



Stories of Change

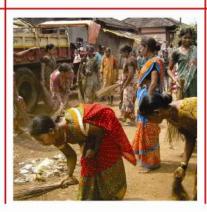




Empowered Women Empower Communities







'Stories of Change' is a compilation of case studies across 10 villages of Shahapur block, Thane district. This document brings forth the change witnessed in villages through the collective efforts to address various social developmental issues. The account of their struggle, self realization and empowerment vouches for the sustainable development that has changed the face of these 10 villages where the Action for Mobilization of Community Health Initiatives (AMCHI) project is being implemented by Population First.

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Foreword

"Progress is impossible without change, and those who cannot change their minds cannot change anything"

- George Bernard Shaw

hat you are going to read are stories of common people who had the courage to change their minds and drive change in their communities, families and personal life. We at Population First believe active participation of people in local self-governance is essential to bring in greater transparency, accountability and efficiency in our development initiatives. Every village has six to seven government representatives – school teacher, Anganwadi worker, Auxilliary Nurse Midwife, ASHA, Sanitation Worker, Gram Sevak etc. who implement government programmes under the guidance and supervision of village level monitoring committees and the Gram Panchayat. Yet, ignorance, corruption and apathy block development which continues to impact the quality of life of people negatively.

Population First implements its programmes with the vision of empowering communities to be active partners in their development. We have been working closely with a number of stakeholders – women, youth, school children, Gram Panchayats and others. While the income generation programmes are giving new identity and confidence to the women, helping them emerge as major influencers in the community, the School in Development initiative is providing new vision and aspirations to the young influencers who are bringing in sanitation and hygiene revolution in the communities. Engaging youth, women and the community at large in addressing issues that are plaguing the society, be it corruption in development work or the poor implementation of programmes, is changing the way development is perceived and pursued. Strengthening Mahila Gram Sabhas, Gram Panchayats and village level committees is leading to greater accountability and transparency in village development programmes.

"Stories of Change" provides a glimpse of the success stories from 10 villages of Shahapur Block, Thane District. It reflects the aspirations and determination of people to bring about change.

Read on and provide your feed back by writing to us at amchi.pf@gmail.com.

Sharada A.L.

A. h. Sharada ...

Director

Population First

THE AMCHI PROJECT – A RIGHTS-BASED APPROACH TO EMPOWERMENT

he AMCHI (Action for nity Health Initiatives), a rural development program of Population First (PF) was launched in 2007 with support responsible for it. from Mahindra & Mahindra and HDFC Bank. The program is being implemented to pursue the twin goals of empowering the community and motivating the service providers to ensure efficient implementation of social development initiatives.

The project is based on the premise that quality services are not reaching people, not because they are not being provided by the government but because of the lack of people's participation in

monitoring and ensuring Mobilization of Commu- accountability of the service providers. Ignorance, apathy and lack of local leadership are some of the factors

> The aim of AMCHI is therefore, to empower and educate ers grappled with, be it access women and youth of their right to demand accountability and transparency in the implementation of health and social development programs in their community.

The case studies documented give an account of the situation of the villages, the mindset of the people and the service delivery in the village before and after the interventions. Population First has

provided support to the community in the process of resolving their developmental issues.

The women have taken the lead in solving the problems because the issues the villagroads, water connections or the brewing of liquor, they had a direct impact on the women's lives. Mustering courage, gaining confidence and understanding their rights and entitlements, women have been able to steer change in these remote villages of Shahapur block.

Working across 90 villages of Shahapur block, the program addresses the issues pertaining to maternal health, childhood malnutrition, adolescent reproductive and sexual health and sanitation and hygiene. The interventions have always been led by a rights-based approach and not through service delivery, which has instilled confidence in the minds of village people, leading to more sustainable changes. The pressing issues of the community are identified through an intensive fiveday needs assessment process called Micro-Planning. This process actually brings the community together to identify and resolve issues breaking class and caste barriers. Interactive sessions with service providers posted at Primary Health Centre and Health Sub-Centre equip them with counseling skills and other communication skills. The sessions help the staff look at themselves as agents of positive change and a part of the development process. Population First addresses issues related to demand and service delivery by bridging the gap between the community and government representatives.

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WOMEN POWER TRANSFORMS GEGAON

lean village with wide roads, street lights fitted with solar panels, tap connection outside every household - this is a one-line description of Gegaon, a village located nearly 40 km from Shahapur block. The winner of several awards at District and State levels, Gegaon is an excellent example of a makeover brought about by women power! In last eight years, Gegaon has changed dramatically, thanks to the efforts made by the womenfolk. Population First (PF) launched its AMCHI intervention in the village way back in 2007.

It was for the first time in the history of the village that women came together to discuss the issues of development. There were 17 SHGs with nearly 200 women functioning in the village, but none of them had ever



Gegaon's clean roads are a treat to the eyes.

worked with one another. PF motivated the women to come forth and resolve the pressing issues in the village. They formed a union of the SHGs with representatives from each SHG. Thus began the journey of development for Gegaon.

The women first decided to address the water woes faced

by the village. Based on the mapping exercise during the needs assessment, the women decided to build bunds upstream on the river to collect water and store it for later use. This took care of their water needs for domestic use. This work was highly appreciated by the Watershed Development Committee of

Voices

"Women never came together and discussed anything. We used to meet only once in 8-15 days. Discussing issues such as cleanliness or water or any other development work was a farfetched idea for us. The PF team Ranjana Dongre made us realize the importance of various developmental issues the village faced. They helped us understand that we could very well resolve all those issues if we worked together."

There was filth everywhere in the village. We were unaware of the importance of maintaining sanitation and hygiene conditions in the village and in our homes. Realizing the importance of maintaining



importance of maintaining

Nirmala Dongre
cleanliness, we decided to work on the issue during
the Amcha Gaon, Amchi Shaan campaign."



Women in Gegaon village are actively championing social causes.

Shahapur Panchayat Samiti and the women were consulted as professionals in watershed development by the surrounding villages. Water availability ensured, women turned their attention to the sanitation and hygiene issues.

A visit was organized for the women to Hiwre Bazar and Ralegan Siddhi, where they witnessed the development brought about by the collective efforts of the villagers. As part of the campaign, soak pits were dug, kitchen gardens ness. The women now beam planted and toilets constructed in every house-

hold in the village. As a result, 85% households have functional toilets making the village free of open defecation.

