



UDAY SOCIAL DEVELOPMENT SOCIETY



CHIEF EVENTS COVERED

Celebrating equality: International Women's Day and National Girl Child Day
Srijan Adolescent Empowerment Programs in Khandwa
Eighth Nyay Chaupal Foundation Day 2025
Uday's significant role in GoI's Swachhta Sarvekshan Survey
Creation of Gram Raksha Samitis in Aulia, Khandwa
Small Scale Research Undertaken by Uday

Triumphing Rights, Equality and Empowerment: परिवार उत्सव 2025

**An event exalting the theme of “Accelerating Action”
for women, men and adolescents**



Addl. SP Khandwa Mahendra Tarnekar awarding Nyay Chaupal women for their exceptional work as change agents



Addl. SP Khandwa Mahendra Tarnekar and DSP HQ Anil Chauhan and DSP Traffic Anand Soni with Nyay Chaupal women, adolescent group members and Uday staff - Khandwa

In lieu of International Women's Day, the event “Parivaar Utsav 2025” highlighting the theme of ‘Accelerating Action’ was observed in March 2025 by Uday Society chiefly along with MP Police, beneficiaries from the community and other stakeholders through a convergence model. The event took place in the districts of Bhopal, Khandwa and Jhabua on March 07, 10 and 12 respectively.

Esteemed guests at Bhopal who graced the event included Ms. Malti Rai (Mayor, Bhopal), Ms. Sushma Babisa (MIC Public Administration, Nagar Nigam Bhopal), Mr. Harinarayan Chari Mishra (Commissioner, Bhopal Police), Ms. Himani Khanna (IG, Women's Safety Wing, PHQ MP), Ms. Kiran Kerketta (IG, Women's Safety Wing, PHQ MP), and Dr. Vineet Kapoor (DIG, Community Police MP, and PSO to DGP). Mr. Mahendra Tarnekar (Addl. SP, Khandwa), Mr. Anil Chouhan (DSP, Khandwa), Mr. Anand Soni (DSP, Traffic Police Khandwa), and Ms. Gayatri Soni (Cyber Cell in-charge, Khandwa) joined from Khandwa, while Mr. Premlal Kurve (Addl. SP, Jhabua) and Mr. Ravindra Kumar Rathi (SDPO Thandla, Jhabua) attended from Jhabua.

All these guests were joined by other senior officers from the M.P. Police, DLSA, NRLM, One-stop Crisis Centre, UN Women and UNICEF. The entire event was witnessed by nearly 2615 people, including women, adolescent youth and 170 men across all districts. A gender transformative approach was followed throughout this program, aiming to promote equitable outcomes, opportunities and rights to all, and thus some women leaders' husbands and male relatives attending the event was a great achievement. Activities such as a self-defense presentation and sharing of transformative stories were shared by women, and 74 of them were honored as change agents in their communities.

Mayor Malti Rai praised Uday's work for women and adolescents at the deepest layers of the society, and bringing genuine change in their lives through mental and emotional wellbeing, linkages with Govt. Schemes, and building their capacities for livelihood options. While praising the Nyay Chaupal initiative, IG Khanna added that domestic violence is an issue that still exists though often goes unnoticed, and must be eroded from the society. Bhopal Commissioner Chari praised Uday's Srajan project to have helped build confidence, emotional wellbeing and mental resilience in under-privileged children. Addl. SP Kurve requested Uday to continue to aware the community on the evil practices of dowry, domestic violence and especially reverse-dowry in Jhabua. The events ended with a vote of thanks and a collective promise for a better tomorrow.

A convergence approach meant that various departments and personnel took active ownership of the events, and variegated local contribution was achieved in the form of finances, venue, transport and/or ration. The program also led to immense intangible impact. A few women, after being inspired from the program, immediately requested to be added to Nyay Chaupal for working on women's challenges. Women and adolescent girls also shared how they were motivated for this program, and convinced their families to join it. A major highlight was when DSP Khandwa proposed adding Nyay Chaupal women and Uday Khandwa staff to Gram Raksha Samitis.



