbai became the financial center of the country and a focal point for migrants, which generated slums like the one in Dharavi, south of the Mithi River, which has been considered the largest in Asia, spreading out on more than 216 hectares.

I had identified that environment as an aspect was neglected during COVID and had approached Beach Please for collaboration for the same.



Mithi River, Mahim Causeway, Mahim.



While visiting the Mithi River, I came to realise that even though Maharashtra being the first state to ban single waste plastics the use has not yet stopped and majority waste that we clean are single waste plastics along with COVID wastes such as masks, surgical gloves, hats etc.

As the Native American Proverb Says, "We have not inherited the land from our ancestors, We borrow it from our future generations"

We are doing it for our future generation as well as for mother nature. We humans litter and harm the environment but we don't take up the responsibility to clean it.

LEADER
Ramiya. R. Pillai



With this initiative, I want to raise awareness about COVID wastes as well as single waste plastic being dumped openly in the environment.



21 Day Habit Challenge



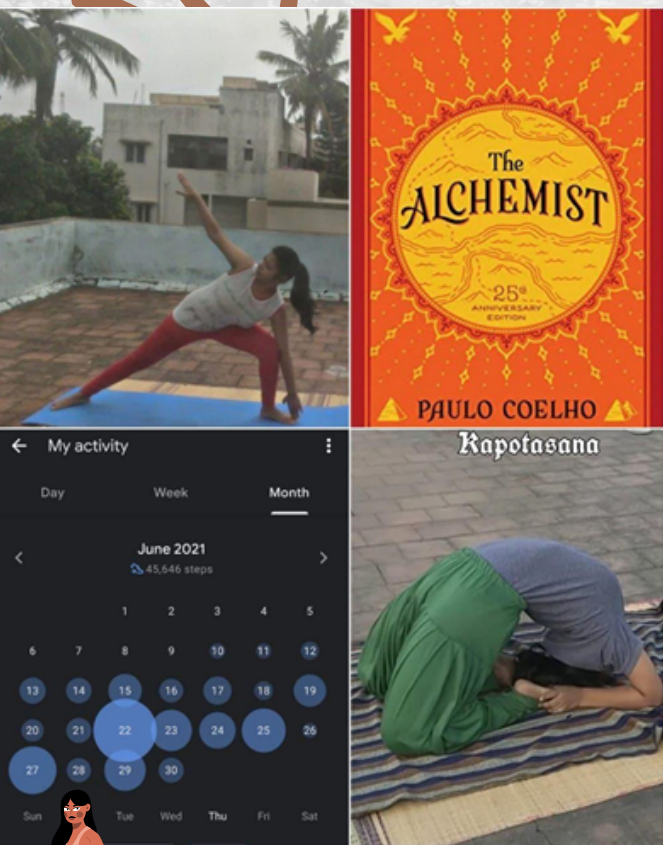
According to the research, it takes 21 days to fully form a new habit, as that's how much time is required for new neuro pathways to be fully formed in the brain.



We decided to pick up two habits and let go of one. The habit's we felt would be most beneficial to our age group are,

1. Waking up early/ Doing yoga or exercises
2. Book Reading group
3. Cutting out social media/ Avoiding procrastination & wasting time

Due to COVID, being indoors and alone made it difficult to adapt. It was easy to be online almost all the time which led to addiction to social media and online media platforms. Giving rise to new habits and challenges. To find freedom from these habits and form new ones, we thought of the 21 Days Habit Challenge.



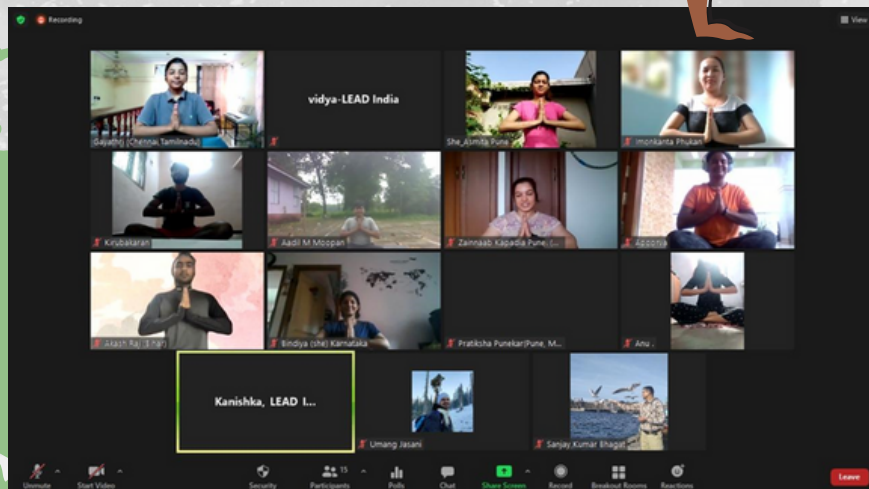
We started on 21st of June, 2021 with 21 members initially in two groups one focusing on book reading and other on daily routine. More joined us later People were excited about the idea and motivated to join the club and make a change in their daily routine

Total of 25 workout champions joined the wakeup and workout group and 22 members in the book reading group.



