

# SAHYOGI

## Annual Report

### 2024-25



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## Message from the Executive Director

As we bring the year 2024–25 to a close, I am proud to share that this has been a year of deep commitment and sustained impact for Sahyogi. Through each challenge we faced and every milestone we reached, our work remained grounded in a clear purpose: to build a more equitable and just society where every individual—especially those most marginalized—can live with dignity, safety, and choice.

Our programs this year—Shashakt Kishori, All Women Count, Project Rise, and HERO—collectively reflected our multidimensional approach to empowerment. Whether through strengthening the leadership of adolescent girls and elected women representatives, improving access to information and services, or engaging boys and young men in conversations around gender and masculinity, we focused on creating spaces that are inclusive, informed, and transformative.

At the heart of this work is our belief that lasting change must begin at the community level, through dialogue, reflection, and collective action. We witnessed this in the voices that became bolder, in the questions that challenged norms, and in the actions that redefined what is possible.

This progress would not have been possible without the passion and persistence of our teams, the trust of our communities, and the support of our partners. Your belief in our mission strengthens our resolve and expands our reach.

As we step into a new year, we carry forward the lessons, energy, and hope this year has given us. Together, we will continue to push boundaries, nurture leadership, and work towards a future where gender justice is not a goal—but a lived reality.

**Rajani**  
**Executive Director**



## SHASHAKT KISHORI PROGRAM

Project Shashakt Kishori is being implemented in six panchayats of Maner and Bihta blocks in Patna district. The project focuses on empowering adolescent girls by addressing gender inequality, promoting education, and helping them explore career opportunities for their overall development.

Over the past year, we have seen encouraging changes. Many girls are now showing interest in continuing their education. They are beginning to ask questions and speak up when they are denied what they rightfully deserve. Most importantly, we've seen them grow in confidence and take bold steps towards shaping their own future—something we hadn't seen before.

However, some challenges still remain. Girls dropping out of school, early marriages—often due to early romantic relationships—elopement, and incidents of violence are ongoing concerns we continue to address through our work.

### Awareness Sessions with Adolescent Girls and Women



we organized several capacity-building and awareness sessions with adolescent girls and women across the community. The aim of these sessions was to create a safe and open space where participants could learn, ask questions, and share their experiences on important topics such as gender equality, menstrual health and hygiene, education, career planning, and self-confidence.

Over the year, we conducted 55 Kishori Baithaks (Adolescent Girls' Meetings) with 1,375 participants, where girls discussed issues that directly affect them and learned how to make informed decisions. 45 Mahila Baithaks (Women's Meetings) with 1,035 participants, aimed at engaging mothers and women guardians to build a more supportive environment at home and in the community.

These sessions played a vital role in strengthening community awareness and building collective support for the rights and aspirations of girls and women.

## One to One Meeting with PRI



To strengthen community ownership and ensure sustained support for adolescent girls, we held 25 one-on-one meetings with PRI. These meetings were aimed at deepening their understanding of the project's goals and encouraging their active involvement in facilitating the participation of girls from their respective areas.

Through these individual interactions, we were able to discuss the challenges faced by girls in accessing education, health, and career opportunities. Share updates on ongoing project activities and their impact on the community. Seek their guidance and commitment to promote a safer and more supportive environment for girls. These meetings have played a crucial role in building long-term partnerships and making the project more effective and locally relevant.

## Meeting with Frontline Workers



To strengthen the support system around adolescent girls, we held several one-on-one interactions with 16 frontline workers of targeted panchayats, including Anganwadi Workers (AWWs) and Accredited Social Health Activists (ASHAs). These meetings were designed to deepen their understanding of the holistic development of adolescent girls, including aspects of health, nutrition, education, emotional well-being, and personal growth. Through these focused conversations, we aimed to equip frontline workers with the knowledge and perspective needed to actively support girls in their communities. We discussed



how their daily engagement with families and children can be a powerful tool for addressing issues such as early marriage, school dropouts, menstrual hygiene, and gender-based discrimination.

### Parents-Adolescent Interface Sessions



To strengthen the bond between adolescent girls and their mothers, we organized Parents-Adolescent Interface sessions across various panchayats. These sessions were specially designed to create a platform for open dialogue, mutual understanding, and emotional connection between adolescent girls and their mothers/family. The primary aim was to bridge the gap between their expectations, break the silence around sensitive topics like education, growing independence, gender roles, and relationships, and build trust so that both could become companions and allies in each other's journeys. In total, these interface sessions saw the participation of 288 individuals (mothers and daughters) across the panchayats. The impact was visible as many mothers expressed a renewed commitment to support their daughters' dreams, and the girls felt more confident knowing they had their mother's trust and support.

### Special Training on Gender-Based Discrimination



To deepen the understanding of gender issues among adolescent girls, we conducted a series of special training sessions across various panchayats. These sessions were attended by 195 adolescent girls from different villages. The primary objective of the training was to help the girls clearly understand the concept of gender — what it means, how it shapes roles and expectations in society, and how it affects their everyday lives. Through interactive discussions,

real-life examples, and group activities, the girls explored how gender-based discrimination shows up in their homes, schools, and communities — whether through unequal opportunities, restrictions on mobility, or expectations around marriage and household roles. The sessions also focused on building critical thinking and self-awareness, encouraging girls to challenge harmful stereotypes and advocate for their rights. For many participants, this was the first time they openly discussed these topics and felt heard and supported.

### **Residential Training for Leadership Development & Career Guidance**



We organized a 2-day residential training program for 25 carefully selected adolescent girls from the community, with the goal of helping them explore life beyond conventional expectations. This intensive and interactive training was designed to support the girls in:

- ◆ Understanding career possibilities beyond traditional gender roles
- ◆ Identifying their individual skills, talents, and interests
- ◆ Setting long-term goals and planning for the future
- ◆ Building self-confidence and decision-making abilities

The training sessions combined group activities, self-reflection exercises, storytelling, and discussions about role models to create a space where the girls could think deeply about their dreams and start shaping a clear vision for their lives.

### **Strengthening of Kishori Kendra**

Over the past year, it became increasingly clear that the Kishori Kendra have grown into safe, trusted, and empowering spaces for adolescent girls. These centers have become a hub where girls come together, interact with peers, and openly discuss topics that are rarely addressed in their homes, schools, or communities. Recognizing the importance of these spaces, we took deliberate steps to strengthen and enrich the Kishori Kendra so that they not only remain safe but also become centers of learning, growth, and inspiration. To enhance the learning environment and support the intellectual and personal development of the girls, we equipped the Kendra with a wider collection of books on various subjects and life skills, educational magazines, established computers and the



internet to support digital learning and career exploration, Stationery and creative materials to encourage expression and learning through art and writing.

### Forum Theatre Performances



As an impactful tool for community engagement, Forum Theatre performances were conducted in targeted panchayats. These performances were designed to raise awareness and initiate open dialogue around gender-based violence, discrimination, and harmful social norms that affect girls and women. Each performance presented real-life situations faced by girls in the community—such as being denied education, facing pressure for early marriage, or experiencing domestic violence. Community members were invited to step into the scenes, suggest alternative actions, and explore possible solutions to the problems being portrayed.

This approach not only helped in sensitizing the audience but also empowered them to reflect, respond, and take collective responsibility for creating a more gender-just and supportive environment. The performances sparked meaningful conversations, especially among youth encouraging them to rethink gender roles and support change.

### Menstrual Awareness Campaign



To build awareness and shift mindsets around critical issues affecting girls and women, we conducted Sanitary Pad Distribution Drive to promote menstrual hygiene. We distributed sanitary pads in 25 schools and 35 Anganwadi centers. Along with the distribution, we conducted awareness sessions to educate girls



on proper usage and disposal, while also normalizing the conversation around menstrual health.

## Celebration of Important Days

### A. National Girl Child Day



To honor and uplift the voices of girls, we celebrated National Girl Child Day at Utkramit Madhya Vidyalaya, Hathiyakandh, with the active participation of around 300 people, including adolescent girls, young women, school teachers, and community members. The event was filled with energy, creativity, and a strong spirit of empowerment. Girls enthusiastically took part in games, quizzes, and interactive sessions that focused on their rights, aspirations, and achievements. These fun yet informative activities helped spark confidence and a sense of unity among the participants. One of the most inspiring aspects of the celebration was the setup of community stalls by young women, where they displayed and sold their handmade products and crafts. This not only gave them an opportunity to showcase their talents and entrepreneurial spirit but also allowed them to earn a small income, encouraging financial independence and recognition for their skills.

### B. International Women's Day



On the occasion of International Women's Day, we organized a vibrant community event in Hathiyakandh Panchayat, bringing together 3000 women, adolescent girls, social workers, and students from various panchayats. The celebration featured cultural performances, including folk songs, traditional dances, poetry, and painting—all centered-on themes of women's rights,



equality, and empowerment. The event provided a platform for participants to express their aspirations and advocate for gender parity through creative expression. Songs and poems delivered powerful messages emphasizing freedom, dignity, and equal opportunity for women. Addressing the gathering, Rajani, our Executive Director, spoke about the significance of International Women's Day as a tribute to women's contributions across all sectors of society. She emphasized the urgent need to address ongoing violence and discrimination faced by women and girls, both in private and public spaces. Highlighting that true development cannot occur without the inclusion of half the population, she urged women to break free from imposed limitations and pursue their aspirations with confidence. The event underscored the importance of collective responsibility in creating a just and equitable society where women can live without fear and participate fully in the nation's progress.

### **Team and Cadre Capacity Building sessions on Adolescent Issues and Communication**



To strengthen the effectiveness of our work on the ground, we conducted a series of capacity-building sessions for team members and community cadres. These trainings focused on deepening their understanding of key issues faced by adolescents, such as gender discrimination, early marriage, school dropout, menstrual health, emotional well-being, peer pressure, and career confusion. The sessions provided a platform for team members to reflect on the challenges faced by young girls in the community and to brainstorm practical strategies to address them. Special emphasis was placed on improving communication skills, so that team members could engage with adolescents more effectively—listening to them with empathy, building trust, and guiding them with clarity.

## HERO PROGRAM

The HERO Program is being implemented across 10 panchayats in the blocks of Danapur, Maner, and Bihta in Patna district. The initiative is designed to actively engage adolescent boys and young men in promoting gender equality and challenging patriarchal norms that perpetuate discrimination and violence. With a strong focus on community-based interventions, the program uses a dynamic mix of tools—sports, capacity-building training, interactive discussions, and creative campaigns—to initiate dialogue, shift mindsets, and break down long-standing gender biases. By creating safe and reflective spaces for boys and young men, the HERO Program nurtures them to become confident, informed, and responsible allies, committed to fostering inclusive, equitable communities and standing up against all forms of gender-based injustice.

### Residential Trainings for Boys on Gender- Based Topics

To foster a deeper understanding of gender-based issues among adolescent boys, we organized **three residential training programs** at **Navjyoti Kendra and Hotel Vibrant in Patna**. These sessions were designed to provide a safe and reflective space where boys could critically engage with topics such as gender roles, masculinity, power dynamics, and equality. Through interactive activities, group discussions, and guided learning sessions, the boys were encouraged to question harmful stereotypes, explore their own beliefs and behaviours, and develop more gender-equitable attitudes. The residential format allowed for continuous learning and meaningful bonding, creating an environment conducive to personal transformation and collective growth.

