

Sadbhawna Samiti

Annual Report 2023-24

Supporting People with Disabilities and Children with Disabilities

Deen Dayal Day Care Centre was functional in District Barabanki. It is a day care centre for children with disabilities who were getting support and care including food, training, equipment, stationary, physiotherapy, care and other facilities, free of cost. The number of children in the shelter home were 20. These children came from economically weak backgrounds such that their parents can't afford basic care and education for them. The aim to start this centre was to mainstream these children in the society and support them as much so that they can be independent in the future.



We were running the school and day-care centre for special children where they can be groomed and made independent for past 22 years. The disabilities seen in these children are varied: birth disorders, cerebral palsy, hemiplegia, muscular dystrophy, polio, mental retardation, hearing and speech impairment. Most of the children enrolled here belong to poor socio-economic background. Here the organisation provides them freshly cooked nutritious meals and snacks to cover up for their maximum nutritional requirement. This in turn would result in holistic development of the CwD.

Here they also received basic education according to their abilities. All of them learned to distinguish colours and counting. They participated in physical activities, played games and learned handicrafts. The birthdays of children, various festivals etc. are still celebrated in the home from time to time. We also encouraged community members to celebrate their birthday with our children as this gave them exposure to quality time with people, they considered aloof





of them. Due to ending of the project with reasons like COVID-19, we still try to support our children with disabilities in the community.

Sadbhawna Samiti celebrated International Disability Day on 3rd November at the day care centre for children with disabilities. The centre was decorated and painted by the team and our children, ten days prior to the big day. The main guest invited for the event was, Kiran Bawa who is a business woman as well as a philanthropist. She is based in Mumbai and has work Pan India. Other stakeholders invited were the officer for Empowerment of People with Disabilities, NGO fraternity in Barabanki as well as Lucknow, Tehsildar, Village Pradhan, Lekhpal, SHG Leaders, parents of our children etc.

The event commenced with cake cutting ceremony by the chief guest and the children. Kiran Bawa had a talk with the parents giving them an assurance that disability shouldn't be seen as a problem because there is a solution. The stakeholders addressed everyone and spoke out their hearts on the theme of inclusiveness and equality. Then the main guests distributed sweaters and sweets to the children of the centre. The cake and other snacks were distributed amongst everyone who visited the centre along with the children who gathered from different areas.





Sadbhawna Samiti organises or is part of various events on CwDs and PwDs in Barabanki and Lucknow. There is a strong presence of our organisation in this field since we are instrumental in such supporting CwDs since a long time. above than normal children of their age and limited access. It is a big burden for a family to take care of a child who is affected with a disability. Therefore, like last year, this year also we distributed woollen clothes on 14th Nov 2023 on the occasion of Children's Day. We also distributed 6 wheelchairs and 5 crutches to our students and other differently able persons from nearby villages on World Disability Day.



It is well established fact that disability awareness programs at schools have led young children to gain empathy and have positive attitudes. We conduct training in schools as well, which enables children to develop an awareness of disability, allowing them to learn about the needs, challenges and unique life experiences of disabled people. We aim to create positive attitudes towards disability by encouraging children of all age groups to explore and understand disability through interactive workshops, games and debates. We organized such programs at following schools:

- Creative convent Inter College, Lucknow on 21st July 2018 total 164 students attended from class 6th to 12th
- Crescent Montessori school, Lucknow on 25th October 2018 total 136 students attended from class 4th to 8th
- Warsi Higher secondary school, Barabanki on 3rd Dec 2018 total 136 students attended from class 6th to 10th
- Bajrangilal Sahu Inter college, Lucknow on 5th Mar 2019 total 298 students attended from class 3^{trd} to 12th

Environment Awareness & Plantation Program

On the occasion of World Environment Day, Poster competition and tree plantation program was organized by Sadbhawna Samiti at the premises of the training center run by the Samiti. The program was organised at the training centers of village Bhanmau and village Kothi. The program was attended by 105 participants.

