





ABHIVYAKTI

JAN TO MAR 2022

हल चल



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HULCHAL means Activity

As we near the end of yet another tumultuous year, let's hope things will stabilise for the better. So, the period of January to March progressed smoothly without any major disruptions that we have witnessed in the last couple of years. What this meant was we were able to travel, meet community members, partners and friends and execute the activities as per our plans. Hope this good tidying continues in the new financial year.

We are ready with yet another issue of 'Huchal'. Please read and inform us about what you think? We really like to read your comments and views.

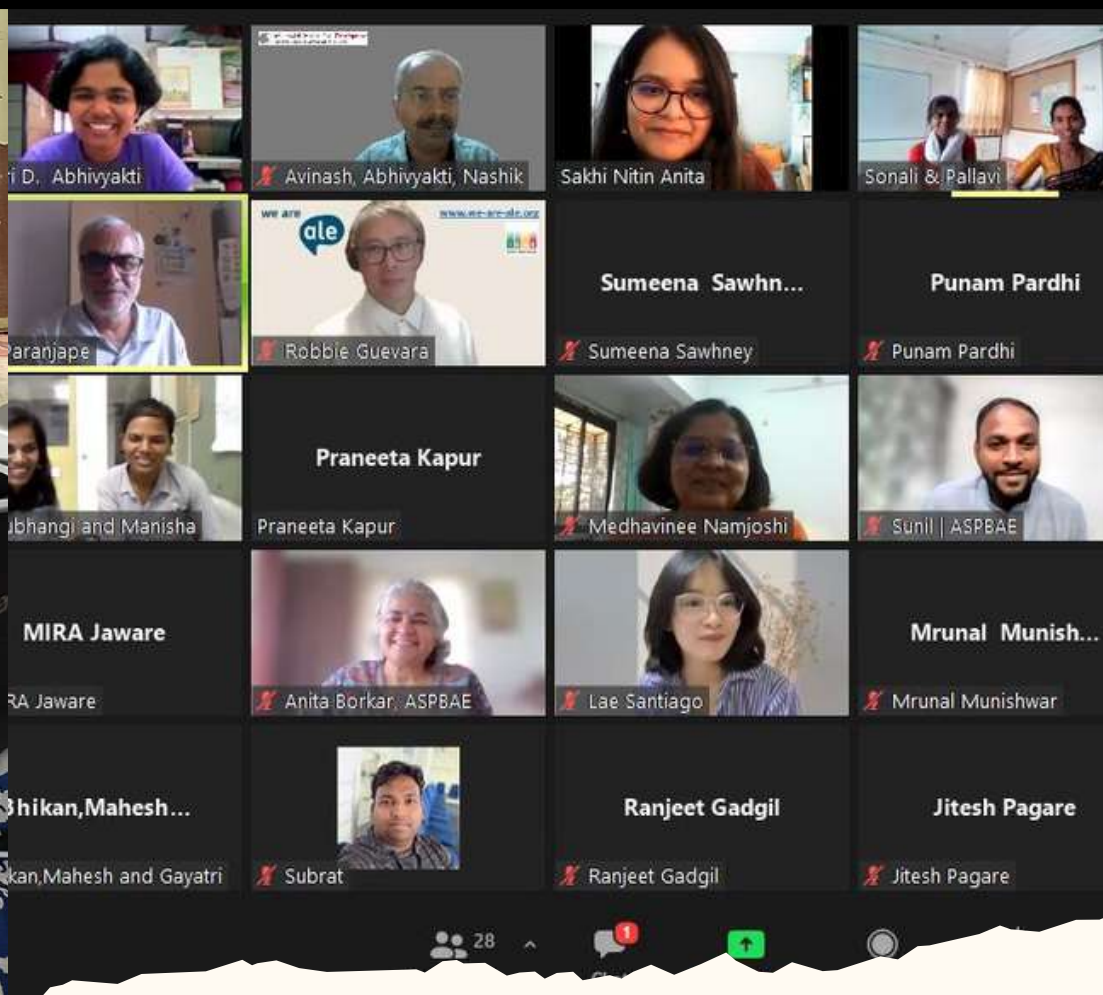


Shodhini Update

Workshop on Research Analysis

We organised the data analysis workshop for Shodhini from 3rd to 7th January, 2022 at Leslie Swahny Centre, Deolalai. There were 20 participants from Ambai, Sapgaon & Shirasgaon villages. The workshop focused on analyzing interviews conducted earlier on research themes of early and forced marriage of girls. Our alumni Shodhini were invited as mentors to work with new Shodhins. The Shodhini worked enthusiastically to understand the analysis framework.