Women took turns to clean the streets. They banned washing of clothes at the public source of water. Maintaining cleanliness in the village then became a habit for the villagers. The efforts paid off when the village bagged the prize in the Amcha Gaon Amchi Shaan campaign conducted by PF for cleanliwith pride when outsiders visit the village and admire its cleanliness.

As the women in Gegaon realized the importance of their team work, they started attending the Gram Sabhas and increased steadily their participation. Their voices began to be heard.

They decided to vote for only women candidates in the Gram Panchayat elections. This resulted in Ranjana Tai being voted as deputy Sarpanch of Gegaon and Nirmala Tai chosen as a member of the Gegaon Gram Panchayat.

Another milestone was that through collective efforts, the women successfully banned the brewing and sale of liquor in the village. Even after seven eight years, the continues. They have also convinced the family brewing the liquor in the village to take up another activity for income generation.

Gegaon has witnessed its women breaking all barriers and collectively resolving its developmental issues.

Voices

"Even if women did attend the Gram Sabha, they were made to sit in one corner or asked to leave after signing the attendance sheet. We were never involved in any decision making."



Surekha Dongre

COMING TOGETHER FOR COMMON GOOD

he water supply scheme in Tembhurli has been a failure since the last 25 years. The scheme was approved by Water Supply department of Shahapur Panchayat Samiti yet for the women, the water woes seemed never ending. Even when the village was facing water scarcity, the men folk were only interested in village level politics and shrugged off the responsibility of girl students in the of executing and sustaining the water supply scheme. There were instances of theft of taps and motor pumps, crippling the scheme, every time efforts were made to revive it. Women thus bore the brunt of the problem. The task of fetching water took a toll on women's health as well as their participation in social events and their overall quality of life. Women had to

walk at least two to three km every day, to reach the nearest source of water. The summers further aggravated the problem as the nearby wells dried up leaving no other option for the women than travelling still farther distance in search of water. At times, daughters had to help their families fetch water. This led to a marked absenteeism Tembhurli School.

The women in the village showed active participation in the micro-planning process conducted by Population First (PF), in 2008, as they hoped to resolve their water woes. The process equipped them with knowledge about the Government functionaries, their roles Every household contributes and responsibilities as well as their entitlements. As a result,



Tar roads in Tembhurli.

women became aware and got the courage to voice their concerns on issues pertaining to village development. As a first step, they formed a water supply committee comprising of 11 members.

Rs 60 per month towards the maintenance of the water

Voices

"Earlier it was difficult to get brides for our sons in the village. There were no facilities and the women had to bear many hardships. Nobody was willing to give their daughters in marriage. We did not encourage our guests to stay with us since there was not enough water to

Anjanabai, a senior citizen

cater to their needs. But the situation has changed now and our relatives in other villages are proud of the achievements and do not hesitate to visit us."

"There has been a drastic change in the village and men are inspired by women's hard work. Today a great level of satisfaction can be seen on the faces of the villagers. Now the men encourage women to participate in every decision and invite them to the Gram Sabha too."

- Chaya Chaudhari



Pramila Tai with the water tap connection outside her house.

by the community have resulted in tap connections in every household in Tembhurli.

Once the water woes were resolved, the women turned their attention to sanitation and hygiene issues in the village. Women took turns to

clean the village roads and public places. Realizing the importance of team work in resolving issues, they approached the communities in Baudhawada and had a dialogue with them to keep the areas surrounding the wells and in the public spaces clean, also inculcating the importance of cleanliness and hygiene among children. Toilets were constructed in every household. Further, the women strived for almost a year to get tar roads approved from the Panchayat Samiti. connections. Persistent efforts Their persistent follow up paid off.

> The community then focused on digitalization of the Zilla Parishad school in the village. The digital school developed from contributions received from the villagers, benefits 165 students. The community

was able to pool nearly Rs Nine lakhs as contributions for the digital school.

The women now wish to work for getting drainage channels in the village to dispose the waste water or surface runoffs during monsoons. They have decided to complete the drainage channels within one year by approaching the Gram Panchayat and if need be, the Panchayat Samiti, Shahapur.

In the last six years Tembhurli has seen a major reformation and the villagers who had migrated from there in the past are planning to return. Women have empowered themselves and united the village, overcoming all the barriers. Inaccessible Tembhurli has reformed itself into being a role model for the surrounding villages.

Voices

"We were only three women in the committee, yet we forced the men folk to take up the water issue seriously. Through the support from PF, we came to know which government functionary we should approach to revive the water supply scheme. The women formed a committee and compelled other members to do quality work as early as possible. With rigorous follow up, we were able to revive the water connections. Further, to ensure that there were no

thefts, we appointed two people to keep a watch on

them. They were also put in charge of the distribution of water and the time duration of water supply to every household. In case they fail in their duties, we levy charges on them."



EMPOWERED WOMEN DRIVE CHANGE IN DEHNA

naware of the technological advances made in today's fast-paced world, residents from the small village of Dehna located amidst scenic surroundings in Shahapur block, led a life driven by traditions and deeprooted biases. Despite the proximity of several well known adventure sports locations, the village showed no signs of development economically or socially. Income generated from the sale of forest produce supplemented by the daily wages earned by the men folk was the only source of earning for the community. Gender bias ruled the way the women were treated.

These biases further had an

adverse impact on the educational and nutritional status of children as well. The children's personal hygiene and sanitation was also neglected and a large number of them suffered from malnutrition. Life was monotonous till Population First (PF) launched its interventions in 2007.

Winner of three awards in the Amcha Gaon Amchi Shaan (AGAS) from 2009-11 consecutively, Dehna has witnessed transition from being a poor, backward village to being an ideal village. The village bagged awards for Ideal Village, Ideal School and Ideal School Management Committee in Population First's AGAS.

in the villages to mobilize community participation in social development and health programmes. PF launched a contest across several villages on sanitation, health, water, education, strengthening of the Gram Sabha and village level committees. The participating villages work on the categories selected by their community during the campaign period and are adjudged by experts and felicitated for their efforts.

Weekly meetings motivated the women and the community as a whole to collectively work towards promoting hygiene and sanitation practices. Out of The campaign is implemented the 70 households in Dehna,

Voices

"Women have been bold enough to not only participate in the Gram Sabha but have compelled the Gram Panchayat members to convene a separate Mahila Gram Sabha. Earlier, the women were sidelined and never



Sandhya Patekar

even informed about the date of Gram Sabha. However, pressure from women has resulted in the Gram Panchayat communicating not only the date of Gram Sabha but also its agenda."