On this occasion Ms. Aparna Mishra said that trees must be planted, and those planted should be protected. Protection and promotion of the environment should be the priority of all of us. From trees, we get pure air, rain, fruits, vegetables, medicines and many food items.

Poster and slogan writing competition was organized at the training center on this occasion. The participants enthusiastically participated in program and made very beautiful, innovative posters. This year too we celebrated World Environment Day on 5th June 2023 by organizing an event at our training centre in Bhanmau followed by plantation of trees. A group discussion and poster making competition was organized on measures to save our environment and how can we contribute it. The participants also took oath that all of them will plant more and more trees and motivate the people in their contact for environment protection and planting flower, trees, climbers etc. in the empty space around their house. The program was concluded by planting saplings of Drumstick, Pomegranate, Rose, Champa, Kadamba, Malti etc.

Later plants of *neem*, *bargad*, etc were planted.







Sadbhawna Samiti Founder: Aparna Mishra

Training Centre of Beauty and Wellness

Beauty care as a service sector offers great scope for employment and entrepreneurship for women Skill development and vocational training in beauty and wellness need to be geared. Keeping this in mind Sadbhawna Samiti has started a training centre for providing training on beauty and wellness trade in Lucknow in partnership with A-estheva Beauty & Wellness Centre Lucknow in Feb 2019. We are training students belonging to impoverished background in various beauty & wellness trade so that they can become self- reliant. We are focused around the wellness of body and mind.

Our mission is to train these participants in helping customers build a lasting relationship, in a stress free, relaxing, clean, and comfortable environment. The participants are also trained in yoga practises. Yoga is a mind and body practice with a 5,000-year history in ancient Indian philosophy.

Various styles of yoga combine physical postures, breathing techniques, and meditation or relaxation. In more recent years, it has become popular as a form of



physical exercise based upon poses that promote improved control of the mind and body and enhance well-being. We trained the participants in trying to engage the customers to practise yoga in various forms while promoting a healthy lifestyle.

Yoga & Naturopathy Program

An awareness program was organized on the occasion of International Yoga Day at the premises of Sadbhawna Training Center operated by Sadbhavna Samiti in village Bhanmau and village Kothi, Barabanki. On this occasion, the Chief guest said that apart from physical ailments, mental problems can also be relieved by yoga. Adopting yoga in daily routine helps in staying energetic and maintaining a strong immune system. The participants present in the program practiced yoga and took an oath that they will follow it regularly. The participants also participated in the poster competition.



International Yoga Day was organised with theme "Climate Action" on 21st June 2023 in residential area of Gomtinagar, Lucknow. There are many health issues faced by elderly as well as new generation because of life style. Yoga can be effective for all such ailments and help to live active and healthy live. Therefore, to be practised regularly.



A one day workshop was organized on mental health conditions of women, various conditions, challenges, causes and management. It was organized on 16th Feb 2019 in collaboration with Anupma Foundation and Needles & Thread powered by Oranje Castles & Sheikh Chilli Restaurant in Lucknow. About 50 women of different age groups participated in the workshop. Dr. Akansha Sharma and Dr.H.K Agarwal discussed how women particularly urban women are facing various mental disorders. Mental health is mostly ignored and unacceptable by large section of the society however this can be fatal.



Water Conservation and WASH Program

Drinking Water & Sanitation Program was held in District Barabanki, where 250 people were sensitized about clean water, basic toilets and good hygiene. They were also informed about the diseases which stems out of poor hygiene, bad sanitation and dirty water. Further, the organization also run a campaign in which small meetings were organised in Block Harakh, District Barabanki under Water Conservation & Sanitation Program in which about 150 villagers participated.

In this campaign, it was emphasized that sanitation is very serious concern in the community. Clean water, basic toilets and good hygiene is necessity of good living. They were also informed about the diseases which stems out of poor hygiene, bad sanitation and dirty water. Mostly People suffer from water borne diseases due to sanitation problems. The basic reason behind this is illiteracy and ignorance. Besides this, slogan writing was also done to aware people about this.