#### ◆ First Residential Training on Gender-Based Topics at Navjyoti Kendra, Patna





The first residential training for adolescent boys was organized at Nav Jyoti Kendra, Patna, with the participation of 23 boys. Facilitated by Mrs. Urmila, the training served as a foundational step in initiating critical conversations around gender and masculinity. The core objective was to help the boys recognize how deeply ingrained social norms and patriarchal structures influence their thoughts, behaviours, and relationships. Through interactive sessions, group discussions, and reflective activities, the participants were encouraged to question traditional notions of masculinity and examine how these ideas contribute to gender-based discrimination and inequality. The training created a safe and open space for the boys to explore their own experiences, understand the negative impacts of patriarchy not only on women but also on themselves, and begin to reimagine healthier, more equitable identities.

### ◆ Second Residential Training on Gender Issues for Adolescents and Youth



The second phase of our residential training marked a significant progression, thoughtfully designed based on insights gained from our earlier sessions. Conducted at Navjyoti Kendra, Patna, and facilitated by experienced trainer Rakesh Rider, this training specifically addressed gender-related issues among adolescents and youth—a demographic critical to shaping future societal attitudes. The training explored a wide range of interconnected topics, including gender equality, human rights, domestic violence, and sexual harassment. It fostered deep reflection among participants on how entrenched social norms perpetuate inequality and normalize various forms of violence. A key theme was the impact of patriarchal upbringing, which not only conditions young boys to assert control but also discourages the development of empathy and critical thinking. Participants examined the roots of such conditioning and how it shapes interpersonal dynamics from childhood through adulthood.

The training also addressed the evolving influence of technology and social media. Youth were encouraged to critically analyse the digital content they consume and share, and to reflect on how these platforms can both challenge and reinforce harmful gender stereotypes. The sessions emphasized the importance of making informed, ethical, and responsible choices in the digital realm.

### ◆ Third Residential Training on Power and Gender Roles



Following the evaluations and performance observations during the previous two residential trainings, we identified 15 promising youth participants to be part of our third residential training. These individuals were selected based on their demonstrated commitment, growth, and reflective abilities shown during the earlier sessions and subsequent assessments. The third residential training was designed as an intensive exploration of power dynamics, gender roles, self-identity, and collaborative teamwork. Expertly facilitated by Mr. Shwetank Mishra, Mr. Vikramjeet Sinha, and Ms. Rajani, the training aimed to foster deeper self-awareness, emotional intelligence, and the core competencies required for effective facilitation.

The training unfolded in two phases:

- Phase One focused on unpacking power structures, identity formation, and the impact of societal constructs such as gender norms and stereotypes. Through engaging exercises like the Power Game and the Mask Game, participants were encouraged to critically reflect on their emotions, internalized beliefs, and the pressures exerted by social expectations. These interactive activities served as a mirror, enabling the youth to examine how they perceive themselves and others in varying contexts of power and privilege.
- Phase Two emphasized personal development, inner strength, and team synergy. Sessions incorporated yoga, music, and creative arts as mediums to promote self-expression, emotional grounding, and holistic well-being. This phase also included focused discussions and roleplays around the role of a facilitator, particularly highlighting the importance of empathetic listening, inclusive dialogue, and youth engagement practices that are sensitive to diverse experiences and backgrounds.



## Two Hero Tournament: Three Day Cricket Match



Two three-day cricket tournaments were organized in Simri with the aim of using sports as a powerful platform to engage young people in critical social conversations. The tournament brought together 230 boys from the Danapur, Manner, and Bihta blocks, forming teams from Musepur, Anandpur, Baluaa, Sarai, Hathiyakandh, and Painathi. The event was inaugurated and supported by prominent local leaders, including Simri's Mukhiya Shri Om Prakash Ji, Painathi's Mukhiya Shri Vinay Vibhuti Ji, and Ward Member Neelam Gupta, whose presence underscored the community's encouragement of youth-centred initiatives.

Beyond competition, the tournament served as a tool for social transformation, focusing on challenging traditional gender norms, family-imposed restrictions, and deep-rooted societal expectations. Throughout the matches, informal yet impactful dialogues were held with the participants to initiate reflections on masculinity, equality, and the need to break free from rigid gender roles.

Key values such as leadership, discipline, teamwork, and empathy were woven into the tournament experience. The competitive spirit on the field was coupled with off-field sessions that encouraged critical thinking, emotional growth, and a sense of social responsibility among the boys.

By blending the excitement of sport with the depth of social learning, the tournament not only provided a platform for healthy competition but also became a space where young participants could redefine strength, understand collaboration, and envision themselves as agents of positive change in their communities.

## Game session with Boys



In an effort to challenge traditional gender norms and redefine the idea of “who plays what,” we organized a series of inclusive game sessions with 230 adolescent boys across 10 panchayats. These sessions aimed to dismantle the stigma around certain games being labelled as “for girls” and to create a more gender-sensitive and inclusive environment for boys to express themselves freely.

During these sessions, the boys actively participated in games like Gana Gitti, Kit-Kit (Hopscotch), and Rasshi Phand (Jump Rope)—activities typically associated with girls in their communities. Encouraging boys to engage in these games helped initiate important conversations around gendered expectations in play, often instilled from a young age.

Objectives of the Sessions were to:

- Challenge gender stereotypes in play and promote the idea that all games are for everyone, regardless of gender.
- Create a safe, non-judgmental space where boys could explore different forms of play without fear of ridicule.
- Encourage self-reflection on how societal norms and family expectations shape their behaviour and choices.
- Foster leadership and confidence among boys to take a stand against rigid gender roles and become advocates of inclusion.

These sessions sparked meaningful dialogue and introspection among the participants. Many boys openly shared their initial hesitation and later expressed a sense of freedom and joy in engaging with games they had previously avoided due to fear of being judged. The experience helped them realize that social norms are learned—not fixed truths—and can be questioned and transformed.



### Participants' Reflections:

We always saw only girls playing these games. Hence, was very hesitant to play these games.

Bishu, Hathiyakandh

We didn't feel confident because we were told these games are for girls.

Guddu, Baluaa

Not even in my dreams I ever thought that one day I'll play these games. The reason we all felt shy playing because of how we've been raised.

Roushan, Musepur

### Gender and Masculinity Training for Adolescent Boys and Young Men



We organized 20 gender and masculinity training sessions engaging 500 boys and men across 10 panchayats with the goal of challenging patriarchal norms and fostering gender-equitable attitudes. Designed to raise awareness around gender roles, masculinity, and social conditioning, the sessions used interactive methods to prompt participants to critically reflect on the unequal division of labour, emotional expectations from men, and the undervaluation of women's contributions in both domestic and public spaces. These sessions highlighted how traditional expectations of masculinity can lead to emotional repression, mental health issues, and an overburdening sense of responsibility among men. Participants shared personal stories that reflected these internalized pressures, with many acknowledging a lack of emotional openness in their own lives.

The training also promoted the idea that men have a key role to play in fostering gender equality by sharing household duties, valuing unpaid labour, standing up against gender-based violence, and being emotionally supportive and expressive.

## Gender and Sexuality Training with Adolescent Boys



Over the year, we conducted 20 in-depth training sessions on gender and sexuality across 10 panchayats, reaching 444 adolescent boys. These sessions were part of a broader effort to foster critical thinking and awareness among young boys regarding gender roles, sexuality, and the societal norms that shape their understanding of masculinity. The trainings were carefully designed to be inclusive, interactive, and age-appropriate, ensuring that participants felt safe and respected while engaging with these often-sensitive topics.

A key focus of the sessions was to create an open and non-judgmental space where boys could speak freely about their experiences, questions, and confusion around sexuality, emotional expression, and what it means to be a ‘real man.’ Many of them, for the first time, were able to reflect on the emotional restrictions placed on them and the pressure to conform to dominant ideas of manhood—such as being tough, aggressive, or emotionally distant. Through guided discussions, storytelling, and group exercises, they began to unpack these internalized beliefs and recognize how such expectations not only harm women but also confine their own identities and emotional well-being.

These sessions encouraged a more empathetic and equitable worldview, prompting the boys to question harmful stereotypes, understand the importance of emotional honesty, and explore the value of shared responsibilities at home and in relationships.



## Meeting with Adolescents, Young People and Male for introduction of Project



We organized 15 one-on-one meetings with around 300 adolescents, young boys, and men. The objective of these meetings was to help them understand how gender roles affect both the sexes of our society. These meetings focused on building a community where everyone—regardless of gender—gets equal chances to grow and succeed.

We encouraged participants to think about what is fair and unfair in our daily lives and how some old beliefs create pressure on both men and women. The discussions aimed to make them understand the need to challenge these unfair rules and work towards a more equal and respectful society.

## Discussion Sessions with Adolescents and Youth on social media and other issues



Over the course of the year, 10 dedicated meetings were conducted with 225 adolescent boys across various panchayats, focusing on promoting safe, mindful, and responsible use of social media. These sessions were designed in response to the growing influence of digital platforms on young minds and the urgent need to address both the opportunities and risks they present.

The discussions explored the harmful effects of excessive and unregulated social media use, such as digital addiction, exposure to misinformation,



cyberbullying, and the unproductive consumption of time. Facilitators engaged the boys in open conversations about their personal experiences, helping them recognize the emotional and psychological toll of online behavior and peer pressure.

### Capacity Building Sessions for Team



Two capacity-building discussion sessions were held at Rukanpura Office to deliberate on the pressing issues emerging in the community concerning boys and to strategize effective interventions for strengthening ongoing work. The session brought together team members to critically analyze the challenges faced by boys in the community, including gender-based stereotypes, lack of emotional expression, and societal pressures to conform to traditional roles. Discussions emphasized the need to address the root causes, such as patriarchal norms, inadequate role models, and limited access to safe spaces for self-expression and learning.

### Community Meetings: Monthly Engagement with Boys Across Panchayats



Every month, 10 meetings were held with about 25 boys from each panchayat. These meetings created a safe space for boys to talk openly about gender equality, education, healthy relationships, and peer pressure they might be facing. The boys also shared their problems and seek support for their issues from the facilitators. These regular meetings aimed to build a group of aware and responsible young boys who can bring positive change in their families and society.



## PROJECT RISE

Through the programs under Project Rise, we are fostering stronger, more informed communities by combining the power of participatory theatre and capacity building. Forum theatre has become a dynamic medium for us to initiate critical dialogue around deeply rooted social issues—such as gender discrimination, violence, and harmful cultural norms—by involving the community as active participants rather than passive observers. Alongside this, we are conducting focused training sessions with women and girls to enhance their understanding of rights, voice, and agency. These trainings are designed not just to inform, but to equip them with the skills and confidence needed to question injustice, make informed decisions, and lead change within their families and communities.

### Forum Theatre Performances



Since the commencement of the program in November 2024, we have conducted 60 forum theatre performances in community and schools of the targeted panchayats. Forum theatre has remained a vital tool in advancing our mission to promote gender equality and challenge entrenched societal norms. Each performance served as a powerful catalyst for dialogue, addressing issues such as patriarchy, rigid gender roles, and everyday discrimination. By presenting relatable scenarios from the community's lived experiences, the performances invited the audience to not only reflect but also engage—offering alternative solutions and responses to the injustices portrayed. The active participation of both students and teachers added depth and resonance, enhancing the impact of the sessions and reinforcing the message that meaningful change begins with awareness and collective action.