Voice It Out Event

On March 9th, on the occasion of womens day, we organised an online event - Voice it out, which was an opportunity to listen to diverse voices of rural girls. Sonali Tongare, Punam Pardhi, Manisha Donde, Shaila Dhule and Pallavi from villages of Kochargaon, Dahegaon & Hirdi were invited to share their experiences and insights on different issues of education. The young women researchers from marginalized communities also shared their recommendations and demands about education. We had also invited a few experts to respond to the Shodhini demands. The experts appreciated the courage shown by the Shodhini and endorsed their demands, calling the civil society to support the demands. The event was supported by the Commonwealth Scholarships Commission.



Parents meeting

Realising that the Parents are important stakeholders in the Shodhini initiative, we organised a parents meeting. The aim was to acquaint the parents of Shodhinis about Abhivyakti, about the reasons for working with young rural girls and its various outcomes. The meeting was held on 19th March, 2022 at Sapgaon village. Various Shodhinis & their parents from villages of Shirasgaon, Dhumodi, Ambai, Pahine, Sapgaon & Waghera participated. Shodhinis from Sapgaon enacted a skit on forced marriage, which all parents appreciated. The meeting was lively and the Shodhini team articulated their work and its various functions. The parents shared that they would support girls if they studied and behaved well. They agreed with the concerns shared in the skit about how girls have to leave aside their studies and engage in household chores.



Puppet-making workshop

We were invited by Water for People Trust, Amravati to facilitate a ten-day workshop on making and using puppet to create awareness among the villages on the issue of water conservation and use. The workshop was for village youth who participated eagerly and learnt the skills of puppet making. Later, they organised a few puppet shows in the villages to create awareness on the issue of water. They gained valuable experience in media and leadership by conducting dialogue with the villagers. They promoted critical concepts related to groundwater, sanitation and personal hygiene.



Session on Self Motivation

On the Occasion of womens day, a one-day session was facilitated on motivation for women leaders in Nashik. More than 240 women participated.

Session on Understanding Mental Health

A half-day session was conducted for the design faculty of MET college of Architecture, Nashik on understanding mental health and its various elements.



Strengthening Local Economies

Our work in Trimbakeshwar taluka to start local small-scale business enterprises to strengthen the economies of these villages is moving forward. Here is an update on the progress made.

Horticulture farming

Horticulture farming in Behedpada and Chirapali villages– The mango saplings that we had planted in both these villages are in good condition. Farmers are working hard to get access to water and efforts to dig pits and store water in plastic sheets or carry water from outside in bullock carts and store it in the pits to help watering trees. We are even drawing the attention of the government officials to gather help for these farmers. During this period, the Krushi Vigyan Kendra, Nashik supported the farmers further by installing vermi-compost beds and distributed a variety of vegetable seeds like onion, garlic, seeds especially for kitchen gardens that include spinach, radish, fenugreek and more which has definitely helped the farmers.



Mahua Surface Cleaner

Mahua surface cleaner production began in two centers at Hatlondi and Boripada. We were happy to see that women were taking a lot of efforts to market their products and earn from their hard work. Their reach out has also been good during this month, especially in the surrounding markets of Harsul and Thanapada, as well as few neighboring villages. This has helped them in gaining valuable experience and learning in convincing people in general. Though they are still learning documentation and sometimes they are able to make out the mistakes they had made while putting entries in the registers.



Milk Collection Centre

Milk Collection Centre at Kharwal village - as mentioned before, the milk collection center at Kharwal has settled to daily operations. Earlier four farmers used to come to give milk whereas now, the number has increased to twelve farmers. About hundred litres of milk gets collected daily, about eighty litres of milk gets distributed to milk dairy at Harsul and individual vendors, while the remaining twenty litres of milk is used to prepare curd which also gets sold in the surrounding villages for rupees seventy per litre. Chandar Gavit and Subhash Chaudhari are working hard to be vigilant about the milk dairy, to make it run smoothly and improve the reach out.



Nagli Processing Units

Nagli Processing Units at Berwal and Gavatha - at present, as the wedding season in Trimbakeshwar block is in progress, the women of Nagli business in Berwal and Gawtha make Nagli papad, colored papad from rice, as well as kuradaya (Fryums), Nagli flour and Nagli sattva(extract) and are able to see all the items in Thanapada yatra.



Meeting with Seed Corporation, Akola

A one-day meeting was held at Seed Testing Center Akola and Seed Corporation Limited Akola to discuss the process of making seeds and selling them. At this time, the government officials gave detailed information about seed distribution and its testing. An exchange of views was held on whether we can work together in the future.



