



Photo Credit : Manoj Srikhande, Madhyamdoot Student

ABHIVYAKTI  
हलचल

JANUARY TO MARCH 2020



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We always hear that we live in uncertain times, but did we ever believe that such level of anxious period would corner us! The past month or so has seen unprecedented events like total lock down. What has this isolation taught us as individuals, as a community and as a Nation? Our safety is a priority but what has caused more concern is the mental health of our people which is pointing to a serious imbalance. Large scale fear, anxiety, panic, frenzy actions and even recklessness. We think there is lot of opportunities here to work on strengthening the mental health of our Citizens. What do you think? Any ideas on how to do this?

We are happy to share a few glimpses of our varied activities through yet another edition of Hulchal. Hope it encourages you to take interest and provides an opportunity to dialogue with us. Needless to add we look forward to your views.

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## MEANS ACTIVITY





## Workshops



### Certificate Course in Computer Basics

In continuation of our resolve to build the capacities of the rural youth in Computers, we conducted two Certificate Course in Computer Basics at Leslie Sawhny Centre. First workshop was held in January 2020 with 20 participants (18 boys and 2 girls) and second workshop in March with 17 participants (9 boys and 8 girls). The workshop focused on developing practice-based skills in learning basic computer operations and applications. One of the challenges is in providing each participant with computers which is what we are aiming to do in the future. We believe practice is the key to learning any skill. One workshop on Basic Computer skills was cancelled due to the Pandemic of Corona virus.

## Gender, Sexuality and Media

We facilitated a two-day workshop on 'Gender, Sexuality and Media' for 70 adolescent students of Espalier English Medium School, Nashik in February at Espalier School, Nashik. Since the number was large, we emphasised on simulation exercises which the students enjoyed a lot. Key concepts of gender, sexuality and media were discussed with the students.



## Session on menstruation with adolescent girls

We also facilitated a session on menstruation with adolescent girls in collaboration with Sahyadri Farms. This session was attended by almost 75 girls from the Z.P school in Dhakambe village near Nashik city.



## Orientation of self and communication

We also facilitated an orientation visit for students of 'Loksevak Madhukarrao Chaudhari College of Social Work', Jalgaon. We spoke on the importance of self, communication and Abhivyakti's work in media.



## Session on 'Gender and Leadership' for the students of Psychology from K.T.H.M college

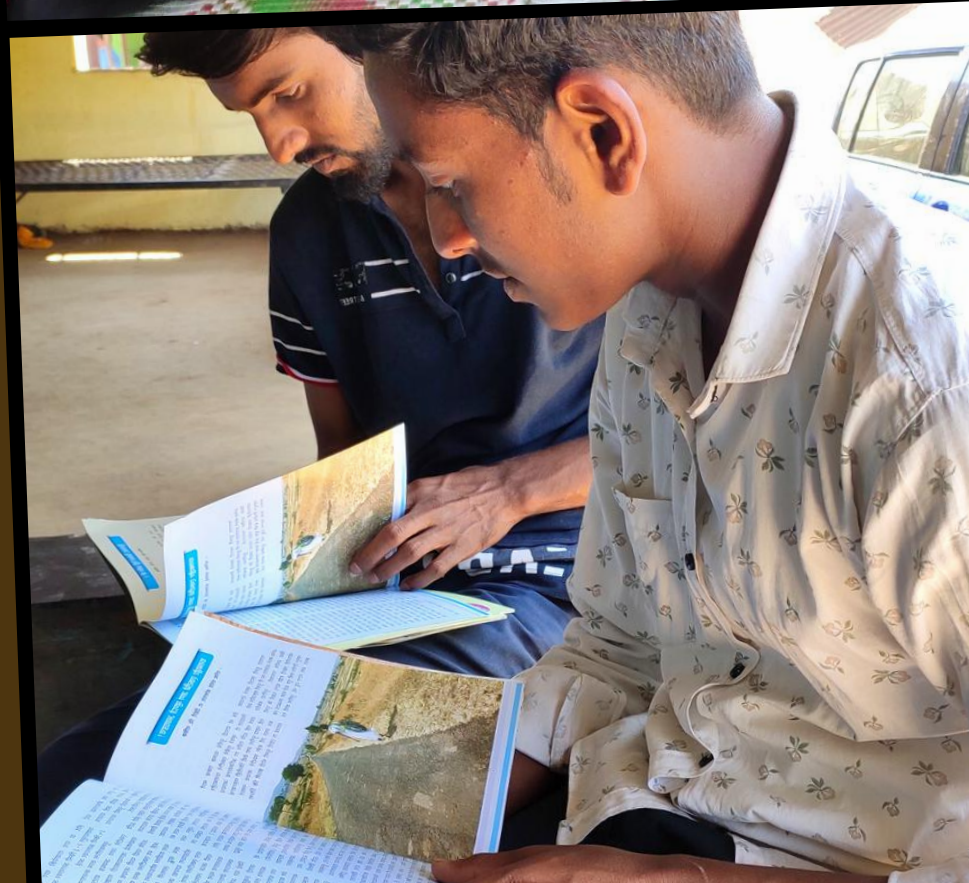
We facilitated a session on 'Gender and Leadership' for the students of Psychology from K.T.H.M college, who visited Abhivyakti in the first week of March. The discussion was interesting and intense as well.