Addl. SP Jhabua Premlal Kurve and SDPO Thandla Ravindra Kumar Rathi facilitated the women's group members



Facilitated Nyay Chaupal women, adolescent groups and Uday team with DIG PHQ MP Vineet Kapoor

SRIJAN TRAINING PROGRAM IN KHANDWA



Srijan adolescents performing a power walk representing different pathways of life, and symbolizing the need for gender equality



Srijan adolescents in between their training, aided by their peers from past Srijans, thus leading to a learning of different best practices



Srijan (Aulia and Sirpur) conclusion ceremony: a move towards bringing change

The National Girl Child Day was observed by Uday Society among its four units of Bhopal, Aulia, Sirpur and Dharampuri, on January 24, 2025. More than 700 people participated across Bhopal and 11 villages from three Khandwa units. Carrying forward the theme of “Rights and Empowerment,” members from children’s groups presented skits, songs and mime dances on issues around child and women safety and empowerment, such as cyber-crime, human trafficking, Right to Education and the harmful effects of drugs or alcohol. They also prepared posters on these issues that were displayed at Panchayat offices. It was commendable that the entire event was organized by a few children groups’ female leaders themselves!

Police officers and panchayat leaders praised the enthusiasm and knowledge displayed by the children, and shed light on the importance of education for girls, aspects of gender equality and always maintaining respect towards females and otherwise.

Srijan, or the Srijan Adolescent Empowerment Program, is an initiative by the Community Police Wing of MP Police, especially guided by DIG Vineet Kapoor. It is focused on improving access to justice and empowerment of youth, particularly adolescent girls from vulnerable neighbourhoods who face harassment and/or personal safety issues. Uday has been one of the CSO partners for it, and has successfully conducted nine Srijan trainings (6 in Bhopal, 2 in Khandwa and 1 in Indore) empowering 1075 adolescents (915 female and 160 male), while constantly following up with the adolescents and providing them guidance whenever required.

As part of its 9 Srijans, Uday had taken the enterprise for conducting it in a rural setting, and thus successfully conducted two Srijans in Aulia (Pandhana and Chegaon Makhan blocks) and Sirpur (Khalwa block) clusters of Khandwa district between 15-29 May 2025, in collaboration with Khandwa district police. Training programs (including both indoor and outdoor classes) for self-defence and personality development were conducted at both places through a holistic and inclusive process. The adolescents were trained to develop understanding about law, India’s constitutional values, fundamental rights and duties, the functioning mechanism and recruitment processes of the police, various types of crime including cyber-crime and gender-based violence, safety of women and children, skill and employment generation, and knowledge about POCSO, child rights, drug abuse, adolescent health and Bhartiya Nyay Sanhita 2023. They also trained in running, yoga, shot put, long jump, martial arts and self-defence techniques etc. The aim was not only to make them more knowledgeable, but also to make them strong, courageous and confident human beings who would become ideal citizens of the country. They were also motivated to take community policing initiatives forward.

Both Srijans concluded in a grand ceremony on May 29 in front of more than 1150 participants. A majority of adolescents (>90) completed the entire training successfully: 156 in Aulia (123F, 33M) and 100 in Sirpur (43F, 57M). Alongside thematic dance, song and mime presentations by the adolescents, they were also awarded certificates of completion. Esteemed chief guests for the inauguration and/or concluding ceremony included MP Police officers: DIG Khargone Range Siddharth Bahuguna, Khandwa SP Manoj Kumar Rai, Mr. Praveen Sharma (Chairperson, CWC Khandwa), Addl. SP Khandwa Mahendra Tarnekar, Addl. SP Khandwa (Rural) Rajesh Raghuvanshi, DSP Traffic Anand Kumar Soni and DSP Women’s Security Neha Pachisia. Additionally, Mr. Dilawar Singh (District Legal Officer, DLSA) also motivated the adolescents. To conclude their beautiful journey, a small tree plantation event was held, highlighting the meaning of Srijan: a new sprout blossoming in the world!

Observing the National Girl Child Day



National Girl Child Day observation in Dharampuri Unit, Khandwa district



EIGHTH NYAY CHAUPAL FOUNDATION DAY 2025

Empowered Woman, Empowered Family, Empowered Nation!



DLO DLSA B. M. Singh, Bhabha University Registrar Dr. Shyam Patkar and Uday's Joint Director Roseline with Nyay Chaupal women



Nyay Chaupal core team member Alomati Rai sharing her transformative story

The “Eighth Nyay Chaupal Foundation Day 2025” program was facilitated by Uday Society in convergence with Bhabha University on June 28, 2025, at Bhabha University, Jatkhedhi, Bhopal. The chief guests for the event were Mr. B. M. Singh (District Legal Officer, DLSA) and Mr. Arvind Singh (Deputy Defense Counsel, DLSA). Other guests who graced the event were from the university, namely Dr. Shyam Patkar (Registrar), Mr. N. K. Agrawal (Pro-vice Chancellor), Dr. V. K. Punj (Chief Administrative Officer), and Uday Society's management member Sister Grace and Joint Director Sister Roseline. More than 220 participants, including Nyay Chaupal survivor women, attended the event.