A one-day workshop was organized on Water conservation & resource management Program at District Barabanki on 30th August, 2023 in which 70 people were sensitized about water conservation & resource management. The speakers discussed the topic in detail that why conservation and management of various natural resources is necessary. As water is very important for life. its conservation should be our aim to ensure the availability of water for future generations where the withdrawal of freshwater from an ecosystem does not exceed its natural replacement rate. Rainwater harvesting is one of the most efficient and effective ways of conserving water. Water is a very important part in irrigation. Plants always take a lot of ground water thus ground water should be replenished.





Women & Child Awareness Program

Awareness program for women was organized in District Barabanki to aware and educate women about their rights and various Acts by the Government that can be beneficial for them to fight a difficult situation stemming out of patriarchal norms. They were explained the need to take care their health so that it doesn't affect their efficiency. They were motivated to be economically independent so that they can take important decisions of life without any support. On this occasion success stories were shared with participants so that their confidence can be developed. Sewing machine was also donated to Sadbhawna Training Center so that the women after getting trained, become financially strong.

The challenges in maternal health in India are multifaceted and include both medical and socioeconomic factors. Despite remarkable progress in reducing maternal deaths, an estimated 47,000 mothers still die every year due to causes related to pregnancy, childbirth, and the postpartum period. Major medical causes of these deaths include hemorrhage, sepsis, abortion, hypertensive disorders, obstructed labor, and other causes, including anemia. Socio-economic and cultural determinants such as illiteracy, low socio-economic status, early age of marriage, low women's empowerment, and traditional preference for home deliveries contribute to these challenges.

Awareness sessions on government schemes around maternal and child health like Janani Shishu Suraksha Karyakaram (JSSK) and discussion on importance of nutrition, and family planning services is also done in our program. Further issues related to fertility, sexuality and knowledge on health contraceptive behaviour is also discussed. Further engaging males/partners of married women to discuss the topic of family size, sharing equal load at home and supporting their partners in family planning decision making is critical in our program. About 150 women and 69 men participated in the program.



Menstrual Hygiene Management Program

To create awareness about Menstrual hygiene, its importance & impact upon productivity and dignity of women, an awareness program was organised on 28th May, 2023 (World Menstrual Hygiene and Management Day). Program Coordinator of Sadbhawna Samiti described about facts related to menstruation and how improper management reduces work productivity. She also focused that without proper management how these days are tough to spend particularly for adolescent lead to reduce their attendance and later contribute to being drop outs.

Due to cultural and religious reasons, it is still perceived as dirty and impious. Furthermore, lack of awareness and money –starved villagers buying sanitary napkins is additional burden on family. Misinformation, stigma and availability often force women in rural areas to opt for unsafe and unhygienic means. When combined with WASH and MHM awareness campaigns, these initiatives have positive long-lasting impact on health of women





Drug De-addiction Program

With the increase in social media and pressure to strive better, the stress levels in the present generation are amplifying. Lack of communication with parents as well as peer pressure to fit in social groups leaves a mark on the youth. This makes them resort to drugs and unhealthy practices which needs intervention as soon as possible. While there is a wealth of traditional knowledge and anecdotal evidence on the use of Ayurveda in treating drug addiction, the scientific validation of its effectiveness is still an ongoing process.

Several studies and articles have discussed the practical application of Ayurveda in addiction treatment, highlighting the importance of constitutional balance in alleviating addictive tendencies. Additionally, Ayurvedic research and methodology are being explored to validate the mode of action, pharmacology, and pharmacokinetics of Ayurvedic drugs, although this field still requires further advancements and evidence-based research. Furthermore, private drug and alcohol addiction treatment centers in India often utilize traditional Ayurveda medicine.

