

**BI-ANNUAL NEWSLETTER - VOL. 3**

**JUNE - DECEMBER 2024**



# **UDAY SOCIAL DEVELOPMENT SOCIETY**



***Chief events covered***

**Legal Awareness Camp  
Nyay Chaupal Foundation Day  
Srijan Indore Training Program  
Safe City project training  
Award presented to Uday Society**



# Legal Literacy Camp on International Day for the Elimination of Violence against Women

In lieu of International Day for the Elimination of Violence against Women, Uday Social Development Society organized a legal literacy camp on November 23, 2024, for women associated with its initiatives such as Nyay Chaupal and Domestic Workers' Trade Union, along with adolescent boys and girls. Conducted at Ambedkar Park, Jatkhedi, Bhopal, its aim was to inform the women about the Domestic Violence Act, and the services provided by District Legal Services Authority (DLSA), and was attended by more than 350 women and adolescents across 20 slums.

It was organized under the guidance of Hon'ble Principal District Judge, District Court Bhopal, Mr. Manoj Shrivastava and Respected Secretary, Ms. Aarti Sharma. The chief guest was 15th District and Additional Sessions Judge, Ms. Kumudini Patel, while other guests were District Legal Officer Mr. Abhay Singh and Adv. Mr. Deepesh Thakkar.

"It is the duty of parents to listen to their children and ensure their participation for aspects concerning the child's own life," said Ms. Patel.

"Women should not tolerate violence, and instead raise their collective voice against it," added Dr. Sister Lizy Thomas, Director, Uday Society.

In the said camp, information was provided with respect to crimes against women and children, and schemes run by DLSA such as Free-Assistance Scheme, Victim Compensation Scheme and Mediation Scheme. The notion of "Lok Adalat" and its significance as a platform for women to raise their voices was also explained. Finally, information about counselling assistance provided at DLSA was shared.



Hon'ble judge Ms. Kumudini Patel and DLO Mr. Abhay Singh along with Uday staff and Nyay Chaupal women

## Celebration of the Nyay Chaupal Foundation Day

Uday Society celebrated the Nyay Chaupal (henceforth NC) Foundation Day as well as URJA-desk (Urgent Relief and Just Action) Shakti Samman Program on June 28, 2024, at Central Sanskrit University, Bhopal. NC, an initiative by Uday, was started in June 2017 and operates as a community-based legal aid cell to increase awareness generation and challenge gender discrimination and patriarchy. Members of NC include women survivors of domestic violence. More than 300 people participated in the event. The chief guest for the event was Ms. Himani Khanna (IG, Women's Safety Wing, MP Police). Special guests included Dr. Vineet Kapoor (DIG, Community Police MP), Mr. Amrat Lal Meena (AIG, Community Police MP), Ms. Nidhi Saxena (ACP, Women's Safety Wing, MP Police) and Mr. Rajnish Kashyap (ACP, Misrod area, MP Police).

After a few cultural activities, few survivors shared their experiences under the aptly titled section "Meri Kahaani, Meri Zubaani", and how NC either got them justice, or helped the breakage of their families. Women from the community who provided exceptional service as change agents working for women's empowerment, and police officers who helped them dedicatedly, were awarded with a memento, aptly named Shakti Samman.

Dr. Kapoor passionately stated the deep and sincere involvement of Uday Society with the community, and how so many women took help of URJA help-desk and voiced their concerns during Shakti Samiti meetings. Mr. Meena added that if women got truly empowered, they would be able to bring genuine change in the society. They were often troubled because of their husbands or families, and in order to bring balance and fairness to all involved in such cases, NC had been doing a commendable job.



**IG Ms. Himani Khanna and DIG Dr. Vineet Kapoor with Uday staff and facilitated Shakti Samiti leaders**

At last, Ms. Khanna mentioned the age old (prejudiced) saying that a woman's worst enemy is a woman, and added that NC women definitely prove it wrong. She also praised how confident and self-assured the NC women, and in turn their communities, had become, and advised them to always keep education, livelihood and hygiene as top priorities.

The program thus not only celebrated the beautiful initiative of NC and its deep-rooted impact, but also acted as a platform for women to voice their opinions and concerns, as everyone promised to make the world more gender-equal.