Collaborations

Water for People Trust, Amravati

We have been training their staff and community members in community media to promote the importance of water and its conservation and usage. Two ten-day workshops were conducted with Kesharpur and Hirdamal villagers at Chikhaldara block, Amravati in January and February. A total of twenty-one girls and women from the community participated and also made films on themes related to water which were later screened before the community. The workshop was facilitated jointly by our training and media team.



Digital tools for international audience

Abhivyakti was approached by RSCD to make a series of digital tools that would be part of the training manual on local governance for the elected women representatives based in five countries of India, Bangladesh, Sri Lanka, Maldives and Pakistan. The digital tools are based on practical and useful information on local self-government that will be of much use for the elected women leaders of local governance. The production of the digital tool is in progress.



Active Listening

Tone

Body Language

Emotions



Media Production

Our media team is in the midst of producing several video films and also sharing their skills with other social organisations. A list of video films is given below:

Animation video on Mental Health

We are producing two animated short videos for ASPBAE's youth action research (YAR) mental health project. The video production is in the final stages of completion.

बदलचा परिवेश

गोष्ट एका शोधकाची



Canvas of Change - Story of Shodhak

We completed a video film on the impact of Youth Action Research process on a village youth from Kochargoan. The film titled Shodhak – Canvas of Change, captures the story of Nitin Tongare, an active Shodhak (seeker) who uses his skills of sketching and painting to depict change and learn from the experiences of working with Shodhini in the villages. The process was transforming for Nitin and the video narrates this story of change.



HAPPENINGS

a. About 40 design students visited the project villages of Shodhini and interacted with the Shodhini and other villagers to gain experience of village life and its culture. The Shodhini team was present to guide the students and enable their learning.

b. Abhivyakti organised a half-day session on fake news for its team members. The workshop was facilitated by Samrin of Fact Shala who provided information on how to understand and review information that is coming to us through social media and how it is manipulated.



c. In January, we celebrated 'Abhivyakti' day by inviting Bhim Raskar, our Executive Council member and Director of RSCD to talk about his various experiences in the development sector. He motivated the Abhivyakti team to use their collective wisdom and field experiences to create change that benefits the marginalised sector.



d. Kshitij Malani from NIMS, Mumbai and Hushar and Jeevan from College of Social Work, Nashik did their internship during this period. Kshitij developed a dashboard on monitoring and while the other students assisted our various projects and learnt from visits to the villages and interacting with our team.

e. One of our senior members presented Abhivyakti's experiences of using development communications to the students of social work at the state-level online conference entitled 'STEP' (Social work Theory to Effective Practice) organised by VSM in March.

We continue with the new feature in which we bring to you a brief introduction of Abhivyakti team members who are involved in our various activities.

We feature Bhila Thakre in this edition of Hulchal. Bhila is a senior team member who has been with Abhivyakti for more than twenty years. Bhila is a Librarian by his educational profession and was responsible for setting up the media resource library in our office in Nashik. But the lure of development work made him an activist. He made the most of this opportunity and aided by his friendly disposition and easy charm, Bhila was touring the interiors of Maharashtra to initiate a network of media artists, enthusiasts and professionals who were working for change. The 'Hunkar network' enabled hundreds of grassroots artists and media workers to come together and showcase their art for the cause of development. Bhila was also engaged with youth in the 'Anubhav Shiksha' project and was instrumental in organising youth in North Maharashtra. Later, he managed the 'Madhyamdoot' course for youth on media and development in collaboration with TISS which empowered many grassroots youth to learn and practice media skills. At present, Bhila is busy in empowering grassroots entrepreneurs to successfully manage the locally initiated small enterprises. Bhila has an easy and affable nature which allows him to strike friendships with diverse people. He has good experience and insights of grassroots work which makes him a valuable leader who can be trusted and counted for effective and timely delivery. His readiness to accept any responsibility makes him an invaluable asset to any social organisation.

HULCHAL FACE



BEFORE WE SAY GOOD BYE



One of the positives that resulted during the pandemic was the rise in numbers of Indians visiting green spaces and going out in nature. Why is going out into green zones so important to our humanity? It is now well understood that exposure to nature is an important part of our wellbeing and health outcomes. Being in nature has an impact on our cognition and attention, and more importantly helps us to recover from stress and is a vital cog for our mental wellbeing. However, modern life style means we spend more time indoors with our Laptops and mobile screens or in cars and offices which is severely impacting our connection with nature leading to something called 'Nature deficiency syndrome'. The consequences of spending less-time in nature and green spaces could be devastating. It could impact the functioning of our mind, lead to mental health disorders, conflicts and other cognitive impairments. The growth in people going out especially with the advent of the new year is a good sign. It's crucial that we continue to build our ties and relationships with nature, and contribute to generating a healthy ecosystem.

How can we cultivate this habit of rebuilding our connection with nature? What do you think?

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