

# NEWSLETTER

*"Ekjut" means together for a cause/Not for profit/Partnering with rural communities on themes of*  
**Survive Thrive Transform**

DEC

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## Throwback 2016

In the year 2016, 26th January, findings of a randomised control trial was published in the Lancet Global Health that said ASHAs can successfully reduce neonatal mortality through participatory meetings with women's groups. Participatory Learning and Action meetings is a scalable community-based approach to improving neonatal survival in rural, underserved areas of India.



## Survive:

### State-level Sahiya (ASHA) Sammelan

The State-level Sahiya (ASHA) Sammelan and Participatory Learning and Action (PLA) Conclave was jointly organised by National Health Mission, Jharkhand and Ekjut on 20th December. There was representation of Sahiyas from all 193 NHM blocks of the state. This gave a platform for the Sahiyas to share their stories with others and senior dignitaries of the state. The Chief guest of the event was Honorable Minister Department of Health, Medical, Education & Family Welfare Sri Banna Gupta. Other dignitaries included :Honorable MLA Tundi - Mr. Mathura Mahto Honorable MLA Mandar - Ms. Neha Shipi Tirkey, Additional Chief Secretary - Mr. Arun K Singh( IAS), Mission, Director - Mr. Alok Trivedi ( IAS), Additional Mission Director - Mr. Bidyanand Sharma Pankaj (JAS), Director in Chief - Dr. Krishna Kumar, Director RIMS - Prof. ( Dr.) Kameshwar Prasad, Director - Dr. H B Barwar.



## Thrive:

Ekjut team members visited Paharia Seva Samiti (PSS) at Sathia village, Pakur district, Jharkhand to support for Training of Participatory Learning and Action (PLA) facilitators, Creche data analysis and management.



PLA facilitators were very active and shared that women from the Paharia community are taking interest in PLA meetings. Ekjut team members visited all the 6 creches managed by PSS which were very well fenced and clean. They discussed with creche workers regarding increasing attendance, safety, sanitation and Early Childhood Development activities.

The team discussed with parents in 2 villages (Baramalgora and Chhotajara) and they expressed their happiness as their children are taken care-of well in the creches and given adequate food throughout the day.

### Happiness of being a Child

On the occasion of Children's Day more than 300 adolescents and young people from 17 villages of Khuntpani Block, West Singhbhum district Jharkhand, celebrated at Churgoi School play ground. They went for a rally around the village for awareness of Education, Delay age of marriage, Avoid substance abuse. After that they participated in drawing competition, did a very good street play on early marriage and its consequences, participated in quiz competition and performed their traditional dance. This event was fully organized and directed by the youths of local villages. Thanks to Sukhudukhu Sathis (facilitators convening the field meetings), Ms. Sumitra Gagrai, Ms.Munni Gagrai, Mr. Debay Hembrom, Mr. Ramay Bodra, Mr.Ajaya Leyangi and others for their support. AEIN - Aide à l'Enfance de l'Inde et du Népal



## Transform:

### National Sports Day, at Ekjut, West Singhbhum

India celebrates National Sports Day on 29th August to commemorate the birth anniversary of hockey legend, Major Dhyan Chand. The day is also dedicated to the nations' sports heroes and champions, honoring their contribution and dedication towards bringing laurels to the country. With the aim to raise awareness about the values of sports: discipline, perseverance, sportsman spirit, teamwork, and to encourage public in large to take up sports and make it an integral part of their lives while emphasizing on the importance of being fit and healthy.

Youths of Churgoi and nearby villages of West Singhbhum district, Jharkhand, celebrated National sports day 2022 at Churgoi School play. More than 150 youths participated in this program. Youths from different villages presented their painting regarding sports and its importance and participated in 7 different games like Sprint, Slow cycle race, skipping, Spoon and ball race.



### World Mental Health Day Celebration:

Direct Social contact, personal contact between members of the general public and members of a stigmatized group is one of the most promising strategies for reducing stigma and discrimination. The mental health day celebration in Basahatu village of Khuntpani block of Jharkhand became a massive social contact programme where our service users shared their lived-in experiences – how they were ill-treated and accused of practicing witchcraft and



how they started recovering after they started visiting our health clinic, visited by Sukuduku Sathis and were felt welcomed in the support group meeting.

Mr. Omprakash Gupta, IAS, Assistant District Deputy Commissioner joined us and agreed all support and provisions available for the people with psychosocial disabilities in the district. Ms Yamuna Tiu, Zilla Parishad Siddharth Honhaga Block Pramukh, Munda ji, Dr.Soren (RBSK), Asha didi, and Anganwadi didi also joined and expressed solidarity. The programme included sharing of lived-in experiences, a rap song by one of the service users, traditional dance performance, Nukkad Natak and much more....truly inspiring!!