# Srijan Training Program at Indore

Srijan, or the Srijan Adolescent Empowerment Program, is an initiative taken by the Community Police Wing of MP Police. It is facilitated in coordination with civil society organizations. After the successful formation and running of 16 Srijans across Bhopal with over 2500 adolescents (including 609 members from 5 Srijans facilitated by Uday), it was implemented in Indore in June 2024. The inauguration ceremony took place on June 01, 2024 at the Police Training College, Azad Nagar, Indore, and was attended by more than 200 people, including 102 adolescent girls who would be a part of the Srijan group, and 15 parents.



The chief guest for the event was Dr. Vineet Kapoor (DIG, MP PHQ), and explained that the program is being conducted for the growth, adaptability, self-defence, self-confidence and self-development of adolescent boys and girls of the underprivileged sections of the society. The adolescents, on believing that they can contribute positively in their communities, while also aiding in the prevention of crime and violence, were filled with passion and zeal, and were encouraged to free their mind from fear.

Over the course of two weeks, the adolescents honed their discipline, stamina and strength, while understanding the concepts of self-awareness and meditation. They enjoyed long and high jumps, shot-put, kho-kho, cricket and basketball, while also doing yoga, breathing exercises and understanding about crime prevention and community policing activities by the MP Police. The parents were also continually informed of all activities their children were performing.



**Srijan girls being trained in Martial Arts by MP Police officers**

A majority of the adolescents completed the Srijan training successfully, and the concluding ceremony was held on June 15, 2024, at the same venue. The girls who'd successfully completed the training were honored with certificates and mementos. At the event, Dr. Sister Lizy Thomas (Director, Uday Society) highlighted a significant reduction in the number of girls leaving home due to mental health issues or love affairs after completing Srijan training, while highlighting how girls from Bhopal worked as change agents to stop child marriage and domestic violence cases, and showcasing children's aspects across various slums in the city. She anticipated similar results in Indore. It is noteworthy that since its commencement in 2022, approximately 2500 girls from 16 Srijan groups made significant contributions to preventing domestic violence at various levels, providing counselling to adolescents and also adults, reporting and following up cases at local police stations, promoting awareness in their communities on issues such as gender equality, education, eradication of child marriage etc., and promoting self-defense, that has resulted in a decrease in crimes against women in their areas.







**Srijan groups facilitated by Uday won the overall champion award at Srijan annual sports event**

An annual sports competition for all Srijan groups took place on June 13, 2024 at MP Police Line ground, Nehru Nagar, Bhopal. The event, facilitated by Bhopal Police Commissionerate and various CSOs and honored by the presence of Mr. Harinarayan Chari Mishra, the Police Commissioner of Bhopal, featured a plethora of sports such as 100 and 200-meter races, Kabaddi, Kho-Kho, long jump, high jump, sack race, Zumba dance, lemon race, and martial arts.

The passion and zeal of adolescents was at full display as more than 500 adolescents from all Srijan groups managed by the five partner organizations of Uday, Aarambh, Muskaan, Bachpan and Sangini participated. After a day replete with fun and zest, the results were announced and Uday Society's adolescents won most events overall; hence Uday was crowned as the overall champion!

## Barefoot Counsellors' exposure visit



An exposure visit was organized by Uday Society on September 23, 2024, for 15 adolescent counselors (11 Male, 4 Female) to Telly-Manas Helpline Office at All India Institute for Medical Sciences (AIIMS), Bhopal. Telly-Manas is a telephonic helpline of the Government of India for free counseling for better mental and emotional wellbeing. The adolescent counselors were a part of Barefoot Counsellor group – a unique initiative by UNICEF India with identified CSOs including Uday, wherein a few children are trained on basic aspects and nuances of counselling techniques by experts and stakeholders. The former then counsel other children in their communities by providing personal first-hand support. The goal of the visit was to enhance counselors' skills for providing better mental and emotional health support at both adolescent and community levels. Dr. Rashmi Dhakad shared the Telly-Manas helpline (14416) and demonstrated the process through a demo phone call for handling stress and sleep related issues



**Barefoot counselors raising awareness about gender and mental health**

Two adolescents also explained how they had battled with stress and anxiety. They made demo phone calls and were satisfied with the smooth service. Dr. Dhakad then explained the Mannhit App (translated as benefit to the spirit) for referring patients dealing with severe mental health issues to therapy and de-addiction centers. She also discussed various counselling techniques, using open-ended questions, maintaining patience and empathy, building resilience, managing emotions and relationship stress during adolescence and youth, and identifying and addressing suicide risks. The absolute significance of maintaining confidentiality in counselling was also addressed.