"Had it not been for Population First, we would be still leading the same life of poverty and backwardness. The team made us aware of different development issues and the way to resolve them through the Amcha Gaon Amchi Shaan campaign.



Ashwini Araj

We were given a different perspective and were encouraged to participate in the campaign activities. Women started coming together to address the problems faced by the village. They are now more aware of their rights and are now confident enough to approach any government functionary to voice their concerns."



Chitra Patekar in her kitchen garden.

64 houses have kitchen gardens, including the Zilla Parishad School. The entire village participated in the cleaning public places and access roads every Sunday. This practice continues even six years after the village bagged its Ideal Village award in 2009. Over the years, as part of the campaign, toilets and soak pits have been gradually constructed in every household. The sanitation and hygiene practices were also inculcated among the school students through these

campaigns and the children carried out morning rallies to spread awareness about these issues.

Further, the women regularly monitored the meals cooked in the school for the children.

Despite heavy rainfall,
Baudhapada, a hamlet adjoining the main village settlement, faced severe water shortage every year starting from the month of February.
The government had provided monetary assistance to dig six borewells, but the efforts were in vain since the ground-

water levels had depleted at these sites. The village had a private borewell which had water all round the year but was defunct. The villagers approached the owner and requested him to allow the use of that borewell. They wrote a letter to the Gram Panchayat seeking assistance of Rs 10,000/- to revive it. Every household further contributed Rs 1000. The borewell was thus revived and now Baudhapada has got rid of its water issues.

The women who were earlier confined only to their homes now beam with confidence and hold the Gram Panchayat accountable for any developmental issue in the village. Women now do not hesitate to meet new people and eagerly attend any meeting. Knowledge and information has thus brought several changes in the lifestyle of the people of Dehna, pulling it out of the patriarchal traditions.

Voices

"The women received subordinate treatment from the men folk. For example, the women were prohibited from wearing footwear in front of men, as it was considered against the social norms. A complete meal comprising of roti, vegetables and rice was a luxury for the women in the village."

- Jayashri Araj

"In case of any complaints regarding the meals at the school, we immediately discussed with the women of the SHG cooking meals for the school. We also suggested using the vegetables grown in the kitchen garden of the school in the meals. We also counseled the SHG women about food hygiene and made some changes in their cooking practices."



Vanita Patekar

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THIS VILLAGE GETS WATER SUPPLY AFTER 20 YEARS OF STRUGGLE

 \square or the last 20 years, corruption at the Panchayat Raj level has stalled the water supply scheme in the village Khanduchiwadi. Ever present water woes in the village have let the dreams of many girls to get educated, die a silent death. The government had spent more than Rs 80 lakhs on the water supply scheme, but in vain. Villagers continued to travel for four to five km to fetch water, thereby spending five to six hours daily in the effort. This daily drudgery forced many girls to drop out from the school to take care of their siblings while their mothers fetched water. Further, negligence in childcare owing to time spent in fetching water, also impacted the nutritional status of the children negatively. Lack of water also led to poor personal hygiene and sanitation with people having bath once week. The women walk five km to the Musai dam to wash clothes. The situation worsens during summer when the only source of drinking water – the well - provides only 60 to 70 liters of water per day. This amount is grossly inadequate for a village with a population of more than 400. Villagers stand in queue



Resource mapping exercise during micro-planning.

throughout the night to fetch two pots of drinking water.

Khanduchiwadi is a tribal village under the Vehloli Gram Panchayat with 85 households. Belonging to the lower economic strata, the people of be pumped in the well from Khanduchiwadi were unable to afford the expense on reviving the water supply. In 2001-02, water supply department of Thane Zilla Parishad sanctioned Rs 80 lakhs for a water supply scheme for six tribal wadis - Krushnachiwadi, Khanduchiwadi, Ambyachiwadi, Ghartan, Chinchwadi and Gerewadi. The scheme was completed in 2005-06. However, the water was supplied only for one day and it is suspected that the Vehloli Gram Panchayat, well-known for its corrupt practices in

Shahapur was behind this. Low quality pipes could not withstand the pressure and eventually cracked. The village well being located at an elevated level, water had to the Musai Dam. But, owing to lack of electricity the water could not be pumped for most of the time leaving the water source dry in summer.

Youth from Khanduchiwdi raised their voice against the corruption following which the Audit and Accounts Department of Panchayat Samiti, Shahapur investigated the matter. Following the investigation, the Gram Sevak was suspended but the water was nowhere to be found. Youth of Khanduchiwadi requested for a water tanker

as an alternate source of water for village but the Panchayat Samiti declined their demand, citing the reason that the village was already covered under the water supply scheme. Villagers tried to object against the corruption but local leaders pressurized them not to pursue the matter.

Again in 2014, the youth of Khanduchiwadi sent a proposal to dig a new well in the village to Gram Panchayat and the Panchayat Samiti Shahapur. Despite furnishing all the relevant supporting documents, the members of the Gram Panchayat were not supportive.

However, in 2015, a revolution began with Population First launching its intervention in Khanduchiwadi.

The efforts made by the community so far to resolve the water woes were shared, during the five-day microplanning or needs assessment process. The Population First (PF) team explained to the villagers the process of implementing the schemes and how to monitor them. They were advised to follow up with the government authorities on the proposal sent in June 2014. Yashwant Wakh, Palo Mengal and other youth took the responsibility for the follow up.

The youth of the Khanduchiwadi visited the Panchayat Samiti and met the Block Development Officer (BDO) to know the progress of their proposal. BDO questioned the Head of Water Supply Department at the Block level who shared that he had

received the proposal but no action could be taken as other requisite documents were missing. These documents were then submitted immediately. Yet, the proposal was not sanctioned since the village was covered under the old water scheme.

PF and the youth organized a meeting with the BDO to find a solution. The BDO then sanctioned the proposal under 'Urvarit Vaidhanik Vikas Mandal Yojana', a scheme with reserved funds, specially implemented to address the basic needs of the tribal population. Yashwant Wakh, an educated youth of the village took the initiative and presented the proposal to the Vaidhanik Vikas Mandal. The Mandal approved the proposal and an amount of Rs. 609,420/- was sanctioned for

Voices

"I often dreamt of a well near my house. After 20 years my dream has come true. My daughter was malnourished. Anganwadi worker and PF team

members would ask me to take care of her but I was not able to do so. But now I have sufficient time to take care of her. Now my elder daughter need not drop out from school to fetch water, I will educate her and she will become a teacher, which was my dream when I was a child!"