## House Visit



As part of our community engagement strategy, 1,589 house visits were conducted, reaching 4,589 community members across the targeted areas. These personalized, door-to-door interactions served as a critical bridge between the Sahyogi team and the wider community, allowing us to engage directly with individuals and families in their own spaces.

Through these visits, we initiated meaningful conversations on gender equality, social norms, and justice, while also listening to the specific concerns and experiences of the community. This approach helped foster trust, deepen mutual understanding, and break down barriers that often prevent open dialogue around sensitive issues.

## Special Forum Theatre Performance at Muktodhara, Kolkata



A key highlight of the year was Sahyogi's participation in the prestigious Muktodhara Festival held in Kolkata—an internationally recognized platform that brings together practitioners, artists, and changemakers from across India and abroad to explore the intersection of performance and social justice. For Sahyogi, this was not just a performance opportunity but a moment of pride and growth. Having engaged in intensive training with the Muktodhara team since 2021, our participation symbolized both recognition of our evolving expertise in forum theatre and a celebration of our long-standing learning journey.

At the festival, the Sahyogi team had the opportunity to:



- Showcase its forum theatre methodology to a diverse and discerning audience, including theatre professionals, development practitioners, and academics;
- Receive constructive feedback from the Muktodhara team, enabling us to further refine our facilitation techniques and deepen the impact of our performances;
- Gain national-level visibility and credibility as a grassroots organization effectively using theatre as a tool for social transformation.

This experience not only strengthened our confidence but also reinforced the role of creative expression in challenging gender norms and building community dialogue. It marked an important milestone in Sahyogi's journey toward becoming a recognized voice in the field of participatory theatre for change.

### Forum Theatre Residential Training



Sahyogi organized a three-day residential training on Forum Theatre at BVHA, Patna, facilitated by experienced trainers Satya Ranjan Pal and Ayon Jordar. The training aimed to enhance participants' understanding of forum theatre as a tool for social change, with a focus on the career aspirations and social challenges of teenage girls. The training incorporated a range of performance techniques—including role-play, symbolic props like lathi, thali, dafli, bottles, and visual imagery—to deepen engagement. Multiple scenes were developed, including themes of peer pressure, family dynamics, societal expectations, and marriage. Each sequence was dramatized through music, dance, and dialogue, leading to powerful still images (tableaux) that reflected the emotional and social dimensions of each scene.

The performances captured complex family and societal structures, encouraging reflection and dialogue. The training successfully equipped participants with the tools to use forum theatre in their communities to raise awareness, spark conversations, and advocate for gender justice.

### **Mahila Baithak (Women's Meetings)**



Sahyogi organized 45 Mahila Baithaks were done with 1300 women from diverse communities gathered to engage in open and meaningful conversations around their rights, safety, access to social entitlements, and participation in decision-making processes. These meetings provided a safe and supportive space for women to voice their concerns, share experiences, and build awareness around issues that directly impact their lives. The baithaks not only fostered greater self-awareness and confidence among participants but also encouraged peer learning and collective action, helping women recognize their collective strength and the importance of solidarity in driving social change.

### **Kishori Baithak (Adolescent Girls' Meetings)**



We facilitated 40 Kishori Baithaks with 1600 adolescent girls from different communities. These sessions focused on discussing crucial topics such as girls' rights, personal safety, education, career aspirations, and decision-making abilities. The baithaks served as an empowering space for young girls to reflect on their experiences, learn from one another, and express their hopes and challenges. Through these regular interactions, the girls were encouraged to think critically, build confidence, and explore opportunities to shape their futures with informed choices.



## Parents-Adolescent Interface



To bridge the communication gap between generations, Sahyogi organized 2 Parents-Adolescent Interface sessions. These meetings created a vital platform for dialogue and mutual understanding between parents and adolescent girls. Discussions centered around themes such as physical and emotional changes during adolescence, gender roles, aspirations, and the importance of parental support. By fostering open communication, these sessions helped break down barriers, strengthen family relationships, and build an environment of trust, respect, and shared growth.

## ALL WOMEN COUNT PROGRAM

The All Women Count program is a comprehensive initiative focused on empowering women, elected women representatives, and girls within diverse communities. It aims to advance gender equality by providing targeted training and skill development opportunities that enhance their confidence and leadership abilities. By fostering leadership and promoting gender-sensitive practices, All Women Count strives to create lasting positive change and enable women and girls to become agents of transformation in their communities.

## EWR Residential Training



A two-day residential training was conducted for 30 Elected Women Representatives (EWRs) to strengthen their understanding of Panchayat

governance, with a focus on gender equality and the Gram Panchayat Development Plan (GPDP). The training focused on gender sensitization through interactive activities like role-play and group discussions, helping participants challenge gender stereotypes and understand the impact of bias on leadership. The training also emphasized governance and planning, equipping EWRs with tools to incorporate gender sensitivity into Panchayat development plans. The training enhanced the confidence, clarity, and decision-making abilities of EWRs, encouraging them to lead more inclusively and advocate for the rights and needs of women and girls in their communities.

### Block Level Meeting



A block-level training at Danapur Block Office empowered Panchayat Representatives (PRIs) with knowledge on gender inclusion and sensitivity in local governance. Key officials like Prakhand Pramukh Vandana Rai and BDO Vibhash Anand emphasized the importance of integrating gender perspectives into the Gram Panchayat Development Plan (GPDP) and other schemes. The training featured practical discussions on implementing government schemes with a gender-sensitive approach, ensuring that development initiatives reflect the needs of women. It also served as a platform for women representatives to share experiences, boost confidence, and reaffirm their roles in promoting inclusive and equitable governance.

### Forum Theatre



Forum theatre sessions were held in Chotki Kathautiya, Sikarpur, and Bandhutola, engaging 355 community members in a powerful exploration of



social stereotypes, particularly focusing on son preference and discrimination against daughters-in-law. The interactive performances brought to life real-world scenarios of gender bias, such as prioritizing sons' education over daughters' and the mistreatment of daughters-in-law within their families. These dramatizations encouraged the audience to actively reflect on these issues, step into the characters' roles, and propose alternative, fairer outcomes. The performances contributed to a broader movement towards gender equality by addressing specific cultural practices that perpetuate gender-based discrimination. The collective realization of the need for change marked a significant step towards creating more equitable social dynamics in the targeted community.

## Jaankari Mela



A Jaankari Mela was organized at the Panchayat Bhawan in Chotki Kathautiyaa, attracting 150 girls and women from 10 panchayats. The event was designed to break the silence around reproductive and sexual health, addressing topics often considered taboo in the community. The Mela featured educational displays, impactful slogans, and comprehensive orientation sessions focused on key topics such as menstrual hygiene, contraception, and safe motherhood. Through this Mela, participants were provided accurate and essential information on menstrual hygiene, contraception, and safe motherhood, breaking the silence surrounding these sensitive issues encouraging open dialogue and helping to reduce the stigma associated with these important health issues.

By engaging women and girls from 10 different panchayats, the Mela reached a broad audience, increasing the likelihood that these discussions would continue within households and among peer groups, amplifying its impact.

## Capacity Building Training with Young Girls



A capacity-building training for 255 young girls was conducted across 10 villages—Raghurampur, Jamsaut, Hathiyakandh, Sarai, Baluaa, Anandpur, Musepur, Painaal, Painathi, and Simri—with a focus on empowering them in the areas of education, employment, and decision-making. The program aimed to foster critical thinking and boost confidence among the participants, preparing them to make informed choices about their futures. The training provided a supportive environment where the girls could share their thoughts and experiences, ultimately equipping them with the necessary tools and self-assurance to shape their lives and pursue their goals effectively. This process helped build their confidence and self-assurance, empowering them to take control of their futures and pursue their goals with determination.

## Football Match



A football match was held in Sarai with 30 girls participating, aiming to challenge societal norms that restrict girls from playing outdoor sports. This event provided a platform for the girls to develop their athletic skills, boost their confidence, and promote gender equality. The match was more than just a game; it was a statement against the traditional views that limit girls' freedom in sports. The match also provided a platform for girls to develop their athletic skills and boost their confidence. Participating in sports helped them gain a sense of



empowerment and self-worth, reinforcing the idea that girls have the right to engage in outdoor activities and pursue their interests without restriction.

By defying traditional views that restrict girls from playing outdoor sports, the event served as a powerful statement against gender-based limitations. It highlighted the importance of breaking down barriers that inhibit girls' participation in sports and other activities, promoting greater acceptance and support for gender equality in the community.

### Participants Reflection:

*Playing football gives me so much of mental strength which I cannot describe in words. I wish to pursue my career in football with the support of professional guidance*

- Chandani Jamsait

*My family never allowed me to step out of the house, let alone play football. When I started playing football, my brother would scold me a lot but I was very persistent. And seeing my determination, now everyone supports me.*

### State-Level Workshop



The state-level program, “Sahbhagita Ke Anubhav Aur Sashaktikaran Ke Aayam,” successfully convened 120 participants, including prominent leaders such as Mr. Sanjeev Chaurasiya, Honorable Member of the Bihar Legislative Assembly, Mrs. Sita Sahu, Honorable Mayor of Patna Municipal Corporation,

Mrs. Vandana Rai, Honorable Prakhand Pramukh of Danapur, and Mr. Vibhesh Anand, Block Development Officer of Danapur. Other notable speakers included Mrs. Sahana Mishra, State Coordinator of Pradan, and Ms. Shahina Praveen, State Coordinator of The Hunger Project, Bihar. The workshop focused on the experiences, challenges, and empowerment of women Panchayat representatives.

Sessions addressed issues like gender bias, resource limitations, leadership skills, and the role of women in advancing girls' education and health. Six exemplary women representatives were honored for their leadership, inspiring others and reinforcing the need for continued support for women in governance. The event highlighted the critical role of women leaders in driving inclusive development and promoting gender equality at the grassroots level.

### Football Exposure Visit



Twenty-five girls from our football team visited the esteemed Rani Laxmibai Sports Academy in Siwan, a premier institution known for nurturing athletic talent. The exposure visit aimed to immerse the girls in the professional sports environment, enhance their football skills, and inspire them to consider sports as a viable career path. The day began with a comprehensive tour of the academy, highlighting its state-of-the-art training facilities, including the gymnasium and practice fields. Ms. Khushboo, a seasoned football trainer, conducted an in-depth session on football fundamentals, covering player positioning and essential drills.

Following the training session, Ms. Salma, an expert in sports careers, shared valuable insights into pursuing a professional sports career. She discussed various pathways, including training programs and scholarships, providing the girls with practical knowledge on advancing their sports careers. The visit significantly improved the girls' football skills through hands-on training with experienced professionals.



## SAHYOGI'S INITIATIVE

### Menstrual Hygiene Management Campaign

Every year, Sahyogi conducts a dedicated week-long Menstrual Hygiene Management (MHM) campaign to challenge menstrual stigma, foster awareness, and promote healthy practices. The campaign spans across communities in Danapur, Bihta, and Maner, engaging women, girls, boys, teachers, and health experts in meaningful conversations and creative activities around menstruation.