## Staff training on Gender and Domestic Violence Act



A two-day capacity building training was organized for Uday Society's entire staff across the districts of Bhopal, Khandwa and Jhabua. Conducted on August 24 and 25, 2024, the training was led by Ms. Madhubala from Azad Foundation, New Delhi, and focused on critical issues such as self-identity, gender, sexuality and gender fluidity, domestic violence, Domestic Violence Act and counselling techniques.

Through examples, participants shared and understood how age-old customs, traditions and society shaped their gender identities, and how it can evolve with time. Participants also discussed the impact of social norms and expectations on personal freedom, expression and security esp. in property or monetary issues. A significant part of the session was dedicated to the Domestic Violence Act 2005.

Discussions included the link between men's mental health and violence, and how external factors like alcohol are often blamed for domestic violence rather than examining deep-rooted gender roles and expectations. She explained that the problem must be examined at the causal level, and how the perpetrators of violence, often men, may have also been carrying gender-role burdens that result in them getting violent or resorting to alcohol or drugs. While violence cannot be justified under any explanation, she encouraged participants to empathize with all; the survivor and the perpetrator, and examine deep-seated factors.

During the second day, Ms. Madhubala explained the Domestic Violence Act's aspects, benefits and role in women's empowerment. The session covered various forms of violence, including physical, emotional, economic, and sexual. Participants shared various on-ground cases of violence and how they handled them. The training underscored the organization's responsibilities under domestic violence laws, including legal aid, mediation, counselling and highlighting aspects related to women and children. Participants noted recommendations such as building capacity for men's groups, establishing a separate counselling facility for children, and avoiding biases, prejudices or pre-conceived judgments in counselling. At the conclusion, self-care activities for staff were discussed in order to prevent burnout.



**Ms. Madhubala, Azad Foundation, along with Uday staff for training on gender, GBV and counseling, at Uday head office, Bhopal**



## Training for bus drivers and conductors under Safe City Initiative



Under its Safe City project in collaboration with UNICEF MP, Uday Society Bhopal conducted a training session with bus drivers and conductors on issues such as sensitization on dealing with women and children, maintaining pleasant behavior and dialogue with customers, and upholding apt body language and gestures. It was attended by 50 participants and took place at the Inter-State Bus Terminal in Bhopal on October 19, 2024. Members from Bachpan and Muskaan, two other Safe City partner civil-society organizations (CSOs), were also present.

The session continued with an open-house discussion where participants discussed the challenges they faced, the biggest one being the fear of reporting incidents and informing them to the police, as the public often accused them of mistakes even if they weren't at fault. They were counselled for better engagement with the police, and how to take their grievances forward in a legal way. The session then focused on children's issues, POCSO Act (Protection of Children from Sexual Offenses), and the importance of mandatory reporting of incidents. Helpline numbers such as Childline (1098), Women's Helpline (1090) and others were shared with the participants. At last, the roles and responsibilities of bus drivers and conductors were discussed, with special emphasis on helping children or women in distress, and immediate disaster mitigation processes. The session concluded with the formation of a core group of 5 drivers/conductors, who would collaborate with the police department in the future for better interface.

## Uday Society honoured by BSSS College for outstanding humanitarian work



Uday Social Development Society was honoured by the Bhopal School of Social Sciences (BSSS) College on October 05, 2024 for its exceptional humanitarian contribution to the weaker sections of the society, at BSSS auditorium in presence of more than 500 people. This honour was part of the BSSS yearly humanitarian day, when it awards people and organizations from various arenas of life such as education, government sector, private sector and civil society organizations among others. Uday Society was awarded under civil society organizations, and Dr. Sister Lizy Thomas (Director, Uday Society) accepted it on the society's behalf.



**Dr. Sister Lizy Thomas, Director Uday Society, receiving BSSS's annual humanitarian award on behalf of entire Uday Society**

The award is both a testament and a tribute to Uday's deep-rooted commitment, dedication and sheer hard work for making a lasting impact in the lives of the weak and marginalized, especially domestic workers, domestic violence survivors, adolescents and children.



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[management@udaysocietymp.org](mailto:management@udaysocietymp.org)

**86/2, Campus of St. Raphael's Co-Ed School,  
Jatkhedhi, Hanuman Nagar,  
Bhopal, M.P. - 462047**

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