Anusaya Namdev Wakh

"Yashvant and the group have worked hard to get the scheme from the Vaidhanik Mandal. I know that it is very difficult for the tribal villagers to complete any scheme using their own money and hence contractors are appointed. But instead the contractors often dupe them. But I had confidence on PF team that they will convince villagers to work in unity and complete the scheme with good quality work. I congratulate Yashwant and team who worked hard for their own rights and fought against corruption so bravely. I want to go to Khanduchiwadi to drink water from the new well because that's the real taste of change!"

- Mr. Khandare, Block Development Officer, Shahapur

the new well on condition that was dug just beside the village who is now being provided the money will be released after the completion of the work. The villagers called for a meeting and discussed how to complete the work and who should be awarded the contract. It was unanimously decided that Yashwant will be given the contract for the work.

With help of the villagers, Yashwant was able to complete the digging of the well within one month. The well

making it easy for villagers to fetch water from it. The time spent in fetching the water was only 20 to 30 minutes.

Now that the water issue is resolved, villagers have started working on sanitation and malnutrition issues. Ten soak pits and three tanks to dispose solid waste were built for better waste management. The youth went one step ahead and have adopted a severely malnourished girl,

with extra food by the group as suggested by the Anganwadi worker. The villagers are learning to work towards sustainable development. Now the youth of Khanduchiwadi are supporting the youth of their neighboring village -Krushnachiwadi as well, for implementing the same scheme for water in their village.

Voices

"We all know that the police patil wants the contract, he will be able to spend money in advance for the construction but the quality of work will not be good as he would resort to corrupt means to cut the costs. We fought for water for 20



Palo Mengal

years and finally we succeeded. We will contribute labour and none of us will ask for wages from Yashwant for our labor."

"When we visited Gram Panchayat for approval of the funds for construction of well, the Gram Sevak and other members enquired about the contractor. They wanted the contract not for doing quality work but for making money.



Yashwant Wakh

Initially, the Sarpanch Sangeeta Thombre was also not supportive but when she witnessed our sincerity she gave us the approval from Gram Panchayat."

INVESTING IN THE FUTURE

avroli village is located at the far end of Shahapur block, bordering the Wada block in Thane district. The village has a mix of tribal and non-tribal population. The hamlets at the outskirts of the village are inhabited by tribal families. Population First (PF) launched its interventions in the village through needs assessment in 2010. Malnutrition emerged as a major concern even while the village community was working on addressing sanitation and hygiene issues as part of the 'Amchi Gaon Amchi Shaan' (AGAS) campaign in 2012. The villagers were clueless as to how to address the issue even though there was a functional Anganwadi in the village since 2004.

The first challenge addressed by the PF team and the women in the village was to break the resistance of the Anganwadi worker and ensure her co-operation. The villagers did not have any confidence in her and were unwilling to send their children to the Anganwadi. In Katkariwadi, a tribal hamlet, there were 10 to 12 children in various grades of malnutrition. These children did not attend the Anganwadi unless accompanied by an elder. Owing to the committee and its roles and



New Anganwadi building at Savroli.



Old Anganwadi building at Savroli.

poor attendance the Anganwadi worker was not interested in regularly running revamped with 12 new the Anganwadi.

A village Health, Nutrition, Water and Sanitation Committee was established in 2008 but women were unaware of their participation in the

responsibilities. The committee was thus members, all women, in 2013. The committee convinced all the parents of children aged below six years to send their children to the Anganwadi. The attendance in the Anganwadi witnessed a

sudden spurt. Rigorous follow up by the committee members has resulted in ensuring 100% attendance.

Further, there has been a remarkable change in the personal hygiene of the children attending the Anganwadi. Prior to the intervention, the children attended water acts as a breeding site the Anganwadi with dirt on hands and feet, shabby clothes and uncut nails.

Mothers were ignorant about the importance of growth monitoring and the adverse effects of the low body weight in number of children in Seon their growth and development.

The village committee intervened and counselled all the mothers about personal hygiene and sanitation. Following the counselling and motivation sessions for the mothers, there was a change in the attire and personal hygiene of the children.

There has also been a decrease in vector borne diseases like malaria and dengue. The village committee realized that stagnant for mosquitoes and convinced all the villagers to prevent water from stagnating.

The collective efforts of the PF team and the village committee has resulted in reduction vere Acute Malnutrition (SAM) from four to one while the number of children in Moderate Acute Malnutrition (MAM) has reduced from 22 to 13.

Another challenge overcome by the women members in

the village committee was to construct a separate building for the Anganwadi. For over two years, the women of Savroli demanded an Anganwadi building from the Gram Panchayat, but were always turned away. Finally the women approached the BDO who pressurized the Gram Panchayat authorities to construction a new building to house the Anganwadi. However, the construction is still incomplete as there is no responsible for disbursing the

door to the new building. The Gram Sevak, who was funds is absconding since the last two months. The women have decided to approach the Panchayat Samiti and demand the appointment of a new Gram Sevak.

Voices

"In the meeting held at Panchayat Samiti, we decided to keep track of the expenses made by the Anganwadi worker. We advised her to utilize the money to buy dry dates, which were given to the children everyday



Vishakha Nipurte

which increased their weight by 100-150 grams every month."

"If the weight of the children is in Red, Orange or Yellow bands on the growth chart, then there is the possibility of children falling ill often and retardation. We realized the importance of growth monitoring and started paying attention to the weight of our children



Bhavika Nimse

every month. Now our children rarely fall ill."

"We thought monitoring the weight of the children was the responsibility of the Anganwadi worker and we never bothered to question her. The committee informed us and created awareness regarding the importance of healthy weight as per age and height through demonstrations on the growth charts in the women's meeting."



Radhika Nipurte

WOMEN PLAY THE ROLE OF A WATCHDOG

C avroli is covered under the Pivli sub-centre and is one of the villages selected for the **Community Based Monitoring** and Planning process under the National Rural Health Mission (NRHM). Savroli was selected due to poor health indicators and services in the village. The process started with a meeting at Aghai Primary Health Centre (PHC) where women and the village community were made aware of their rights and entitlements from the health care delivery system. Earlier the village health, sanitation and hygiene committee was constituted in 2008 but none of the women were aware of their membership, roles and responsibilities in the committee. The committee was reconstituted in 2013 including 12 new members, with Population First (PF) facilitating the process. The villagers insisted that the members should comprise of women whose children attended the Anganwadi.