We regularly connected through zoom meetings. We paired up and would check up on each other to support and motivate one another.

This idea actually emerged through the covid awareness campaign as we focused on Lifestyle and Health during Covid. The workout helped our physical well being and by doing it as a community helped us improvise each and every day and feel more connected.



So now for us we are replacing the word 'challenge' with a habit pattern and extending our connections for 45 days and later 90 days if possible.



SUPER 44 - COVID AWARENESS CAMPAIGN

To provide the most accurate information, help to people in need during the Pandemic. Our focus was to provide to people who were unequipped with means of supporting themselves or their loved ones during COVID. Yet, the reach was not limited to hospital beds or medicines. Support branched out into Mental Health, Food and Nutrition, Positive Affirmations, contacts with On-Field Professionals, Awareness and Community Support.

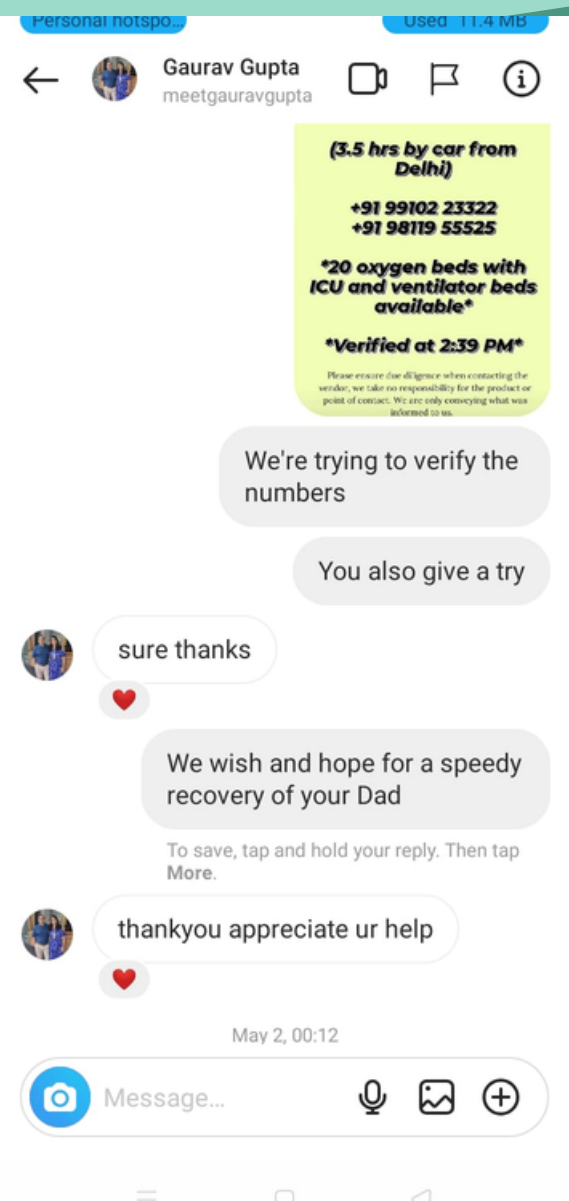
Covid-19 worsened people's lives, making it difficult to help one another. Especially with the high number of cases and need for more support at hospitals and other governing bodies, we decided to help people by providing them with leads for emergency resources. We wanted to give them hope and courage that someone is there to help them however possible.



THE COVID AWARENESS CAMPAIGN HAPPENED ONLINE WITH THE HELP OF VARIOUS SOCIAL MEDIA PAGES AND A GROUP OF 48 VOLUNTEERS WORKING VIRTUALLY DAY AND NIGHT, SOURCING RESOURCES, COMMUNICATING THROUGH CALLS AND TEXTS, AND CONDUCTING VARIOUS LIVE SESSIONS ON SOCIAL MEDIA.