Above mentioned program was organized by the organization in order to educate the youth about risks and repercussions of drug addiction and promote ayurvedic herbs and therapies to

control drug menace. Importance of yoga was also stressed in the event. There was a special session about the stigma associated with drug use and ways to get help for de-addiction. About 125 people participated in the program.

Abhilasha Training Program/Skill Training Development Program

Since 2018, Sadbhawna Samiti is running training cum resource centre for women of Bhanmau village Barabanki. The Samiti not only provide vocational training to the marginally educated women and some illiterate women free of cost but also plan to provide common work shed to those interested and skilled trainees of the centre so that they can earn sustainable livelihood. We are facilitating various government schemes, hosting a wide range of activities to spread the word, create awareness, share knowledge and build a sense of urgency about health issues and livelihood within our limited resources.





In house training cum production of various crafts like Chikankari, Zardozi, Jute products by Sadbhawna Samiti, Lucknow has been in practiced since inception of the organisations' tailoring cum skill development units, Abhilasha Training Centres'. Many young girls and women from rural areas of Barabanki over the years have learnt various crafts and have been earning their living. The salient features of the training department are that; it pays a trainee while she learns.

On an average 1,385 trainees in different intervals (from 2017-23) have learned various crafts and later they have either worked for the organization, started their own small-scale business or have done jobs as craftsperson's and have earned a living for themselves. Apart from artisans working in-house, there are several hundreds of artisans who earlier trained, now work from their homes. These artisans are supported by 5 master trainers' and 5 assistants. Each of them is responsible for providing work and supervising them.

Sadbhawna Samiti, Lucknow markets these products through organized exhibitions. Sadbhawna Samiti, Lucknow also organizes /participates in international exhibitions. This financial year (2023-24) Sadbhawna Samiti has already participated in 7 exhibits to find market for the products developed by women craft persons since Jan, 2023.



The women are also provided with computer training program while there children are provided free computer classes in the evening at the3 Sadbhawna training centre.

Chikankari Craft Design workshop, a 15 days craft and product developing training was anchored by the nodal agency, Sadbhawna Samiti under the leadership of DIC office. The primary objective of the workshop was to train rural women /girls of District Barabanki in chikankari craft and up skill those that had experience



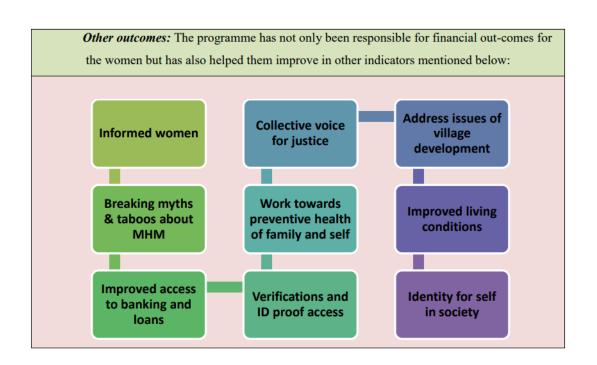
- Note from the Director; Sadbhawna Samiti
- The training programme used traditional knowledge of craft passed down from one generation to the next, but it's designing and product development needs are taken care of by modern designers and experts. These chikankari workshops are to engage women /girls through skill development with a focus on empowering them along the way'

- Ms. Aparna Mishra

Sadbhawna Samiti, has undergone many learning's while anchoring Abhilasha Training Centre. As everything is on a rise post-covid, scaling Abhilasha Training centres is a promising call for the year 2024. As the centres have been self-financed, sustaining them has been a barrier for the organization. With two centres running continuously from the last 3 and a half years, the other 4 have been opened based on seasonal needs due to shortage of funds. At present, 3 are opened and 3 are closed.







Banana Fibre Training

Workshop was also organised by the organisation on banana fibre training with support from NABARD wherein the artisans are trained in the practise and are linked to the market through exposure visits. Banana fiber training for artisans involves teaching them how to extract banana fibers and use them to create various craft products. This art is mainly practiced in the southern part of India, around the Kanyakumari region.