The Auxilliary Nurse Midwife (ANM) and Multi-Purpose Worker (MPW) did not visit every household in the village during their visits. They would visit the Anganwadi, obtain requisite data and leave without providing any information



More attention is paid to the health and nutritional needs of children.

or health services to the villagers. This pattern changed when the women started raising objections. The Population First (PF) team informed the women that a health worker is supposed to visit every house twice a month. The irregularity of visits was brought to the notice of the higher health authorities.

As a result, the ANM and MPW started making regular visits to every household in the village. The women also complained that medicines were always in short supply and people had to return without them. The NRHM expenditure is approved by committee now keeps a watch on the medical supplies with

the ANM.

Earlier, patients were asked to procure medicines and medical supplies from the market and sometimes they were also asked to pay for the diesel. During the Jan Sunvai, the committee members brought to light this fact and the money was immediately reimbursed to the villagers. There is more transparency in the fund utilization at the PHC with the village committee which has undergone training to get actively involved in the planning and utilization of NRHM funds. Every expenditure is approved by bers prior to incurring the

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In Savroli, monitoring of children's weight is done regularly to track their growth and development.

expenditure.

Of the Rs 4000/- received by the village from the NRHM funds, the women members have decided to utilize the money for installing electrical fittings and tap connection in the new Anganwadi building. There were 17 women who were denied the monetary

benefits of JSY scheme. As a result of the accountability being demanded by the village committee, the money was disbursed to these women within two to three days of the committee demanding it in the public hearing.

Through the process of the Community Based Monitoring and Planning, the village community has immensely benefitted from the regularized and quality health services in the village. The process has not only made the community aware of its entitlements but also has given it a voice and the authority to question the functioning of the health care delivery system.

LIVELIHOOD INTERVENTION: EMPOWERMENT THROUGH SUSTAINABLE INCOME GENERATION ACTIVITIES

tion, the villages of Shahapur offer a distinct contrast in terms of socio-economic development indicators. The community depends on single crop farming, sale of forest produce and has high seasonal migration.

Despite the proximity of urban centers, the villages have a long way to go in terms of the development indicators. The need for alternative and sustainable sources of income, which was also in sync with their lifestyle, was expressed by the women during a needs assessment exercise conducted by Population First (PF). Keeping in view the available natural resources and willingness of the community, vermicompost production and eco-tourism were suggested as the livelihood options.

With the community participation, eco-tourism was initiated in one village of Dehna and vermicompost initiative was launched across 21 villages since 2011. Both these projects were funded by

otted by tribal popula- the Royal Bank of Scotland (RBS) Foundation India.

> The eco-tourism project was implemented in Dehna in collaboration with Grassroutes as the technical partner. Trainings were imparted to the community to equip them with skills of housekeeping and being the local guides. The opportunity opened a new window to the world for the people in Dehna. not only served as an alterna-Perceptions about health, hygiene, sanitation and nutrition changed drastically with a resurgence of pride in their community and themselves. The case study of Dehna village gives a glimpse of development brought about by bridging the gap between urban and rural cultures.

The vermicompost initiative was launched with the purpose of empowering the women through generation of livelihoods. PF believes that women will be able to exercise their rights and choices more effectively if they have the authority over finances.

This initiative engaged with women in the villages and gave them an opportunity and the training to be rural women entrepreneurs. Through exposure visits and various training programs the women were trained in the nuances of developing the vermicompost production into a successful business venture.

The vermicompost initiative tive source of income but also brought drastic changes in the agriculture practices in the village. With organic farming, the agriculture production costs were brought down along with a rise in the profits from better quality yield. The community started reaping dual benefits associated with women empowerment and rise in income generated from agriculture.

The following case studies present an account of the process of empowerment and the emergence of women as influencers and active participants in village development.

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ECO-TOURISM OPENS WINDOWS TO THE WORLD



Tourists engaged in cycling activity at Dehna village.

C urrounded by scenic beauty, habited by tribal population, Dehna is a remotely located village 40 km from Shahapur. Till 2011, the people of Dehna depended only on income obtained from the sale of forest produce and daily wages as laborers. The village did not have any alternate source of income. This fact was highlighted during the micro-planning process conducted by Population First (PF) in 2007. Several issues were interlinked with the economic status of the people. Taking advantage of its scenic location and proximity to several trekking locations, PF introduced the idea of ecotourism in the village meeting in collaboration with Grassroutes and with funding from



City dwellers participate in village activities.

Royal Bank of Scotland (RBS) Foundation.

Several meetings were held with the villagers to make them understand the benefits of eco-tourism. The community was trained in various

skills essential for the tourism project to flourish, like housekeeping, accounts and book keeping, catering, tour guides etc. Women took turns to prepare a full course meal for the tourists, which later

became a household practice as well.

There has been remarkable change in the lifestyle of the people in Dehna. For example, they have invested in refrigerators and coolers to cater to the needs of the tourists.

With the inflow of tourists. advancements in technology also reached the village. There was a cultural exchange during the process, which formed an important aspect in ments in the world outside the mind set change of the villagers. The children in the village got an opportunity to get acquainted with gadgets like digital cameras and smart- has taken a turn for the phones. It gave them a boost to learn new skills especially improvise their language skills. homes and household duties.

The livelihood initiative not

only gave exposed the community to the advancetheir village but also equipped the women to negotiate their spaces within the family and the community as well. Life women of Dehna where they are no longer confined to their

Voices

"We were hesitant at first about the idea of eco-tourism since none of us had any exposure to the outer world. However, the team from Population First and Grassroutes explained the details of the project to us and we were taken for a study tour to



Sugandha Patekar

Purushwadi, Ahmednagar, an eco-tourism village of Grassroutes. After the study tour we were equally excited and nervous about the project in our village."

"Earlier we did not prepare a full course meal. We could not afford to have anything other than some rice and curry. The eco-tourism initiative brought tourists from the cities to the village and to cater to their needs we had to change our cooking style as well. We started getting paid



Ashwini Patekar

for the food we prepared.. I never knew that a routine job of preparing meals could fetch us a decent income!"

"Our children are now comfortable in exchanging greetings in English with the tourists. The tourists often visit the village school and teach new skills to the students and give them knowledge which is often not in their textbooks."