### **Inauguration of Community-based collaborative telepsychiatry clinic:**

Over the last 20 years, Ekjut has been associated with several pieces of work with mental wellness as an important facet and a cross-cutting theme. Community-based collaborative telepsychiatry clinic is an important milestone – A joint initiative with the Central Institute of Psychiatry (CIP), Ranchi and Ekjut to bridge the mental health care gap in West Singhbhum district. Ms.Reena Hansdak, IAS, SDO, Chakradharpur, and Dr. Jujhar Majhi, Civil Surgeon, Chaibasa inaugurated the clinic on 15th December '22. Ms.Reena congratulated the Ekjut team and said that it is a welcome approach towards normalizing mental health issues and will help in dignified mental health care. She assured all support from the District Administration to reach out to people living with psycho-social disabilities.

Dr. Jujhar said this is a much needed health programme with a community-based approach to mental health intervention in the district.

The valuable presence of Dr. Ramalingam from CIP, Dr Neelesh, Community Mental Health Expert over tele-conference, our service users, caregivers, Sukhu-Dukhu Sathis, members from our partnering communities and visiting dignitaries made it a memorable event.



## **Conferences/Workshops/Acknowledgements/Mentions**

### **Workshop on Mental Health at Dehradun**

" उत्तराखंड देराहदून में 28-29 दिसम्बर तक बुरांस संस्था द्वारा मानसिक स्वास्थ्य कार्यक्रम में शामिल हूं। यहां आकर मुझे काफी अच्छा महसूस हो रही है। कई संस्थाएं अपनी अनुभवों को साझा किया जिससे हमें काफी सीखने को मिल रही है। जैसे कि मानसिक समस्या से जूझ रहे लोगों को हम अलग नजरिया से देखते हैं उनके लिए अलग सोच रखते हैं तब तक हम पूरी तरह सफल नहीं हो पाते हैं क्योंकि हम इन्सान है उसे भी इन्सान मानेंगे। एक उदाहरण हमें बहुत अच्छा लगा यदि कोई हमें यह कहता है कि आज आप उदास दिखाई दे रहे हैं तो हम तुरंत मना कर देते हैं कि हम ठीक है।

हमें कभी स्वीकार नहीं होता है कि हम भी कभी न कभी तनाव, अवसद में रहें हैं। इन्सान है तो यह स्थिति होगी ही , और सुनाना, किसी का सिर्फ सुन लो 1-2 घटे तक, इससे ही कुछ हद तक समस्या का हल हो जाता है। क्योंकि सुनाने वाला कम लोग होते हैं। मारीवाला फाउन्डेशन के मंगला जी से हमारी मुलाकात हुई और बहुत सारी अगल अलग संस्थाओं के साथ अपनी अनुभव साझा करने का मौका मिला। इस कार्यक्रम में हमारे साथ डां सचिन जी और शांति बाला सामाड आई हैं ।”  
Sumitra Gagrai



### Hands on training on PLA of Officer Trainees(OTs) at LBSNAA, Mussoorie

454 Civil Services Officer Trainees (OTs) of 97th Foundation Course prepare for their Field Study & Research Programme to understand the realities and complexities of rural life. 14 parallel sessions on hands-on tools and methods shared by the Ekjut colleagues .Participants were oriented to enable them to:

1. Assess the socio-economic-political dynamics that exist in a village;
2. Recognize the importance and the need to learn from the villagers in evolving people based solutions to local problems;
3. Evaluate the spatial and temporal changes that have occurred in the village in terms of quality of life resulting from Governmental and non-Governmental interventions.
4. Evaluate the working of various village level institutions, formal and informal, in terms of participation and effectiveness.

Feedback was received from 396 OTs, 369 of them rated the sessions as excellent!



LEAD		
ACTIVITIES: 21 <sup>st</sup> September 2022 Wednesday		
FC-97 09:00-09:30	Law Exam	(Venues as per Controller of Examination)
FC-97 10:15-11:40	Hand-on Exercise: Participatory Learning and Action (PLA) by Ekjut	(Separate Schedule Attached)
FC-97 14:40-15:30	Briefing on PM Assignment, Flagship Programme	Venue-5A

### 20 glorious years of Ekjut

On 30th October 2022, we at Ekjut celebrated on reaching a milestone built with years of love and trust and 20 glorious years of impactful collaborations with credible institutions, partnering communities.



Tweets Tweets & replies Media Likes

Conrad Sang... @SangmaCon... · 2h ...  
The ECD Mission will shape the future of our State through our children

I encourage all stakeholders joining us in the State Level ECD Workshop today to adopt a mission-mode approach in implementing the Mission, to work with purpose, clear outcomes & in a time-bound manner



### State level workshop on Early Childhood Development in Meghalaya

Colleagues at Ekjut were invited for a state level workshop on Early Childhood Development in Meghalaya to present Ekjut's work on nurturing care and reduction of malnutrition. We are thankfull to the organising team for providing us with an opportunity to visit few villages and understand the context. The workshop was inaugurated by Chief Minister of Meghalaya, Mr Conrad K Sangma and witnessed the presence of Principal Secretary and Development Commissioner, Mr. Sampath Kumar, Commissioner & Secretary to the Social Welfare Department, Pravin Bakshi, Commissioner & Secretary of the Education Department, B. K Tiwari.