#### *Key Highlights from the Week:*

**Day 1: Sharing First Period Stories:** The campaign began with an emotional and powerful session where women and adolescent girls from different communities shared their first menstruation experiences. These stories, often told for the first time, helped create a safe space for dialogue, strengthened bonds, and broke the silence that often surrounds the topic of periods.

**Day 2: Mahavari Rally:** A spirited “Mahavari Rally” took place in Anandpur, with 90 school students marching through the streets, holding handmade posters and chanting slogans like “माहवारी पर चुप्पी तोड़ो ” (“Break the silence around periods”), “माहवारी नहीं शर्म की बात, इसपर करो खुल कर बात” (Periods is not to shame about, we must talk about it openly). The rally aimed to bring the conversation into public spaces, challenging the taboo and making menstruation a visible and normalized topic.



**Day 3: Red Dots and Menstrual Cycle Bracelets:** On this day, creativity met education as around 1000 community members—including boys—participated in activities like creating Red Dots (symbolizing periods) and menstrual cycle bracelets. These activities were designed to demystify menstruation, visually

explain the menstrual cycle, and encourage inclusive participation in the conversation.



**Day 4: Awareness Through Art:** 200 adolescent girls and boys designed posters focused on myth-busting and menstrual hygiene awareness. The posters reflected their understanding, questions, and the social myths they want to challenge—making education a collaborative and expressive process.

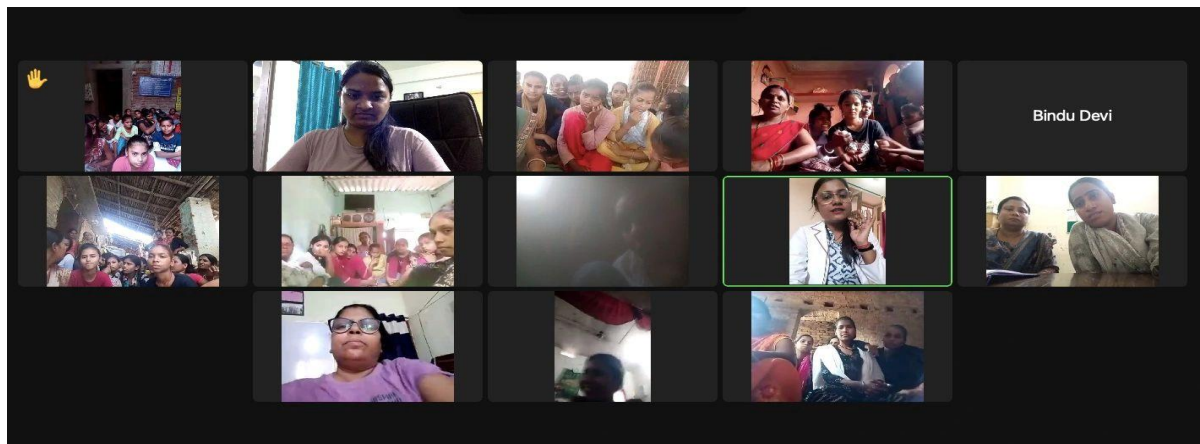


**Day 5: Forum Theatre on Menstrual Myths:** In Saraari village, 55 community members came together to witness a Forum Theatre performance addressing common menstrual myths and taboos. The interactive format encouraged the audience to reflect, question, and engage. After the play, open dialogue followed, where participants shared personal stories and reactions.





**Day 6: Online Health Education with Dr. Shivani:** An insightful online session led by Dr. Shivani reached 130 adolescent girls and 25 women. The session covered essential topics such as menstrual hygiene, safe practices, irregular periods, and infection prevention. Participants asked questions and reflected on how this new knowledge could improve their personal and family health habits.



**Day 7: Mahavari Mela** – Celebrating Knowledge: The campaign culminated in a vibrant “Mahavari Mela” (Period Fair) at Ucch Madhyamik Vidyalaya in Musepur, attended by over 200 students and teachers. Stalls showcased different menstrual hygiene products, educational displays explained reproductive health, and talks by Sahyogi team members and the school principal Mrs. Ranjana Singh emphasized the importance of breaking taboos and ensuring access to correct information.



*Periods is a topic about which no one wants to talk openly. Sahyogi is doing great work by organizing a platform where discussion on periods is done so openly.*

*- Ranjana Singh, Principal, Ucch Madhyamik Vidyalaya, Musepur*

## Self-Assessment Evaluation Workshop



Sahyogi organized a Self-Assessment and Evaluation Workshop at The Westend Inn Hotel, bringing together team members, the chairperson, and the managing committee. The goal was to reflect on past work, address challenges, and strategize for greater community impact. Led by Executive Director Rajani and Ranvijay Kumar, the workshop began with individual SWOT analyses, followed by group discussions on aligning personal and professional growth with organizational goals. Key challenges were identified—such as reduced attendance due to school timing changes, transportation issues, and work-life balance—and practical solutions were developed, including holding sessions in schools and coordinating with local communities.

Team members presented achievements from the past two quarters, addressing issues like early marriage and lack of support for women. The second phase highlighted Sahyogi's impact: improved menstrual health awareness, increased decision-making by women, higher workforce participation, greater gender sensitivity among boys, and increased use of the Mahila Helpline. Actionable tasks were outlined, including documenting success stories, video coverage of exposure visits, and maintaining data on women's literacy and employment. The workshop concluded with a reaffirmed commitment to advancing gender equality and community empowerment through reflective learning, strategic planning, and grassroots engagement.

## Participatory Review and Strategy Development Workshop



The Participatory Review and Strategy Development Workshop, held at Navjyoti Niketan, Patna, aimed to equip participants with tools to address complex community challenges through reflection, dialogue, and strategic



planning. Facilitated by Ranvijay Kumar, the workshop used participatory methods such as mindfulness exercises, role-plays, and group discussions to encourage active learning and practical problem-solving.

Key sessions explored pressing issues like early marriages, gender dynamics, and family decision-making. Participants identified community resistance to self-initiated marriages and emphasized promoting education and career aspirations for girls. Discussions also focused on differentiating legal and familial rights and empowering facilitators to balance autonomy with guidance. Gender-based violence was examined, highlighting the stigma men face in expressing vulnerability, and the need for more open, empathetic communication.

The second day deepened discussions, examining root causes of early marriage—including emotional neglect and financial dependence—and proposing career-focused support for girls. Financial and emotional decision-making in families was also explored, with recommendations for joint budgeting and shared responsibilities.

Overall, the workshop emphasized gender sensitivity, open dialogue, and community engagement. It inspired participants to pursue inclusive, sustainable strategies for social change, leaving them with renewed purpose and actionable plans for addressing key societal challenges in their communities.

## **16 Days of Activism Campaign**

The 16 Days of Activism Against Gender-Based Violence is an annual global campaign held from November 25 to December 10. Since 2016, Sahyogi has actively participated in this campaign, organizing a range of events aimed at raising awareness about gender-based violence and discrimination. Through this campaign, Sahyogi seeks to provide a platform for women and girls to raise their voices, assert their rights, and inspire collective action toward a safer and more equitable society. This year's celebration of the campaign included following activities:

### **Gender Samvaad (Gender Dialogue)**



Sahyogi inaugurated the campaign with a Gender Samvaad (Gender Dialogue) session at Duniyari Rajkrit Ucch Vidyalaya, Sarai, Patna, Bihar. The event brought together 163 adolescent girls, aiming to build awareness about gender, patriarchy and societal stereotypes that affect their growth and aspirations. The session was led by Rajani, Executive Director, Sahyogi, who emphasized the differences between gender and sex, shedding light on how societal norms often restrict girls' development. The students actively participated in discussions. Soni Kumari, one of the participants posed a critical question, "*Why are girls often blamed for violence against them?*" This question underscored the girl's willingness to confront sensitive issues head on.

The school principal Dr. Ganesh Lal and teachers Sunil Kumar, Satish Kumar and Rakesh Kumar also shared their insights on gender issues and highlighted the need of such sessions for girls. They emphasized that these kinds of sessions will empower young girls with awareness and critical thinking skills essential for dismantling harmful patriarchal norms.

The session motivated girls to challenge existing norms of society that normalizes violence on women and lay the foundation of equitable society where both male and female are given equal opportunity to flourish.

### **Manoranjan ka Haq: Mahila Kabaddi**



A kabaddi competition was organized for women at Baluaa Panchayat. The event witnessed enthusiastic participation from 75 women from community, showcasing a break from traditional norms that often limit women's involvement in entertainment.



Sahyogi believes that entertainment is a fundamental right for every individual. However, it's often observed that entertainment is predominantly male-dominated. Women, engrossed in household and familial responsibilities, rarely find time for themselves. The main objective of this event was to provide women a healthy source of recreation and break the social prejudices such as attire (which is mostly saree for women) and traditional roles within the family, which restricts women's participation in sports.

The competition not only became a source of entertainment but was a significant step towards fostering a more inclusive and gender-equal community, allowing women to break free from the traditional constraints and claim their right to enjoy life and excel in sports.

### Bekahuf Hum: Atma Raksha Prashikshan (Karate Training for Girls)



A Karate Training session was organized at Government High School, Sarai, Patna, Bihar for adolescent girls. The event brought together approximately 150 enthusiastic girls and provided them essential self-defense skills to enhance their confidence and sense of security. The training session was led by a skilled trainer who meticulously guided the girls through various karate techniques and moves. The session not only focused on physical self-defense but also aimed to empower the participants mentally and emotionally. The girls were introduced to effective defense strategies, helping them prepare to face potential challenges of physical violence with courage and determination. Beyond the physical aspects, the training aimed to instill a spirit of resilience, strength, and empowerment in the girls. The session underscored the need of self-confidence and ability to ensure personal safety, and empower the girls to believe in themselves by taking control of their wellbeing.

### Umeed Ki Roshni



Ummed ki Roshni program was organized outside Sardar Patel Bhawan (Police Headquarter) at Shastri Nagar, Patna, Bihar. The event saw participation from 50 people who took to the streets holding candles and banners, spreading crucial messages of safety and empowerment. Participants carried messages such as **"दिन सवेरा रात अधेरा, हर पल हो सुरक्षा हक हमारा।"** (Day or night, we deserve safety and security all the time), **"ये रात हमारी है, ये शहर हमारा है।"** (This night is ours, this city is ours), and **"घर हो या शहर के रास्ते , सुरक्षित हो सबके वास्ते।"** (whether at home or on city streets, safety is everyone's right) to raise awareness about the importance of safety for women, emphasizing that cities should be as safe for women as they are for men. The program aimed to demonstrate that women should have the right to live freely without fear, whether during the day or night.

The program served as a platform to advocate for a safer, more inclusive community where every woman can live without fear and with dignity. It also highlighted the necessity of fostering a secure and empowering environment for women, encouraging a societal shift towards recognizing and addressing issues of gender-based violence and discrimination.

### Police Orientation



Sahyogi, in collaboration with Parivartan Vikas and the Ibtida Network, organized Block Level Police Orientation Sessions at Rupaspur and Maner Police Stations in Patna, Bihar. Attended by police officials, elected women representatives, and community members, the sessions focused on addressing gender-based violence and promoting a supportive environment for women and girls. Emphasizing police-community collaboration, the orientations highlighted the need for gender-sensitive policing and empowered participants to take action against violence and discrimination.