Sandhya Patekar

"We improvised on not only our cooking styles but also adopted several food manners and etiquettes. For example, we never had spoons in our kitchen. But having guests in our house over meals led us to buy new plates, bowls and spoons so that we could serve them better."



Raksha Patekar

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GROWING ORGANICALLY

he women of Gegaon have enthusiastically taken initiatives for various developmental works in the village. The vermicompost initiative was another feather in the cap for the village women. Population First (PF) introduced the vermicompost project in Gegaon in November 2013 as an alternative sustainable source of income. Inhibitions were replaced by eagerness and enthusiasm to conduct a livelihood initiative that would provide income to women without having to leave their homes for long hours and with low investment.

The women were presented with an opportunity to showcase their products at two farmer *melavas* (fairs) held at Lenad and Devlipada



Mukta Dongre and Shobha Tal at their vermicompost unit.

villages. This provided them with a reach of nearly 400 farmers. Within a month of starting production, the women's group was flooded with demands for vermicompost. Exhilarated by the demand the women worked with more vigor and enthusiasm.

Shobha Tai has used the vermicompost for okra,

fenugreek and rice crop in her farm. She has not used any chemical fertilizer for any of the crops, yet has got a bumper yield! The yield obtained is nearly double that obtained through the use of chemical fertilizers. The production cost for rice and okra have reduced considerably due to this.

The vermicompost project has

Voices

"At first we were hesitant to take up the vermicompost project. We were not confident if we would be able to handle it. After our visit to Savroli village to witness the project and transformation in the lives of the women we were encouraged to undertake the initiative in our own village."



Shobha Dongre

We invested nearly Rs 1000 for fenugreek and obtained profit of Rs 4000 through its sale in only five days! There is a remarkable change in the taste and color of the vegetables grown by using vermicompost. Also, the crops are ready



Mukta Dongre

for harvest nearly eight days in advance as compared to crops grown using the chemical fertilizers."

given flight to the dreams of women in the group. For instance Shobha Tai had very little say in the financial matters of the household. Also, she had to ask for money conduct any marketing visits. every time from her husband and be accountable for the expenses. She disliked being answerable to her husband or in-laws for even the smallest of expenses. But now the situation has changed. Her hard work and perseverance

have enabled her group to create a market for their vermicompost. They started receiving orders from farmers and there was no need to The income generated gave immense satisfaction to Shobha Tai and her group. It was Shobha Tai's first independent income and she was exhilarated about it!

The income earned has helped village.

change her attitude to a great extent. The self-esteem of the women has received a tremendous boost and the women feel free to meet their own expenditures.

The money earned has created wonders for the empowerment of women of Gegaon which reflects in their participation in the social development issues of the

Voices

"We were able to sell nearly 50 quintals of vermicompost and 25 to 30 litres of vermiwash within a year of starting the project. We have also used the manure in our own fields and have noticed remarkable difference in the yield."

Shobha Tai

MOVING BEYOND THE BOUNDARIES



These women have come a long way by engaging in vermicompost activities

hoolakshmi Women's Vermicompost group is well known in Shahapur as well as the Murbad block. Within a month of starting the income for the village. production of vermicompost, the group and its project shot to fame in the nearby villages and gradually, the entire block. Ranjana Thakre, member of the Bhoolakshmi group is thankful to Population First (PF) for introducing the livelihood initiative of production and sale of vermicompost in Bursunge village.

Bursunge village is located on the border of Shahapur and Murbad block. Single crop farming is the only source of Inspired by the success of vermicompost intervention in neighboring Tembhurli and Belavali villages, the women of Bursunge village demanded a similar project. In response to this demand, PF introduced the vermicompost project in Bursunge in Sept 2014. Within a month of starting the production of vermicompost,

the women were offered a chance to participate in a trade fair at Bandra, Mumbai.

The women earned a handsome profit from the sale of the vermicompost at the trade fair. They earned nearly three times the worth of their product. The livelihood initiative thus has had long lasting impacts on the women. Not only did the women benefit in monetary terms but they have also developed different soft skills like inter personal

Voices

"Earlier women in the village were confined to only household chores and agriculture activities. They did not socialize or discuss on any issues within a group. The situation changed when the vermicompost activity was introduced to us by Population First. The women have now started coming together and sharing their problems. The vermicompost activity has given them a break from their mundane routine and it acts as a platform where they can have discussions on any issues."

"This opportunity proved to be a boon for us. We had never imagined we would be able to step out of the village on our own and stay away from our homes for nearly a fortnight. The Extension Officer for Murbad Panchayat Samiti, Mr Bhoir encouraged us to participate in the trade fair. It was a turning point for our project."



Kunda Vishe

communication and keen business acumen.

The vermicompost project and the experience at the trade fair have boosted the confidence of the women. They also participated in a similar fair at Vashi, following the one at Bandra. At both the exhibitions, the only stall selling vermicompost and other organic agriculture produce belonged to women of Bursunge.

The Project Director, DRDA,

Thane district has recorded the proceedings of the women's monthly review meetings and the clipping is shown to other women Self Help Groups (SHGs) in the block. The women of Bursunge have emerged as role model for other women entrepreneurs in the Block.

The income generated from the sale of vermicompost has given autonomy to the women allowing them to emerge as decision makers in their households. The vermicompost initiative has also benefitted the agriculture in the village. Women informed that they have also started cultivating lady finger and cucumber in addition to the seasonal rice crop. The okra yield has a longer shelf life, enhanced taste and color as compared to the yield grown using chemical fertilizer. The women now hope to cultivate other garden vegetables using the vermicompost and generate more income.

Voices

"Had it not been for the vermicompost project we would never have had the exposure to the outer world. Many people visit us to see the vermicompost

project and our functioning. But we do not share our knowledge free of cost! We charge Rs 500/for each group visit to the vermicompost unit. We can use our money the way we want to. The money has given us the freedom to make expenses as per our will.

We are now not dependent on our husbands to fulfill the smallest of our needs."



Tarabai

"It is a wonderful feeling to earn one's own money. We have never been able to step out and earn money of our own. The vermicompost project has provided us with this opportunity, which allows us to do justice to our household responsibilities and earn some money too!"