Nyay Chaupal is a community based legal-aid cell by domestic violence survivor women, established on June 28, 2017 by Uday Society, that has solved more than 2200 cases since its inception. A brief report on its yearly activities and impact was presented by Uday's Bhopal team including details on skill development and training, Jan-Samwad or public discussions, exposure visits and counseling processes. Their strong convergence with government bodies and unwavering commitment via detailed follow-up was praised by Mr. B. M. Singh, who also lauded Uday's excellent work for providing justice, security and empowerment opportunities to domestic violence survivors, a section of society that often went unnoticed.

Nyay Chaupal survivors also shared their transformative stories, buoying the audience. A self-defense demonstration was presented by them with Uday's child leader Aaradhya taking command. It was a testament to the impact of how trainees can become trainers, and thus lead a new wave for strengthening women's safety, and more importantly, self-belief. A few survivors who had done exceptional work as change agents were honored as well. The beautiful evening ended with a collective promise for moving toward a society free from violence and disparity.



Classes in full swing!



The new session for Uday's outcome-based learning program, comprising of providing educational and tuition support to school children between 5th and 9th grades, was inaugurated on July 01, 2025. Sister Anita, who is heading the monitoring and supervision of this project, was warmly welcomed by the students with greeting cards. Sister Roseline encouraged the students to fight for and fulfil their dreams, and always hold the values of hard work, discipline, respect and courage very highly. After introducing themselves, the teachers also honored the students who scored excellently in previous years' exams. After a few fun and frolic activities, the children presented potted plants to Sisters as a symbol of constant growth and also environmental protection. A total of 225 children registered for the tuition classes from various government and small private schools from nearby areas.

BHOPAL'S RISE IN CLEANLINESS RANKINGS A TESTAMENT TO VOLUNTEERING TOWARD A COLLECTIVE CAUSE



Uday played a pivotal role in collecting feedback for Swachhta Sarvekshan 2025, the world's largest urban cleanliness survey. As part of Government of India's "Swachh Bharat Abhiyaan" initiative, this annual survey evaluates urban local bodies across India based on sanitation indicators like door-to-door waste collection, source segregation, processing efficiency and sanitation certification levels among others.

Building up to the survey, as part of a district task force meeting of BMC (Bhopal Municipal Corporation) of which Uday was a part, 11 market awareness programs were conducted that reached around 5,000 people, and 233 queries or complaints were filed online or in-office regarding cleanliness concerns. Collective efforts towards a cleaner, healthier and more aware community were strategized by Hon'ble Mayor of Bhopal Malti Rai.

On March 13, 2025, a Swachhta awareness desk was set up at Bhopal's Boat Club by BMC in collaboration with UNICEF Safe City partners, including Uday, Aarambh, Bachpan, and Muskan. Mayor-in-Council member for Health R. K. Baghel joined volunteers from these organizations to collect cleanliness feedback from shops in the area. A total of 825 citizen feedback forms were filled successfully. To carry forward this initiative, Uday Society youth leaders facilitated further Swachhta awareness help desks at four locations, including religious gatherings during Ganesh Chaturthi and Navratri, resulting in 273 forms filled and over 753 people made aware. Ultimately, over 4,500 forms were filled in Bhopal metropolitan area by Safe City partners, marking a significant milestone in the campaign.

These efforts resulted in national recognition. Notably, ten cities from MP were recognized and honored nationally, with Bhopal securing the second position in cleanliness in the million-plus population category. The Swachh Sarvekshan 2025 rankings highlight the progress of urban areas in maintaining cleanliness and sanitation standards, and more importantly, fruition of collective effort toward a shared cause.



Uday Safe City team and volunteers with MIC member for Health R. K. Baghel



Uday Safe City team, volunteers and MIC member for Health R. K. Baghel filling forms for the Swachhta Sarvekshan Survey 2025



FORMATION OF GRAM RAKSHA SAMITIS IN KHANDWA

Uday Society's Aulia unit's consistent collaboration with MP Police and local administration led to the formation of Gram Raksha Samitis at Pandhana and Chegaon Makhan police stations in Aulia, Khandwa district. The planning meetings for both took place in January 2025, with 115 participants in total, and guided by Pandhana TI Dileep Devda and Chegaon Makhan TI Vikram Dharve. Alongside, DSP Khandwa Anil Chauhan, supervised the meeting at Chegaon Makhan. The notion of the Raksha Samiti, along with its membership eligibility, rules and responsibilities were explained to people, such as the age bracket, having no past criminal record, member safety, health and fiscal benefits to members in case of any harm etc. Some chief objectives of the samitis were also explained, such as collaboration with the police and Nyay Chaupal to resolve domestic violence cases and overall issues, spreading awareness on cyber security and responsible masculinity, prevention of child marriage and child labor and more.