### Manav Shrinkhala





A human chain was organized at Mathiyapur, drawing vibrant participation from 117 students of Uttkrant Madhya Vidyalaya. This initiative aimed to raise awareness about the pressing issue of violence against women and highlight the importance of fostering equality in society. The event underscored the collective responsibility to challenge societal norms that perpetuate discrimination and inequality.

Students actively contributed by displaying powerful and thought-provoking slogans such as, "हम सबकी आवाज़ , महिला हिंसा के खिलाफ" (Our collective voice against violence on women), "असमानता से समानता, सबकी गिनती एक समान" (From inequality to equality, everyone counts equally), and "मुझे नहीं , मेरे अधिकारों को सुरक्षित करें " (Protect my rights, not just me). These messages resonated with the participants and onlookers, creating a strong visual and emotional impact.

The program served as a platform to mobilize both students and the wider community, encouraging them to raise their voices against violence and promote gender equality. It highlighted the critical role that awareness and collective action play in building a society where women and girls can live safely and with dignity.

### Walk for Women



In collaboration with Parivartan Vikas and Ibtida Network, a Walk for Women was organized with over 350 women and adolescent girls from the Danapur, Maner, and Bihta blocks of Patna district. The rally began at Jamsaut Panchayat and concluded at Hathiyakandh Panchayat. Adding vibrancy to the rally, the

Mahila Sargam Band joined in, amplifying the energy and spirit of the participants. Resonating slogans like: बंधन खोलो, चुप्पी तोड़ो (Break the chains, shatter the silence), पुरुषों को समझना है, महिलाओं को साथ लाना है (Men must understand, women must stand), महिला हिंसा कभी नहीं, कहीं नहीं (No to violence, anywhere, anytime) were displayed during the rally. The event aimed to send a strong message to address and eliminate violence against women. It highlighted the critical importance of fostering a safe, inclusive, and supportive environment for women and girls.

This event played a vital role in mobilizing the community to reflect on gender-based violence and recognize the collective responsibility in preventing it. By rallying such a large and diverse group of women and adolescent girls, the event powerfully demonstrated the collective strength, resilience, and determination of women, offering a compelling message of hope and empowerment.

### Forum Theatre



Sahyogi organized a series of forum theatre programs in government schools across Godhna, Mathiyapur, and Nargada with the support of Ibtida Network and Parivartan Vikas. These events engaged approximately 480 participants, including students and teachers, to raise awareness about gender-based violence and discrimination.

Forum theatre showcased real-life scenarios of gender-based discrimination and societal injustices on the stage. After the performances, participants were invited to step into the roles of the characters, suggesting alternative actions or endings based on their understanding of justice and equality.

The main objective of these performances was to shed light on various forms of discrimination and violence faced by women, prompting participants to critically analyze these issues. By engaging in role-playing, students and teachers alike were encouraged to propose and enact solutions, fostering a sense of empowerment, agency, and awareness. This interactive approach not only highlighted the personal impact of gender inequality but also inspired participants to challenge these norms actively.

The program received an overwhelmingly positive response. Khushi Kumari, a student from Godhna, shared, “After watching the performance, I realized how



*girls are suppressed in the name of family and society. It has made me think about the importance of living life on our own terms.” Roshan Kumar, a student from Rajkriya Utkramit Madhya Vidyalaya in Mathiyapur, expressed, “This experience taught me a lot. I now understand the importance of supporting my sister in pursuing her dreams.” Mamta Kumari, a teacher from Rajkiya Madhya Vidyalaya in Nargada, reflected, “Even as adults, we found ourselves immersed in the scenes. Watching these performances made me realize how deeply entrenched we are in the web of patriarchy.”*

### Stand for Women



Sahyogi organized a transformative program titled Stand for Women in Simari, bringing together 80 boys to foster awareness and accountability in creating a safer society for girls and women. The program's primary objective was to help the participants understand their crucial role in challenging societal norms and actively promoting gender equality. Through discussions, interactive activities, and symbolic acts of solidarity, the boys pledged to stand against violence and discrimination towards women. By expressing their support for women's rights and empowerment, they contributed to laying the groundwork for a community where men and women enjoy equal opportunities and the freedom to thrive.

## CASE STUDIES

*In my family, girls' education was never given importance. We were expected to focus more on household chores than on studying. As a result, I never took much interest in my studies and dropped out of school after completing class 8, staying at home thereafter.*

*However, things started to change when I began attending meetings organized by Sahyogi. It was there that I realized how important education is for me and for my future. I shared my thoughts with Sharda Didi, and she encouraged and guided me on how I could resume my studies.*

*With her support, I went back to my previous school, hoping to get re-admitted. Unfortunately, due to some document-related issues, the school couldn't take me back. I was deeply disappointed, but Sharda Didi didn't let me lose hope. She told me about the option of open schooling, through which I could complete my education. Following her advice, I enrolled myself*



**Rozy Khatoon,  
16, Hathiyakandh**

*Growing up, I loved music, but I never told anyone. In my village, people say music isn't for boys. I was scared of being laughed at, so I stayed quiet and tried to fit in.*

*Things started to change, when I joined a training by Sahyogi. They talked about gender, freedom and how we all have right to follow our dreams. At first, I just listened. But during one session, I finally gathered courage to share that I love music. To my surprise, no one judged me- infact they encouraged me.*

*That moment changed everything. I started practicing music openly. I felt proud, not ashamed. I also began helping my mother and sister at home. As the shame of gender-based roles and responsibilities washed away from my mind. I started practicing music openly.*

*Today, I sing freely and support others like me. I'm not just following my dream- I'm challenging old ideas in my home and community. And I've learned one important thing: gender should never decide what you can or cannot do.*



**Roshan Kumar,  
Hathiyakandh**



*My father is the sole breadwinner in our family of seven. Despite many challenges, he always supported my education. However, financial constraints often held me back, especially when I couldn't afford books and other study materials.*

*One day, I shared my worries with Priyanka Didi. She encouraged me to look for a part-time job that could help me support my educational expenses. Later, she informed me about a vacancy for an invigilator at an online examination center. I appeared for the interview, and fortunately, I got selected.*

*This experience has boosted my confidence. Now, I feel more capable and independent, knowing that I can manage my studies and meet my educational needs on*



**Phulmanti Kumari, 19,  
Chotki Kathautiyaa**

## Other Activities

### Flower rangoli by community girls on Earth Day



### Forum theatre in community on Environment Day



**Celebrating People who are empowering many like them on International Women's Day**



## GLIMPSE FROM MEDIA

# पंचायत स्तर पर महिलाओं की सक्रियता बढ़ी : मेयर

समारोह में 6 महिला पंचायत प्रतिनिधि हुई सम्मानित

सिटी रिपोर्टर। पटना

पंचायत स्तर पर महिलाओं की सक्रियता बढ़ी है। महिलाओं की बढ़ती सक्रियता इस बात की पुष्टि करती है कि समाज में सशक्तीकरण के प्रति सामाजिक जागरूकता बढ़ी है। यह बात बुधवार को आयोजित सशक्तीकरण सह उत्कृष्ट कार्यों के लिए सम्मान आयोजित समारोह में मेयर सीता साहू ने कही। बतौर मुख्य अतिथि के रूप में मौजूद मेयर ने कहा कि महिला सशक्तीकरण की प्रथम सीढ़ी यह है कि महिलाएं अपने अधिकारों से अवगत होकर स्वयं को सशक्त बनाएं। वहीं, इस मौके पर छह महिला पंचायत प्रतिनिधियों को सम्मानित किया गया।

कार्यक्रम के दौरान एक वार्ड सदस्य ने कहा कि मेरा नाम पुनम देवी है और दो बार से वार्ड सदस्य निर्वाचित हो रही हूं। पहले जब घर से निकलती थी तो झिझक महसूस होती थी। अब कहीं भी जाती हूं तो अपनी मर्जी से जाती हूं। खुद से निर्णय लेती हूं। यही मेरा सशक्तीकरण हुआ है। कार्यक्रम में दीक्षा विधायक संजीव

चौरसिया ने कहा कि समाज में महिलाओं की भागीदारी बढ़े। शिक्षा, स्वास्थ्य और रोजगार के क्षेत्र में विशेष प्रयास किए जाने चाहिए। आत्मनिर्भरता आने के बाद महिलाएं समाज में अपनी महत्वपूर्ण भूमिका निभा सकेंगी। सहयोगी संस्था की निदेशक रजनी ने सहयोगी संस्था के कार्यों की जानकारी दी। उन्होंने कहा कि सहयोगी संस्था विगत 2016 से ही किशोरी, महिलाएं, पंचायत प्रतिनिधि और स्कूलों के साथ मिलकर कार्य कर रही है।

हंगर प्रोजेक्ट की राज्य कार्यक्रम पदाधिकारी शाहिना प्रवीण ने कहा कि ग्रामीण क्षेत्रों में महिलाओं को जागरूक करना जरूरी है। उन्हें उनके अधिकारों और सरकारी योजनाओं के बारे में जागरूक करना जरूरी है, ताकि वे इनका लाभ उठा सकें। योजनाओं का लाभ पाकर महिलाएं अपने परिवार के साथ-साथ समाज का भी विकास कर सकेंगी। मौके पर दानापुर प्रखंड की ब्लॉक प्रमुख वंदना राय और दानापुर प्रखंड के प्रखंड विकास पदाधिकारी विभेय आनंद ने अपनी बातें रखीं।



## महिला सशक्तिकरण सामाजिक विकास की आधारशिला: संजीव चौरसिया

पटना: नारी का सशक्तिकरण ही सामाजिक विकास की बुनियाद है, केंद्र और राज्य सरकारें भी नारी सशक्तिकरण के लिए निरंतर प्रयासरत हैं। नारी की भूमिका सभी क्षेत्रों में समान रूप से निरंतर आगे बढ़ रही है। महिलाओं के उत्थान से ही परिवार, समाज, राज्य और देश का विकास संभव है। उक्त बातें विधायक संजीव चौरसिया ने नारी सहभागिता के अनुभव और सशक्तिकरण के आयाम पर सहयोगी संस्था द्वारा किया गया कार्यक्रम में भागीदारी बढ़ाने के लिए शिक्षा, स्वास्थ्य और रोजगार के क्षेत्र में विशेष प्रयास किए जाने चाहिए, जिससे वे आत्मनिर्भर बन सकें और समाज में अपनी महत्वपूर्ण भूमिका निभा सकें।