Sudha Thakre

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THE SCHOOL IN DEVELOPMENT INITIATIVE: PROMOTING SANITATION THROUGH SCHOOL CHILDREN

anitation and hygiene form the most basic requirements for good health. However, this is the most difficult task as it entails challenging the traditional practices and mindsets of the people, especially related to personal hygiene. This change in the mindset could only be brought about through perseverance, a quality which was exhibited by the school children in the villages. The School In Development (SID) initiative is a school-based sanitation and hygiene intervention by Population First (PF) to bring about awareness in the community coupled with actions to improve the sanitary conditions of the village. The SID intervention was launched in 2010 with support of ICICI Foundation across 21 villages. During the SID intervention, 40 selected students from 5th to 7th std were trained as 'Vikasdoots' (Messengers of Development) from every school to bring about behavior change in the health and sanitation practices at the personal and community levels. The project is aimed at empowering the school



Students during an election campaign.

students to become change agents for improving the quality of health, sanitation, and education at the family, school and village level. The training is an intensive yet interactive three to five-day process which enables the children to play the role of change agents by providing information, skills and motivation through various activities and games. The training is participatory in nature which makes the students think about the issues and feel the need to act upon them. During the process the children learn practices of

sanitation and hygiene and also gain soft skills like interpersonal communication skills, team work and leadership.

The training process then culminates into formation of a 'Bal Panchayat' (Student's Cabinet) through a democratic election process. Based on the number of votes obtained for the contesting candidates, portfolios are allotted to the students. The students have a cabinet comprising various portfolios like education, health, sanitation, documentation, cultural, sports etc. The ministers have specific agenda

to work upon under the leadership and coordination of the visory role and reviews the Chief Minister. This core team then selects its supporters from selected students and draws an action plan for themselves. A calendar of activities for the next eight to ten months is then prepared

activities undertaken by the Vikas doots every month. The process also helps the students to understand the governance system in the village and ways to influence it.

with the team. PF plays an ad- The following case studies tell the stories of changes witnessed in the village and amongst the children through the SID initiative. The initiative is sustained through collective efforts of children, teachers and parents.

CHILDREN LEAD THE *SWACHATA* ABHIYAN







Children are at the forefront of the cleanliness campaign.

village in close proximity of Shahapur is undergoing transition towards being a rural village from a tribal village. The villagers of Aaware comprise a mix of tribal and non-tribal communities, and are wealthy lot, owing to more accessibility and availability of resources as well as more opportunities. Despite the economic well-being, regarding sanitation and hygiene, the village has miles to go.

Population First (PF) initiated its school-based sanitation

and hygiene initiatives in 2011. Prior to the intervention students from Class 5th to the concept of maintaining personal and community sanitation and hygiene was unknown to the villagers. One of the major challenges that the village faced was the absence of a system to dispose solid waste and waste water generated from every household in the village. There was complete neglect from the Gram Panchayat in terms of maintaining cleanliness. Filth and disease was a common sight. Neither did the community own it up, nor the government functionaries. To

address these challenges 40 7thof the Zilla Parishad school were trained as 'Vikasdoots'.

As a first challenge, the students decided to make Gram Panchayat responsible and accountable for cleaning the drainages in the village. The five-day School In Development (SID) training also equipped them with communication skills and establishing linkages with the Government service providers. The Vikasdoots thus decided to approach the Gram Sevak with a letter requesting

Voices

"My mother has given up on using tobacco paste and regularly washes her hands before cooking food. Now she does not wash the vegetables after cutting them, thus preserving all its nutrients."



Sadhana

"Earlier I did not brush my teeth well. Now I brush them twice a day. Also, being elected as the education minister in the Bal Panchayat has taught me how to relate the concepts taught in the training to the election process in our Civic textbooks."



Haresh

appointment of cleaning staff who would regularly clean the village drains. Pressure tactics and perseverance resulted in the Gram Panchayat giving in to the demand of the children. Two persons were deployed by the Gram Panchayat to clean the village drains once a week. This practice continues even after four years.

Aaware Gram Panchayat is notorious for being most corrupt Panchayat in the entire Shahapur block. Despite that, the children were able to successfully pursue their demand and get it fulfilled. Such a commendable effort from children between 11 to 13 years was unheard of. The village community too vowed to maintain cleanliness and hygiene at least in the vicinity of their homes.

The children advocated the separation of dry and wet waste generated in every household. The wet waste was used in the kitchen gardens while the dry waste was collected in the garbage bins provided by the Gram Panchayat. Further, this waste was incinerated on the outskirts of



Vikasdoots of Aaware Zilla Parishad school.

the village by the villagers. Each Vikasdoot was given five households to conduct advocacy on sanitation and hygiene at a personal and at the community level. Out of the five households, every Vikasdoot was able to mobilize members in at least three households to construct a toilet and a kitchen garden or a soak pit. More than 80% of the households in the village now have functional toilets and a soak pit or a kitchen garden. Every Thursday is observed as a 'dry day' in the village where the Vikasdoots go to each household and ensure that all the containers used to store water are emptied and dried and that there are no probable sites for mosquito breeding. The village is visibly clean.

There was also a change noted in the personal as well as the food hygiene practiced by the women in the village. The Vikasdoots initially faced resistance from the villagers discouraging them in their advocacy efforts. However, the continued and sincere efforts from the children melted away all the resistance. Instead the villagers contribute and thank the children for changing the face of the village.

Voices

"I see a visible change in the behavior of my daughter and the responsibility she has started bearing in the household chores. Earlier she never used to wash her hands before her meals. But now, not only does she wash her hands but also ensures that her younger brother does. The training has benefitted not only the children but the entire village."

Chaya Kirpan

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ADVOCATING FOR CHANGE

ighly inaccessible, Manekhind village is located atop a hill, nearly 40 km from Shahapur block, away from the avenues of development. Yet, the village could not stop the rampant use of plastic. As a result, the village streets were covered in heaps of plastic. Changing this scenario in the village was the first task taken up by the Vikasdoots. Creation of awareness in the village for the management of this solid waste was the only answer. The children spread awareness by sweeping the village lanes, demonstrations and rallies. When significant change was not observed after 4-5 months of efforts, the children placed garbage bins outside shops to curb generation of solid waste at the source, i.e., outside the shops. Those who did not put the wrappers or plastic in the bins were heavily fined by the Vikasdoots. Advocacy efforts were undertaken to motivate every household to construct toilets, soak pits and kitchen gardens for better waste management. Slowly and steadily the entire village started adopting these practices. Today nearly 85-90% households in Manekhind village have functional toilets



Vikasdoots geared up for a cleanliness railles.

and soak pits or kitchen gardens.