The Samitis were formed in February 2025, and official identity cards were distributed to their members. At present, Pandhana Samiti has 19 members, while Chegaon Makhan Samiti consists of 87 members. Uday's three staff members are also part of it to strengthen the cause of community policing via a collective approach.



Pandhana TI Dileep Devda in discussion with community members for formation of the Gram Raksha Samiti

SMALL SCALE RESEARCH UNDERTAKEN BY UDAY



Alongside implementation and management of its programs, Uday Society often undertakes research studies to assess the result and impact generated from its various initiatives. During the first half of 2025, Uday Society conducted two small-scale research studies. The first was in collaboration with MP Police's Srijan Adolescent Empowerment Program, and the second under Uday's children empowerment initiatives.

The Srijan study, conducted in February 2025, was to collect educational and livelihood details of 609 Srijan adolescents facilitated by Uday Society (Groups 1, 3, 5, 7, 11 across six police stations). The aim was also to assess the impact of Srijan program in adolescents, and understand how they were taking the vision of community policing forward. At present, 47.5% (289 adolescents) of Srijan adolescents are continuously attending school, while 20.40% (124 adolescents) are also pursuing higher education at various colleges; a great success considering the background and socio-economic status of these adolescents and the challenges they had to go through! Additionally, a total of 327 adolescents or youth (53.70%) were involved in some form of impact generation at their communities. Cases of domestic violence, gender-based violence, dealing with anti-social elements of society and educational drop-outs were reported and counseled through 91 youth, while 73 youth spread awareness about various community-based issues and aspects with their family and friends, community members, schools and at adolescent and youth groups.

The second research study was in April 2025 to follow-up with all students who successfully passed-out their fifth grade with help of Uday's educational support centers (also called Shiksha Sahyog Kendra) across Khandwa and Jhabua, and assess the centers' impact on their lives. The Balmitras (teachers at the centers) successfully filled Google form questionnaires of 1609 students (701 Male, 908 Female). The research population itself highlighted one of this initiative's biggest impact: Educational support and awareness for girl children, considering they formed 56.4% of the school-passed-out population. Additionally, a total of 1293 (80.4%) students have successfully continued their education. While 73 (4.5%) students have successfully cleared their 11th grade and 133 (8.3%) their overall schooling, 57 (3.5%) students are pursuing higher education at colleges. The educational centers helped 1594 children (99.06%) in a host of ways; this number is a testament to the initiative's impact. A few objectives of this initiative were not only to provide educational support, but also counsel and guide children for their career plans (435, 47.3%), provide support for mental and emotional wellbeing (741 children, 46.5%), understand societal issues with a critical lens (716 children, 44.9%) and build their self-belief and confidence (988 children, 62%).

Through both surveys, listing of educational drop-out children was also done and efforts are underway by Uday team to link them back to mainstream formal education. Another survey is planned for October 2025, that shall assess the impact and work done by Nyay Chaupal survivor women as change agents in their communities.

WHEELS OF INDEPENDENCE AND WINGS OF FREEDOM

As part of its initiatives for women, Uday Society facilitated two 15-day two-wheeler driving trainings in Bhopal for 10 domestic violence survivors each from Chandbadi, Piplani and Balaji Nagar, Awadhpuri, inaugurating on May 06 and May 15, 2025, respectively. A concluding ceremony was held with all 20 trainees, graced by a total of 60 participants.

Several trainees expressed how, despite never having ridden even a bicycle before, the efficient training boosted their confidence and skill, and while seven women became proficient, others promised to keep practising so as to learn driving perfectly. Some mentioned that their husbands were so pleased with their progress that the household planned to purchase scooters; over the months, 2 women purchased scooters while one got an e-rickshaw, thus increasing her livelihood immensely. Their license preparation process was also aided by Uday.

ACP Bhopal Traffic Police Milan Jain, Awadhpuri URJA-desk in-charge Ramkunwar Dhurve and Awadhpuri ASI Maan Singh commended Uday Society for its efforts in empowering women, and advised all women to always follow traffic guidelines for their and others' safety. The guests distributed certificates of successful completion to the trainees, praised the women's confidence and expressed support for organizing similar programs in the future. The program concluded with a confident driving demonstration by a few trainees.