6 महिला जन-प्रतिनिधियों को मिला सम्मान: इस दौरान विधायक संजीव चौरसिया ने 6 महिला जन-प्रतिनिधियों को नारी सशक्तिकरण के उत्कृष्ट प्रयासों के लिए सम्मानित किया। उन्होंने कहा कि इन महिलाओं ने पंचायत स्तर पर न केवल अपने अधिकारों को पहचाना है, बल्कि वे समाज की अन्य महिलाओं के लिए प्रेरणा स्रोत बनी हैं। इस सम्मान से यह संदेश मिलता है कि महिलाएं हर क्षेत्र में अग्रणी हो सकती हैं यदि उन्हें सही दिशा और समर्थन मिले। पटना की महापौर सीता साहू ने कहा कि महिलाएं प्रत्येक क्षेत्र में परचम लहरा रही हैं। महिला सशक्तिकरण की प्रथम सीढ़ी यह है कि महिलाएं अपने अधिकारों से अवगत होकर स्वयं को सशक्त करने की कोशिश करें। पंचायत स्तर पर महिलाओं की बढ़ती सक्रियता इस बात की पुष्टि करती है कि समाज में नारी सशक्तिकरण के प्रति सामाजिक



सम्मानित किया। उन्होंने कहा कि इन महिलाओं ने पंचायत स्तर पर न केवल अपने अधिकारों को पहचाना है, बल्कि वे समाज की अन्य महिलाओं के लिए प्रेरणा स्रोत बनी हैं। इस सम्मान से यह संदेश मिलता है कि महिलाएं हर क्षेत्र में अग्रणी हो सकती हैं यदि उन्हें सही दिशा और समर्थन मिले। पटना की महापौर सीता साहू

ने कहा कि महिलाएं प्रत्येक क्षेत्र में परचम लहरा रही हैं। महिला सशक्तिकरण की प्रथम सीढ़ी यह है कि महिलाएं अपने अधिकारों से अवगत होकर स्वयं को सशक्त करने की कोशिश करें। पंचायत स्तर पर महिलाओं की बढ़ती सक्रियता इस बात की पुष्टि करती है कि समाज में नारी सशक्तिकरण के प्रति सामाजिक

जागरूकता बढ़ी है। उन्होंने कहा कि महिलाओं की शिक्षा और उनके अधिकारों की जानकारी ही उन्हें समाज में सही स्थान दिला सकती है। पटनापुर प्रखंड की ब्लॉक प्रमुख बंदिता राय ने कहा कि समाज के प्रत्येक क्षेत्र में महिलाओं की सहभागिता से नारी सशक्तिकरण को बल मिलेगा। उन्होंने इस बात पर भी जोर दिया कि महिलाओं की आवाज को पंचायत से लेकर राष्ट्रीय स्तर तक पहुंचाने के लिए एक मजबूत मंच की आवश्यकता है। पटनापुर प्रखंड के प्रखंड विकास पदाधिकारी विभेप आनंद ने कहा कि महिला सशक्तिकरण की प्रगति में महिलाओं का संसाधनों पर पकड़ होना अहम है। उन्होंने बताया कि महिलाएं जब आर्थिक रूप से सशक्त होती हैं, तब वे अपने अधिकारों के प्रति जागरूक होती हैं और समाज में अपनी भूमिका को मजबूती से निभा सकती हैं।

जेंडर आधारित भेदभाव के खिलाफ एकजुटता जरूरी: सहयोगी संस्था के कार्यो पर जानकारी देते हुए कहा कि सहयोगी संस्था विगत 2016 से ही किशोरी, महिलाएं, पंचायत प्रतिनिधि और स्कूलों के साथ मिलकर कार्य कर रही है। उन्होंने कहा कि सहयोगी संस्था का उद्देश्य जेंडर आधारित भेदभाव एवं घरेलू हिंसा के खिलाफ किशोरी एवं महिलाओं को एकजुट करते हुए उनका सशक्तिकरण करना है। विगत दो वर्षों से पुरुषों की लिंग आधारित भेदभाव जैसे संवेदनशील मुद्दों पर जागरूक करने का भी प्रयास किया जा रहा है। उन्होंने कहा कि महिलाओं और किशोरियों को आत्मनिर्भर बनाने के लिए उन्हें सही शिक्षा और मार्गदर्शन को जरूरत है, जिससे वे अपने जीवन में सकारात्मक बदलाव ला सकें। हॉपर प्रोजेक्ट की राज्य कार्यक्रम पदाधिकारी शाहिना प्रवीण ने महिलाओं के जीवन में व्यापक चुनौतियों पर विस्तार से प्रकाश डाला। उन्होंने पंचायत स्तर पर महिलाओं की सक्रिय भागीदारी को बढ़ाने की जरूरत पर बल दिया। उन्होंने यह भी कहा कि ग्रामीण क्षेत्रों में महिलाओं को

सहयोगी संस्था के कार्यो पर जानकारी देते हुए कहा कि सहयोगी संस्था विगत 2016 से ही किशोरी, महिलाएं, पंचायत प्रतिनिधि और स्कूलों के साथ मिलकर कार्य कर रही है। उन्होंने कहा कि सहयोगी संस्था का उद्देश्य जेंडर आधारित भेदभाव एवं घरेलू हिंसा के खिलाफ किशोरी एवं महिलाओं को एकजुट करते हुए उनका सशक्तिकरण करना है। विगत दो वर्षों से पुरुषों की लिंग आधारित भेदभाव जैसे संवेदनशील मुद्दों पर जागरूक करने का भी प्रयास किया जा रहा है। उन्होंने कहा कि महिलाओं और किशोरियों को आत्मनिर्भर बनाने के लिए उन्हें सही शिक्षा और मार्गदर्शन को जरूरत है, जिससे वे अपने जीवन में सकारात्मक बदलाव ला सकें। हॉपर प्रोजेक्ट की राज्य कार्यक्रम पदाधिकारी शाहिना प्रवीण ने महिलाओं के जीवन में व्यापक चुनौतियों पर विस्तार से प्रकाश डाला। उन्होंने पंचायत स्तर पर महिलाओं की सक्रिय भागीदारी को बढ़ाने की जरूरत पर बल दिया। उन्होंने यह भी कहा कि ग्रामीण क्षेत्रों में महिलाओं को

उनके अधिकारों और सरकारी योजनाओं के बारे में जागरूक करना जरूरी है, ताकि वे इनका लाभ उठा सकें और अपने परिवार के साथ-साथ समाज का भी विकास कर सकें। इस दौरान प्रदान की गई कार्ययोजना पदाधिकारी सहाना मिश्रा ने भी पंचायत स्तर पर महिलाओं की भूमिका पर अपनी बात रखी। उन्होंने कहा कि पंचायतों में महिलाओं की भागीदारी सुनिश्चित करना केवल एक औपचारिकता नहीं होनी चाहिए, बल्कि यह समाज में महिलाओं के वास्तविक सशक्तिकरण की दिशा में एक महत्वपूर्ण कदम है। कार्यक्रम के दौरान महिला एवं बाल विकास के सलाहकार डॉ. राजेश कुमार प्रन्वेल सहित पटना जिले के पंचायत प्रतिनिधि, महिलाएं और किशोरियां शामिल हुईं। उन्होंने नारी सशक्तिकरण के विभिन्न पहलुओं पर अपने विचार साझा किए और इस बात पर जोर दिया कि महिलाओं को अपने जीवन में आने वाली चुनौतियों का सामना करने के लिए हर संभव सहायता प्रदान की जानी चाहिए।

## स्वच्छता प्रबंधन सप्ताह की शुरुआत में महिलाओं और किशोरियों ने साझा किए अपने पहला अनुभव

(रवि कुमार भार्गव  
राज्य को-ऑर्डिनेटर दैनिक  
अयोध्या टाइम्स बिहार)  
पटना 22 मई 2024। सहयोगी संस्था ने बुधवार को मासिक धर्म स्वच्छता प्रबंधन सप्ताह के सात दिवसीय अभियान की शुरुआत की है। अभियान की शुरुआत में सहयोगी संस्था द्वारा समुदाय की महिलाओं एवं किशोरियों से उनके प्रथम मासिक धर्म के अनुभव को जाना। इस सप्ताह का उद्देश्य महिलाओं और किशोरियों को मासिक धर्म के प्रति जागरूक करना और समाज में इसके प्रति सकारात्मक दृष्टिकोण विकसित करना मुख्य उद्देश्य है। सहयोगी संस्था की कार्यकारी निदेशक रजनी ने इस महत्वपूर्ण पहल के बारे में बात करते हुए कहा कि इसका उद्देश्य न केवल मासिक धर्म स्वच्छता के बारे में जागरूकता बढ़ाना है, बल्कि समाज में इसके प्रति मौजूद भ्रांति और गलत धारणाओं को दूर करना भी है। अभियान के पहले दिन महिलाओं और किशोरियों ने अपने अनुभवों को साझा करते हुए बताया कि कैसे उन्हें मासिक धर्म के दौरान कई तरह चुनौतियों का सामना करना पड़ा और उन्हें किस



तरह की जानकारी और समर्थन की आवश्यकता थी। उनके अनुभवों ने स्पष्ट किया कि मासिक धर्म के विषय में शिक्षा और जागरूकता की कितनी आवश्यकता है। सहयोगी संस्था की कार्यकारी निदेशक रजनी ने कहा मासिक धर्म स्वच्छता प्रबंधन सप्ताह का उद्देश्य महिलाओं और किशोरियों को एक ऐसा मंच प्रदान करना है, जहाँ वे अपने अनुभवों को बिना किसी झिझक के साझा कर सकें। इस प्रकार के संवाद से हम समाज में मासिक धर्म के प्रति सकारात्मक परिवर्तन ला सकते हैं। अभियान के तहत अगले छह दिनों में विभिन्न

गतिविधियों और कार्यक्रमों का आयोजन किया जाएगा। जिसमें माहवारी रैली, माहवारी मेला, रेड डॉट और ब्रेसलेट, माहवारी पर पेंटिंग, पैनल डिस्कशन और माहवारी पर लड़कों से बातचीत शामिल है। साथ ही सोशल मीडिया के माध्यम से भी अभियान चलाया जायेगा ताकि अधिक से अधिक लोगों को इसमें शामिल किया जा सके। सहयोगी संस्था का यह कदम निश्चित रूप से महिलाओं और किशोरियों के जीवन में एक महत्वपूर्ण परिवर्तन लाएगा और समाज को एक स्वस्थ और जागरूक दिशा में ले जाएगा।

### प्रभात खबर

## घरेलू हिंसा की पीड़ित महिलाएं अधिकार के लिए आये आगे, पुलिस करेगी सहयोग

- घरेलू हिंसा को लेकर महिला सेविकाओं ने पुलिस पदाधिकारियों के साथ की बैठक

**प्रतिनिधि, मनेर**

शनिवार को मनेर थाना के परिसर में घरेलू हिंसा को लेकर महिला समाजसेवियों ने पुलिस पदाधिकारियों के साथ बैठक की। अध्यक्षता समाजसेविका उषा श्रीवास्तव ने की। बैठक में समाज सेविकाओं ने मनेर सहित आसपास के गांवों व मुहल्लों के घरों में बढ़ रहे घरेलू हिंसा व प्रताड़ना की बातों को पुलिस पदाधिकारियों के समक्ष रखा। वहीं थानाध्यक्ष सुनील कुमार भगत ने कहा कि थाने में महिला हेल्प डेस्क बनाया गया है। महिला किसी भी समस्या, हिंसा व अन्य



पुलिस पदाधिकारी के साथ बैठक में शामिल महिला समाजसेविका.