The path of cleanliness was not so easy for the children. They faced a lot of resistance from the villagers who belonged to the old school of thought, and did not want to make any effort for maintaining sanitation and hygiene. Not getting discouraged, the Vikasdoots decided to take up the issue in the Gram Sabha. With the support of school teachers and Population First (PF) team, they were able to convince the community of the importance of practicing sanitation and hygiene at personal and community level.

The Vikasdoots have not restricted the learnings from their 'School In Development'

training to addressing only sanitation & hygiene issues in the village. They have extended those to increasing the attendance at school as well. The Bal Panchayat (student's cabinet) imposed fines for coming late to school, absenteeism, shabby dressing, not clipping nails etc in the range of Rs. 2 to Rs. 5. Fearing the fines being imposed there was remarkable improvement in the grooming of the children. Girls came to school with hair neatly braided while boys attended the school with their shirts neatly tucked in. To ensure teacher's attendance, the Vikasdoots also maintained an attendance register for the teachers. Any teacher coming late or being absent was fined Rs 20. The Vikasdoots also en-

sured that younger students attended the school. They helped the children in lower classes with their studies in the absence of the teachers or by conducting problem solving sessions. Hand washing demonstrations were given in the school to other students during lunch breaks. Washing hands with fragrant hand wash was equally fascinating for all the children which made them queue up in single tions held by the students in file during recess.

The uninterrupted supply of hand wash in the school was ensured by the 'Bachat Bank' of the Vikasdoots. This monthly saving of the Vikasdoots was generated through contribution of Rs 5 from each the children spread the mes-Vikasdoot. The money collected was used for buying products of personal hygiene which were also given away as village. As many as 50% farmawards in various competi-



Vikasdoots of Manekhind Zilia Parishad.

school and village.

Another remarkable feat achieved by the Vikasdoots was promoting the use of vermicompost among the farmers in the village. As part of the 'Sheti Bachao Andolan' sages pertaining to the benefits of the use of vermicompost and vermiwash in the ers in the village have now

turned to organic farming. The SID training program has successfully inculcated the values and principles of democracy among the children, especially the girls and has also inspires the girls to contest elections in future. The girls believed that contesting and winning the elections will put them in an influential position which will only be helpful in resolving the issues faced by the village.

Voices

"Self improvement is necessary for us, since younger children look up to us as idols and try to imitate our behaviour. Hence it is important that we ourselves practice good sanitation and hygiene practices so that the younger children imbibe this behaviour at very early age."



Sapna, Vikasdoot

"I have grown brinjal, beans, tomatoes and few flowering plants in my garden. The waste water from our kitchen and bathroom is diverted to this garden. As a result, our backyard looks clean and we get fresh vegetables to eat."



Darshan Bhere

"The SID program has really made a remarkable change in the students. It has instilled in them a sense of confidence. Earlier they were unable to raise any doubts or express any concern in front of the teacher. They have started maintaining cleanliness in the school. The students also presented a skit in the Gram Sabha to create awareness on sanitation and hygiene issues, leading many people to construct toilets and kitchen."

A ROAD TO DEVELOPMENT

ivided by the caste and class identities, Khariwali village is located in one of the remotest areas nearly 30 km from Shahapur. The geographical divide in the village has always posed a hurdle in social development. Population First set its foot in village Khariwali 1 in 2004-05 and conducted the needs assessment survey. The microplanning exercise brought together people of villages Khariwali 1 & Khariwali 2 to at least think on pressing issues and show willingness to resolve them. School In Development (SID) trainings were undertaken for children in 2010-11.

These older girls who were former Vikasdoots now help the present batch of Vikasdoots in their routine activity of weekly cleaning of public places in the village.



Some of the Vikasdoots of Kharlwall Zilla Parishad school

The Zilla Parishad School in Khariwali is located atop a hill slope, in between villages Khariwali 1 & Khariwali 2, with struction of access road to the no access roads. This was a pressing issue for the students Upsarpanch paid no heed to as they had to face lot of difficulty in reaching the school without a proper road. The situations got worse during the monsoon when there was water and mud

everywhere. The Vikasdoots wrote a letter to the Gram Panchayat requesting conschool. The Gram Sevak and the requests made by the children. The children did not give up either. They visited the Gram Panchayat office in group of three to four every alternate day and demanded

Voices

"We still remember all the details of the training that we received in the school to promote sanitation and hygiene. People in our village were least bothered about the cleanliness and hygiene to be maintained in the village. Our training helped us in not only understanding the benefits of personal sanitation & hygiene, but we also developed communication skills and built our confidence. Based on the information obtained in the training, we were able to convince the villagers to maintain cleanliness at least in areas surrounding their own homes. A collective effort from all the households has had a visible impact on the overall cleanliness in the village."

A group of girls

action on their request. This became a routine for over a year. Finally, during the next monsoons the Vikasdoots requested the Gram Sevak, Upsarpanch and Sarpanch to visit the school. Population First (PF) and the school teachers also supported the Vikasdoots in convincing the Gram Panchayat authorities to construct an access road for the village. The perseverance of the Vikasdoots paid off and the Gram Panchayat constructed tar road to access the school.

Turning attention to cleaning of public places, the Vikasdoots held meetings of women in the village at the public water source and convinced them not to wash their clothes and utensils at the water source. Though the women needed lot of convincing the Vikasdoots were able to free the public water sources from washing of clothes and utensils.

The mothers opposed the idea of girls participating in the cleaning of public places in the village and working as Vikasdoots. They felt embarrassed that their daughters were cleaning waste from the courtyards of their neighbours. The PF team counselled the mothers and made them understand the importance of the initiative which would not only benefit their household but the village as well.

The Vikasdoots of village Khariwali 1 are delighted to work together with the Vikas-



Shraddha in her kitchen garden.

doots of Khariwali 2 overcoming all the caste and class barriers. Over the years, PF has been successful in inculcating the values of working in unity and voicing their concerns and demanding quality services.

Voices

"The SID training boosted my confidence to speak in public. I am talkative by nature, but the training helped me get over my stage fear. The election process that we conduct to form the Bal Panchayat has immense value and importance in our future lives. The post that we hold as a minister, gives us a sense of responsibility which helps us to perform better for the development of the village."

Shraddha, a Vikasdoot and a Minister in School Cabinet



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Ground floor, Ratan Manzil, behind Charag Din, 64, Wodehouse Road, Colaba- 400 005 Office: +91-99304 17494 / +91-91679 02776 Or Email us at: amchi.pf@gmail.com/info@populationfirst.org

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