ACP MP Traffic Police Milan Jain and Dr. Lizy Thomas motivating women to keep practicing driving, and continue to follow their dreams



Change agents with their wheels of change

TRANSFORMATIVE STORIES

A family saved from separation: Nyay Chaupal's effective counselling



One of Uday Society's core values is to keep a family united; keep the women, men and children entwined together whenever conducive, even under adversity. Mentioned is a case in this regard. Pooja Ahirwar (name changed) enjoyed domestic bliss with her husband Ritesh for a few years, but it was followed by verbal and physical abuses at his end, compounded by low salary and rising expenses. Due to financial weakness, he even got his children to leave school but didn't allow his wife to work. Owing to a big family living in a one room house, he would also force her to make physical relations in front of their children. She eventually started assuming he was engaging in multiple physical affairs.

Emotionally drained, Pooja approached Nyay Chaupal. Its members listened to both sides patiently. Over frequent counsel sessions, Ritesh was explained his wrongdoings, especially about never ever abusing Pooja, or any other woman, in the future; a signed affidavit was taken from him.

Similarly, Pooja was asked to maintain her hygiene, learn to save money, and instead of doubting her husband, strive for honest conversation. Ritesh was also explained gender equality and responsible masculinity, which led to him agreeing for Pooja to work.

Pooja's job led to an increase in the family income, and it led to restarting of their children's education and a concrete plan for purchasing a bigger home. Their quarrels also decreased, and honest and respectful conversation blossomed. Both thanked Nyay Chaupal and Uday Society for a patient yet efficient way of handling their differences.

Community mobilized for saving a life



Due to years of usage of old and unhygienic clothes during her menstruation, compounded by the taboo associated with usage of sanitary pads, Abhilasha (name changed) developed severe skin infection, rashes and immense pain. The doctors stated that the infection had spread intensely in her body; she would require serious treatment and hospitalization or else it could be life threatening.

Uday Society Aulia team came to know about her through their women's group members. Due to her weak socio-economic background, they helped mobilize funds for her treatment along with her relatives and community members, and a total of Rs. 50,000 was collected that took care of her successful treatment and medication.

Thankful, Pooja became an active member of self-help groups and Nyay Chaupal community legal aid cells facilitated by Uday and counselled a lot of other women. The intervention didn't end there. Through repeated counselling and discussion, her husband's attitude also changed, and he himself started buying pads for her frequently. The symbols of taboo, such as newspapers or black polythene for wrapping pads, were also eventually discarded.

Aashu sprouts as a change agent

My name is Aashu Sundrey. I am 19, and I live in Aishbagh slum in Bhopal. I also failed my 12th board exams this year, even the supplementary exam. While it's true that I didn't study well, it's equally true that since my mother's death a few years back, I have had the responsibility of all entire household chores. I didn't have the 'permission' to leave home after school for any tuitions, and my father just cared about getting me married. I reckon he was under immense societal pressure, but it was very frustrating for me.

To postpone my impending wedding, I joined a local school as a teacher for primary children. That is when I was associated with MP Police's Srijan Adolescent Empowerment Program via Uday's team. I somehow convinced my father for it, and went through the 15-day training sessions with zest and commitment.

Srijan gave me a new purpose in life. I realized that I, and all girls, can soar as high as boys, if not higher. Having convinced my father about gender equality, I took it as a personal mission to educate my community about it. The first days were hard, and sarcasm, taunts and even abuses were hurled at me. But I stayed resilient, and gradually I was able to explain to some families the vices of gender-based violence and inequality. Constant discussion about these topics made me braver too; once, while traveling alone in a train, I had stopped and shouted at two boys who were constantly teasing a woman next to me. Eventually, seeing me step up, others had supported me, and the boys had apologized and run away. It may seem like a small incident, but it helped shape my character, and made me embrace my own courage and determinism.

Recently, I delivered informative sessions on cyber-crime and gender at four schools, reaching out to more than 200 students. I have also decided to complete my 12th grade through the "Ruk Jaana Nahi" scheme by MP Government, while I continue to teach primary students. The biggest impact in me, though, is the self-assurance that I will be able to tackle any adversity that comes my way. The seeds of bringing genuine change have indeed Srijan (blossomed) in me.



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MANAGEMENT@UDAYSOCIETYMP.ORG

86/2, JATKHEDI, HANUMAN NAGAR,
BHOPAL, M.P. - 462047

9098266801, 9479866880

WWW.UDAYSOCIETYMP.ORG

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