घटना के बारे में पुलिस से शिकायत कर सकती है। पुलिस उन महिलाओं का सहयोग करेगी। महिला दरोगा अर्चना सिंह ने कहा कि घरेलू हिंसा के खिलाफ पीड़ित महिला को पहले उन्हें खुद अपने

अधिकार के लिए लड़ना व लड़ाई की शुरुआत करनी पड़ेगी, तभी पुलिस उनकी हर कदम पर सहयोग करेगी। मौके पर एसआइ राजेश यादव, सरोज देवी, अंशु देवी, लीला देवी, बिंदु देवी आदि थीं।



## स्वच्छता प्रबंधन सप्ताह की शुरुआत में महिलाओं और किशोरियों ने साझा किए अपना पहला अनुभव

**बिहू कुमार जिला रिपोर्टर दैनिक प्राइम वॉइस द्वारा विनय कुमार ब्यूरो चीफ बिहार।**

बेतिया सहयोगी संस्था ने बुधवार को मासिक धर्म स्वच्छता प्रबंधन सप्ताह के सात दिवसीय अभियान की शुरुआत किया। अभियान की शुरुआत में सहयोगी संस्था द्वारा विभिन्न समुदाय की महिलाओं एवं किशोरियों से उनके प्रथम मासिक धर्म के अनुभव को जाना। इस सप्ताह का उद्देश्य महिलाओं और किशोरियों को मासिक धर्म के प्रति जागरूक करना और समाज में इसके प्रति सकारात्मक दृष्टिकोण विकसित करना मुख्य उद्देश्य है। सहयोगी संस्था की कार्यकारी निदेशक रजनी ने इस महत्वपूर्ण पहल के बारे में बात करते हुए कहा कि इसका उद्देश्य न केवल मासिक धर्म स्वच्छता के बारे में जागरूकता बढ़ाना है, बल्कि समाज में इसके प्रति मौजूद भ्रांति और गलत धारणाओं को दूर करना भी है। अभियान के पहले दिन महिलाओं और किशोरियों ने अपने अनुभवों को साझा करते हुए बताया कि कैसे उन्हें मासिक धर्म के दौरान कई

तरह चुनौतियों का सामना करना पड़ा और उन्हें किस तरह की जानकारी और समर्थन की

हैं। अगले छह दिनों में होंगी कई गतिविधियां अभियान के तहत अगले छह दिनों में विभिन्न



आवश्यकता थी। उनके अनुभवों ने स्पष्ट किया कि मासिक धर्म के विषय में शिक्षा और जागरूकता की कितनी आवश्यकता है। मासिक धर्म के प्रति सकारात्मक परिवर्तन लाना उद्देश्यरू सहयोगी संस्था की कार्यकारी निदेशक रजनी ने कहा मासिक धर्म स्वच्छता प्रबंधन सप्ताह का उद्देश्य महिलाओं और किशोरियों को एक ऐसा मंच प्रदान करना है, जहां वे अपने अनुभवों को बिना किसी झिझक के साझा कर सकें। इस प्रकार के संवाद से हम समाज में मासिक धर्म के प्रति सकारात्मक परिवर्तन ला सकते

गतिविधियों और कार्यक्रमों का आयोजन किया जाएगा। जिसमें माहवारी रैली, माहवारी मेला, रेड डॉट और ब्रेसलेट, माहवारी पर पेंटिंग, पैनल डिस्कशन और माहवारी पर लड़कों से बातचीत शामिल है। साथ ही सोशल मीडिया के माध्यम से भी अभियान चलाया जायेगा ताकि अधिक से अधिक लोगों को इसमें शामिल किया जा सके। सहयोगी संस्था का यह कदम निश्चित रूप से महिलाओं और किशोरियों के जीवन में एक महत्वपूर्ण परिवर्तन लाएगा और समाज को एक स्वस्थ और जागरूक दिशा में ले जाएगा।







## सिमरी में होगा तीन दिवसीय हीरो टूर्नामेंट

पटना, बिहार दर्शन। सहयोगी संस्था द्वारा 17 से 19 नवंबर तक सिमरी में आयोजित तीन दिवसीय हीरो टूर्नामेंट ने ग्रामीण युवाओं के बीच खेल और सामाजिक जागरूकता का अद्भुत समन्वय पेश किया। टूर्नामेंट में मुसैपुर, आनंदपुर, हथियाकांध और पैनाठी गांवों की टीमों ने पूरे जोश और उत्साह के साथ भाग लिया। इस आयोजन का



उद्देश्य केवल खेल भावना को प्रोत्साहित करना नहीं था, बल्कि युवाओं को नेतृत्व, आत्मविश्वास और सामुदायिक मुद्दों के प्रति जागरूक बनाना भी था।

## नो एकसेक्यूज़ 16 दिवसीय पखवाड़ा का हैसटैग।



--कार्यक्रम को सफल बनाने में सहयोगी टीम के सदस्य शारदा, मोनिका, निर्मला, लाजवंती, रुबी, बिंदु, प्रियंका, मनोज, उषा, धर्मेन्द्र और साक्षी ने महत्वपूर्ण भूमिका निभाई। (रवि कुमार भार्गव संपादक दैनिक अयोध्या टाईम्स बिहार)

पटना 28 नवंबर 2024-पटना:- जेंडर आधारित हिंसा का संकट अत्यंत गंभीर है। महिलाओं और लड़कियों के खिलाफ हिंसा के लिए कोई #बहाना नहीं हो सकता (नो एकसेक्यूज़) हैसटैग के साथ 16 दिवसीय पखवाड़ा का आयोजन किया जा रहा है। वैश्विक प्रगति के बावजूद, लड़कियां और महिलाएं अभी भी ऐसी बाधाओं का सामना कर रही हैं, जो उनके विकास में रुकावट डालती हैं। इस असमानता को पाटने के लिए लैंगिक समानता सबसे महत्वपूर्ण है। इसके बिना महिला हिंसा को समाप्त करने का प्रयास नाकाफी होगी। इसी उद्देश्य के साथ सहयोगी संस्था गुरुवार को दुनिया की राजकीय कन्या उच्च विद्यालय, सराय पहुंची। जहां जेंडर संवाद के आयोजन के साथ महिलाओं और किशोरियों के खिलाफ हिंसा समाप्त करने के लिए 16 दिवसीय पखवाड़े का शुभारंभ किया गया। कार्यक्रम के दौरान 163 छात्राओं ने उत्साह के साथ अपने हक और हुकूक की बात की। विद्यालय के प्रधानाचार्य डॉ. गणेश लाल, शिक्षक सतीश कुमार, सुनील कुमार और राकेश कुमार ने कार्यक्रम में सक्रिय भागीदारी की। प्रधानाचार्य ने कहा कि ऐसे कार्यक्रम किशोरियों को आत्मनिर्भर और जागरूक बनने में मदद करते हैं। छात्राओं ने पितृसत्तात्मक सोच को दी चुनौती: सहयोगी संस्था की निदेशक रजनी ने बताया कि जेंडर संवाद के दौरान छात्राओं ने खुलकर अपनी मनोव्यथा रखी। उन्होंने सदियों से चली आ रही पितृसत्तात्मक सोच को चुनौती दी। संवाद कार्यक्रम के दौरान एक छात्रा सोनी कुमारी ने समाज पर सवाल उठाते हुए कहा कि "महिला हिंसा के लिए हमेशा लड़की को ही दोष क्यों दिया जाता है?" यह दर्शाता है कि किशोरियाँ अब अपनी आवाज बुलंद करने और बदलाव लाने के लिए तैयार हैं। रजनी ने कहा कि जेंडर आधारित हिंसा को समाप्त करना व्यक्ति, समाज और सरकार सबकी पहली प्राथमिकता होनी चाहिए और इसके लिए कोई एकसेक्यूज़ (बहाना) नहीं हो सकता। इस वर्ष # नो एकसेक्यूज़ रखा गया है। जेंडर आधारित सोच और सामाजिक मान्यता को समझा: कार्यक्रम के दौरान सहयोगी संस्थान की निदेशक रजनी ने किशोरियों को जेंडर और जीवन में इसकी भूमिका पर समझ बनाया। उन्होंने बताया कि जेंडर आधारित सोच और सामाजिक मान्यता किस प्रकार उनके व्यक्तिगत और शैक्षिक विकास को प्रभावित करती हैं। कार्यक्रम में महिलाओं के प्रति हिंसा, भेदभाव, और लैंगिक असमानता के मुद्दों पर चर्चा की गई। किशोरियों को उनके अधिकारों के प्रति जागरूक करते हुए यह संदेश दिया गया कि वे समाज द्वारा बनाए गए पारंपरिक दायरों से परे जाकर अपने भविष्य को आकार दे सकती हैं। कार्यक्रम को सफल बनाने में सहयोगी टीम के सदस्य शारदा, मोनिका, निर्मला, लाजवंती, रुबी, बिंदु, प्रियंका, मनोज, उषा, धर्मेन्द्र और साक्षी ने महत्वपूर्ण भूमिका निभाई।



# महिलाएं अधिकारों को जान कर स्वयं को सशक्त बनाएं : सीता साहू



कार्यशाला में शामिल मेयर सीता साहू, विधायक संजीव चौरसिया व अन्य.

## संवाददाता, पटना

**पटना** नगर निगम की मेयर सीता साहू ने कहा कि महिलाएं प्रत्येक क्षेत्र में परचम लहरा रही हैं। महिलाएं अपने अधिकारों को जानकर स्वयं को सशक्त बनाएं। पंचायत स्तर पर महिलाओं की बढ़ती सक्रियता इस बात की पुष्टि करती है कि समाज में महिला सशक्तीकरण के प्रति सामाजिक जागरूकता बढ़ी है। मेयर ने कहा कि केंद्र व राज्य सरकार महिला सशक्तीकरण के लिए निरंतर प्रयासरत है। सहयोगी संस्था की ओर से "महिला पंचायत

प्रतिनिधिगण : सहभागिता के अनुभव व सशक्तिकरण के आयाम" विषय पर आयोजित कार्यशाला में मेयर ने उक्त बातें कहीं। इस अवसर पर दीक्षा विधायक संजीव चौरसिया ने कहा कि महिला की भूमिका सभी क्षेत्रों में समान रूप से निरंतर आगे बढ़ रही है। महिलाओं के उत्थान से ही परिवार, समाज, राज्य और देश का विकास संभव है। समाज में महिलाओं की भागीदारी बढ़ाने के लिए शिक्षा, स्वास्थ्य और रोजगार के क्षेत्र में विशेष प्रयास किया जाना चाहिए, जिससे वे आत्मनिर्भर बन समाज में अपनी महत्वपूर्ण भूमिका निभा सकें।

## महिला हिंसा के खिलाफ जागरूकता फैलाने के लिए मानव श्रृंखला का आयोजन

दिन सवेरा, रात अंधेरा, हर पल हो सुरक्षा हक हमारा - मोमबत्तियों की रोशनी से उम्मीद की किरण

**पटना:** सहयोगी संस्था द्वारा 16 दिवसीय अभियान के अंतर्गत पटना के विभिन्न क्षेत्रों में मानव श्रृंखला, "उम्मीद की रोशनी," और पुलिस उन्मुखीकरण कार्यक्रम का आयोजन किया गया। इन आयोजनों का उद्देश्य समाज में महिला हिंसा के खिलाफ जागरूकता फैलाना और सुरक्षा, समानता, और अधिकारों के प्रति लोगों को जागरूक करना था।