## Shodhini Project

Our work with rural girls from ten villages of Nashik continued with mixed results. While we spent two months of February and first week of March visiting villages to convince the parents of girls to attend residential meeting in Deolali, and in planning a Learning Journey of Shodhinis in the month of March, we had not anticipated the Corona virus to strike. Both these programmes were cancelled.

The 'Shodhini' Newsletter of the last quarter was published this quarter. This issue focused on opinion of girls on the myths whether wearing short clothes or roaming alone causes violence. This issue also dealt on the issue of Priyanka Reddy's case.



# Madhyam Sakhi Project

The Madhyam Sakhi project is nearing its completion phase. Here are the activities that we were involved in –

1. The youth of 'Kochargoan' who are in a large number remain unemployed for long. In view of the distress caused by the issue of unemployment, we organised a meeting to discuss this issue. The long period of uncertainty leads to lots of social problems like intake of drugs, violence and crime. Former Commissioner of Police Dr Sanjay Apranti and Police officials from Dindori guided the villagers including youth. They urged the Gram Panchayat to initiate concrete measures to solve the issue of unemployment.





2. We organised the screening of the community video 'Dharan Ushala, Korad Khishala' at Vadgaon Village, Shahada. The screening was well attended by the diverse section of the village who demanded that the government complete the 'Rathiyawad' Dam which was left half complete.



3. We have started collecting the end line data from 25 villages located in Jalgoan, Dhule and Nandurbar, trying to assess the effect of our intervention in the villages. Similarly, we have also started shooting on video a few of the case stories highlighting the change the villagers witnessed during the project period.





4. We are also documenting eleven case studies from ten blocks of North Maharashtra about the changes that happened in these villages.

5. Rece visit regarding the video film on 'Yuvati Suruksha Sunwai' was completed in Dharangoan village in Jalgoan. The shooting will commence soon.



# Happenings

1. Avinash Neve participated and successfully completed, 'TISPRI' Training Programme for Certificate of Master Resource Person' on Panchayat Raj organised by Yashwantrao Chavan Academy of Development Administration (Yashada), Pune and National Institute Rural Development, during 12 to 15 January 2020 at PACE training centre, Aurangabad.

2. Bhavna Suryawanshi participated in 'Livelihood, Education and Health' workshop organised by College of Social Work, Nashik and BOSCH, company Nashik during 27 & 28 Feb 2020 at Nashik.

3. On 3rd March 2020, Smita Mandapmalavi, a solo women cyclist from Kalyan visited Abhivaykti during her eight days yatra covering 570 km in 5 districts of Maharashtra to create awareness on womens issues. Her visit was inspiring and motivated our team to think of innovative ideas for social cause.





4. Shubhangi and Lata (Shodhini from Kochargaon) and Lakhan(Shodhak from Dahegaon) participated in 'Yuva Hakka Parishad' organised by MASUM in Pune in January to discuss the issues of youth from different contexts. The discussion was on education, marriage and sexuality of youth.

5. Sandip Medhe along with activists from CORO organisations, Mumbai working on womens issues met the Regional Commissioner and demanded that the issue of 'Single Women' be recognised and they be registered as an entity in the local self governments.

## 6. Abhivyakti Day

Abhivyakti day was celebrated on 24th January with Indavi Tulpule from Shramik Mukti Sanghatnana as the guest of honour. She spoke on the changing social reality and the need to share concerns on a regular basis. Indavi also answered questions raised by the team members.



## 7. Family Get-together

Abhivyakti invited retd. Police Commissioner Dr Sanjay Apranti to speak on his experiences during a family get-together organised by Abhivyakti on the 28th February. It was very engrossing interaction with the family members of Abhivyakti team.





Before  
we say  
Goodbye

How do we strengthen and improve the mental health of our people? Three things are important to our well-being. First is our thinking. Most of the time this is the cause of many of our mental illness. Either faulty thinking or over thinking leads to distort the reality. Second is the emotional world. The way we handle our feelings is another major cause of worry. The third is the behaviour which results from the imbalance in the first two disturbing our well-being. Creating awareness on close links between the three and how to become conscious of the inner working of the mind is critical to improve the mental health of our society.

What do you think? Do you have any experiences and practices of enhancing mental health? Do share. Lets learn from each other.