23RD APRIL 2021 TO 30TH SEPTEMBER 2021

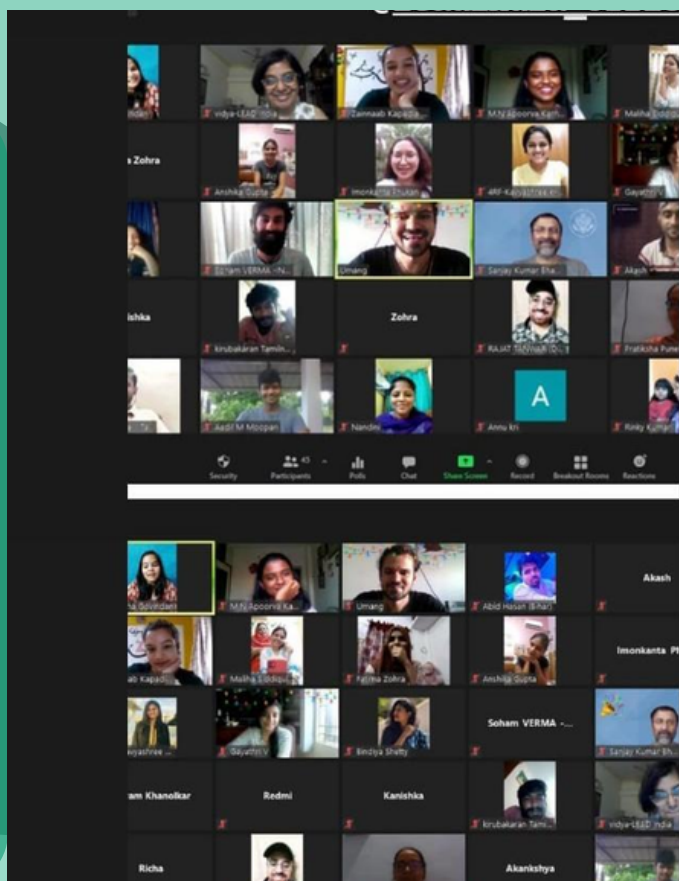
PEOPLE IN NEED OF COVID RELATED RESOURCES, MENTAL HEALTH SUPPORT AND ANY OTHER HELP DURING THE PANDEMIC.



- Not always did I get a positive response on calls, some people got angry and cut the call, some were harsh too but I felt that my goal here was helping people and if this is the path so everything's okay and worth it.

- Only the collective effort could make things like saving a life possible

This campaign Helped me improve my communication by reaching out to unknown individuals. Listening to the people who were in need of help and the love they gave us back made us empathetic.



To keep the group always available to help anyone in any situation however possible and be prepared for the future circumstances when there is a need for help, so that we as a group could come up with the best possible solutions and resources.



Happiness



A couple of dozen people from the YLESA team, were trying to spread happiness in every possible way virtually.

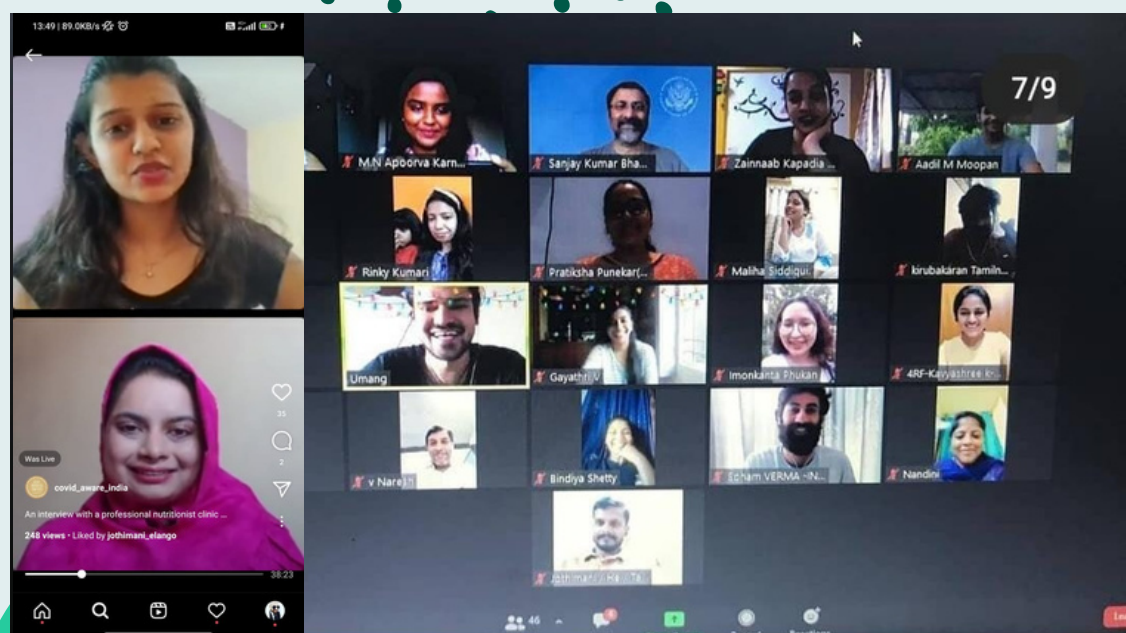
during the pandemic there was a lot of anxiety, stress, fear, negative emotions flowing in everyone's life through social media, television, and surroundings while most of us locked down in a restricted environment.



During the whole 2nd pandemic wave in India. April to September 2021.

spread happiness within the YLESA community, LEAD team by checking on with each other personally, reaching out to the external world virtually and everyone around us.

We were shocked to see that the reality was much worse than we thought and there's a lot more sorrow and unhappiness in people's lives with lots of fear, even within our team. But the hope with which our team flared through was commendable as we conducted many virtual sessions almost every week and brought smiles to more than 1000 of faces.



Virtually through social media platforms like instagram, insta live, insta stories and video reels, Facebook live, twitter posts, zoom virtual webinars/ virtual fun activities and virtual music shows.

To bring happiness everywhere around wherever we will be. Some of us in the team are already working for the better mental health of the society by way of social projects and some aspire to work for the happiness of the world in future, and are looking for such opportunities.