मानव श्रृंखला: छात्र-छात्राओं की भागीदारी से जागरूकता का प्रसार  
उत्कर्मित मध्य विद्यालय, मठियापुर के 100 छात्र-छात्राओं ने मानव श्रृंखला में उत्साहपूर्वक भाग लिया। बच्चों ने "महिला हिंसा के खिलाफ हम सबकी आवाज़," "असमानता से समानता, सबकी गिनती एक समान," और "मुझे नहीं, मेरे अधिकारों को सुरक्षित करें" जैसे प्रभावशाली नारों के साथ समाज को जागरूक किया। मानव श्रृंखला के माध्यम से यह संदेश

दिया गया कि महिलाओं के अधिकार और समानता के प्रति हर व्यक्ति की जिम्मेदारी है।

**पुलिस उन्मुखीकरण कार्यक्रम:** महिला सुरक्षा पर विशेष ध्यान

1 दिसंबर 2024 को रूपसपुर थाने में सहयोगी संस्था ने पुलिस उन्मुखीकरण कार्यक्रम आयोजित किया। इस कार्यक्रम में महिला हेल्पडेस्क की प्रभारी निशा कुमारी और अंजू कुमारी, मुंशी रंजन कुमार, रघुरामपुर की वार्ड सदस्य सरोज देवी, हथियाकोंध की वार्ड सदस्य गुड़िया देवी, और अन्य पंचायतों की महिलाएं एवं किशोरियां शामिल हुईं। थाना अध्यक्ष रणविजय कुमार ने कार्यक्रम को सफलतापूर्वक संचालित किया और महिला सुरक्षा के महत्व पर बल दिया।

**उम्मीद की रोशनी:** संदेशों के साथ एकजुटता का प्रदर्शन  
कार्यक्रम की पूर्व संध्या पर "उम्मीद की रोशनी" का आयोजन किया गया, जिसमें 50 प्रतिभागियों ने मोमबत्तियों और बैनर लेकर सड़कों पर जागरूकता फैलाई। "दिन सवेरा, रात अंधेरा, हर पल हो सुरक्षा हक हमारा," "ये



रात हमारी है, ये शहर हमारा है," और "घर हो या शहर के रास्ते, सुरक्षित हो सबके वास्ते" जैसे संदेशों के माध्यम से महिला सुरक्षा और समानता के लिए आवाज उठाई गई।

इन कार्यक्रमों को सफल बनाने में सहयोगी

संस्था की कार्यकारी निदेशक रजनी और उनकी टीम के सदस्यों, निर्मला,

बिंदु, रूबी, प्रियंका, शारदा, लाजवंती, मोनिका, मनाज, रोनक, उषा, धर्मेश, और साक्षी, ने महत्वपूर्ण भूमिका निभाई।



## महिला हिंसा के खिलाफ हर कदम एक साथ: 'वॉक फॉर विमेन' कार्यक्रम का आयोजन



--महिला सुरक्षा और समानता के लिए सशक्त संदेश

(रवि कुमार भार्गव संपादक दैनिक अयोध्या टाइम्स बिहार)

पटना , 3 दिसंबर 2024: महिला हिंसा के खिलाफ जागरूकता फैलाने के उद्देश्य से आज जमसौत पंचायत से हथियाकांथ पंचायत तक 'वॉक फॉर विमेन' कार्यक्रम का सफल आयोजन हुआ। यह कार्यक्रम सहयोगी संस्था ने परिवर्तन विकास और इब्लिदा नेटवर्क के सहयोग से आयोजित किया। इसमें दानापुर, मनेर, और बिहटा ब्लॉक की 350 महिलाओं और किशोरियों ने जोश और उत्साह के साथ भाग लिया। रैली की शुरुआत महिला सरगम बैंड की विशेष प्रस्तुति से हुई, जिसने उपस्थित लोगों का उत्साह दोगुना कर दिया। रैली के दौरान प्रतिभागियों ने "बंधन खोलो, चुप्पी तोड़ो," "पुरुषों को समझना है, महिला को साथ लाना है," और "महिला हिंसा कभी नहीं, कहीं नहीं" जैसे नारों के माध्यम से समाज को महिला हिंसा के खिलाफ जागरूक और संवेदनशील बनाने का संदेश दिया। कार्यक्रम का उद्देश्य 16 दिवसीय पखवाड़ा के अंतर्गत महिलाओं के प्रति हिंसा को रोकने और उनके अधिकारों को सुनिश्चित करने के लिए सामूहिक प्रयासों को मजबूत करना था। प्रतिभागियों ने रैली के दौरान महिला सुरक्षा, समानता, और सशक्तिकरण पर विचार साझा किए। महिला के प्रति जिम्मेदारी पूरे समाज की: सहयोगी संस्था की निदेशक, रजनी कुमारी ने कहा कि महिला हिंसा केवल एक महिला का मुद्दा नहीं है, यह पूरे समाज की जिम्मेदारी है। यह कार्यक्रम यह संदेश देने का एक प्रयास है कि हर महिला का जीवन सम्मान और सुरक्षा के साथ जीने का अधिकार है। जब समाज का हर व्यक्ति इस जिम्मेदारी को साझा करेगा, तभी एक सुरक्षित और समान समाज का निर्माण संभव है। आगे का रास्ता:-वॉक फॉर विमेन' जैसी पहले यह दर्शाती हैं कि सामूहिक प्रयासों से समाज में सकारात्मक बदलाव संभव है। यह कार्यक्रम न केवल जागरूकता फैलाने का माध्यम बना, बल्कि महिलाओं और किशोरियों को एकजुट होकर अपनी आवाज बुलंद करने का मंच भी प्रदान किया। इस तरह के आयोजन यह सुनिश्चित करते हैं कि महिला हिंसा के खिलाफ लड़ाई में हर कदम एक साथ हो। कार्यक्रम के दौरान सहयोगी संस्था की टीम के सदस्य निर्मला, बिंदु, रूबी, प्रियंका, शारदा, लाजवंती, रौनक, मोनिका, मनोज, ऊषा, धर्मेन्द्र, और साक्षी ने सक्रिय भूमिका निभाई। इनकी मेहनत और समर्पण से यह आयोजन न केवल सफल हुआ, बल्कि महिला सुरक्षा और समानता के संदेश को प्रभावी ढंग से लोगों तक पहुंचाने में भी सफल रहा।



## महिला हिंसा के खिलाफ हर कदम एक साथ: 'वॉक फॉर विमेन' कार्यक्रम का आयोजन

महिला सुरक्षा और समानता के लिए सशक्त संदेश

पटना, 3 दिसंबर 2024: महिला हिंसा के खिलाफ जागरूकता फैलाने के उद्देश्य से आज जमसौत पंचायत से हथियाकांध पंचायत तक 'वॉक फॉर विमेन' कार्यक्रम का सफल आयोजन हुआ। यह कार्यक्रम सहयोगी संस्था ने परिवर्तन विकास और इब्लिदा नेटवर्क के सहयोग से आयोजित किया। इसमें दानापुर, मनेर, और बिहटा ब्लॉक की 350 महिलाओं और किशोरियों ने जोश और उत्साह के साथ भाग लिया।

रैली की शुरुआत महिला सरगम बैंड की विशेष प्रस्तुति से हुई, जिसने उपस्थित लोगों का उत्साह दोगुना कर दिया। रैली के दौरान प्रतिभागियों ने "बंधन खोलो, चुप्पी तोड़ो" "पुरुषों को समझना है, महिला को साथ लाना है" और "महिला हिंसा कभी नहीं, कहीं नहीं" जैसे नारों के माध्यम से समाज को महिला हिंसा के खिलाफ जागरूक और संवेदनशील बनाने का संदेश दिया।

कार्यक्रम का उद्देश्य 16 दिवसीय पखवाड़ा के

अंतर्गत महिलाओं के प्रति हिंसा को रोकने और उनके अधिकारों को सुनिश्चित करने के लिए सामूहिक प्रयासों को मजबूत करना था। प्रतिभागियों ने रैली के दौरान महिला सुरक्षा, समानता, और सशक्तिकरण पर विचार साझा किए।

महिला के प्रति जिम्मेदारी पूरे समाज की:

सहयोगी संस्था की निदेशक, रजनी कुमारी ने कहा कि महिला हिंसा केवल एक महिला का मुद्दा नहीं है, यह पूरे समाज की जिम्मेदारी है। यह कार्यक्रम यह संदेश देने का एक प्रयास है कि हर महिला का जीवन सम्मान और सुरक्षा के साथ जीने का अधिकार है। जब समाज का हर व्यक्ति इस जिम्मेदारी को साझा करेगा, तभी एक सुरक्षित और समान समाज का निर्माण संभव है।

आगे का रास्ता:

'वॉक फॉर विमेन' जैसी पहलें यह दर्शाती हैं कि सामूहिक प्रयासों से समाज में सकारात्मक



बदलाव संभव है। यह कार्यक्रम न केवल जागरूकता फैलाने का माध्यम बना, बल्कि महिलाओं और किशोरियों को एकजुट होकर अपनी आवाज बुलंद करने का मंच भी प्रदान किया। इस तरह के आयोजन यह सुनिश्चित करते हैं कि महिला हिंसा के खिलाफ लड़ाई में हर कदम एक साथ हो।

कार्यक्रम के दौरान सहयोगी संस्था की टीम के सदस्य निर्मला, बिंदू, रूबी, प्रियंका, शारदा, लाजवती, रीनक, मोनिका, मनोज, ऊषा, धर्मेन्द्र, और साक्षी ने सक्रिय भूमिका निभाई। इनकी मेहनत और समर्पण से यह आयोजन न केवल सफल हुआ, बल्कि महिला सुरक्षा और समानता के संदेश को प्रभावी ढंग से लोगों तक पहुंचाने में भी सफल रहा।

## महिला हिंसा के खिलाफ हर कदम एक साथ: वॉक फॉर विमेन कार्यक्रम का आयोजन

**न्यूज एजेंसी: चम्पारण दर्शन न्यूज (नेशनल न्यूज फीचर नेटवर्क)**

**पटना :** महिला हिंसा के खिलाफ जागरूकता फैलाने के उद्देश्य से आज जमसौत पंचायत से हथियाकांध पंचायत तक वॉक फॉर विमेन कार्यक्रम का सफल आयोजन हुआ। यह कार्यक्रम सहयोगी संस्था ने परिवर्तन विकास और इब्लिदा नेटवर्क के सहयोग से आयोजित किया। इसमें दानापुर, मनेर, और बिहटा ब्लॉक की 350 महिलाओं और किशोरियों ने

जोश और उत्साह के साथ भाग लिया। रैली की शुरुआत महिला सरगम बैंड की विशेष प्रस्तुति से हुई, जिसने उपस्थित लोगों का उत्साह दोगुना कर दिया। रैली के दौरान प्रतिभागियों ने बंधन खोलो, चुप्पी तोड़ो पुरुषों को समझना है, महिला को साथ लाना है, और महिला हिंसा कभी नहीं, कहीं नहीं जैसे नारों के माध्यम से समाज को महिला हिंसा के खिलाफ जागरूक और संवेदनशील बनाने का संदेश दिया।