The process of making handicrafts out of banana fibers is as follows:

Fiber extraction: The dark bark of the banana plant is separated to obtain the banana fiber **Twining:** The fibres are twisted into ropes or yarns

Colouring: The ropes or yarns can be dyed in various colours to add visual appeal **Weaving**: The coloured ropes or yarns are hand-woven or crocheted to create beautiful products.









Weavers Training Program

Under this program, awareness camps are organised for weavers on technical skills as well as life skills and business skills. Financial planning and understanding are promoted amongst them to plan their growth and mitigate challenges. Health camps are also organised for regular check ups of these weavers. Our organisation also maps them and supports them in market linkage and exposure visits to the main markets. Further, we have helped them in loan sanctioning and assigning them artisan cards. These weavers are also supported by organisation through ensuring their participation in exhibitions and fairs in the local markets and nearby major markets.

















Consumer Awareness Program

Consumer Welfare Awareness Program was organized by the organisation in District Barabanki in order to aware and to educate the community about consumer welfare fund and its schemes. The project was conducted by State/Central Government. The participants were also educated about getting claims through consumer forum in case of exploitation by sellers/ producers/ service providers. Experts on the subject matter told that the consumer right is a wide field. It is a crucial time to get benefit given under the Consumer Welfare Act such that one is aware of it and gets advantage also. About 140 participants participated in the program. Participants also expressed their gratitude for organizing such a beneficial program.



Health Awareness Program

A health camp cum health awareness program was organized in Barabanki by the organization to provide quality health care services in remote areas with the help of qualified and experienced doctors. On this occasion, preventive & curative treatment was given to the patient as per requirement. They were also counselled for family issues, RTI, STD, AIDS etc. These are free health checkup camps conducted by Sadbhawna Samiti with the help of Sadbhawna hospital.

It comprises of a Gynecologist, Physician, Physiotherapist, nurse and helpers. The services given includes consultation, checkup (height, weight, blood pressure), women related issues, sugar test, bones check, nutrition and also physiotherapy. They were counselled on family issues and RTI, STD, AIDS. In this program, the literature of concerning subject matter including contraceptives was also distributed to the EC & TC. Ante Natal Care, Post Natal Care including conical diseases check-up was done. They were also given free medicines according to the doctor's advice and prescription. Even **people with disability** were given treatment with the help of doctors and physiotherapists. About 600 participants participated in each of the camp.



Old Age Home Program

Old Age Home Program is conducted in District Lucknow where the team goes to old age homes in order to provide the old people with clothes, delicacies, and company. There is one on one talk with them and games such that they enjoy their time and laugh out loud. There are special birthday celebrations also done. It is just a little contribution that can be done for these old souls. Elderly people mostly left alone by their families are often depressed by their loneliness. We along with our group of well-wishers visited the old age homes in Lucknow with clothes, delicacies and above all spend time with them. They enjoy our talk and shared their stories. We taught some easy daily yoga postures that can help them stay fit.



Sports Promotion

Sadbhawna Samiti partnered in the 2nd Manorama Chaturvedi Memorial District Open Cricket League 2019-20 to promote sports in the district Barabanki. It was five days tournament from 2nd December till 6th December 2019 in which various teams participated. Final match was played on 6th December, 2019 between Maharshi Cricket Club and Balaji Cricket Club and winner was Maharshi Cricket Club. Ms. Aparna Mishra, President Sadbhawna Samiti was Chief Guest in the valediction ceremony and she congratulated winners and laid emphasis on organizing such more events







International Women's Day



An event was organized on the eve of International Women's Day on 8th March 2023 at our training cum resource centre in village Bhanmau, Barabanki. The event was attended by more than 100 participants. Various issues were discussed related to women like their rights, about domestic violence and need of their economic empowerment. Apart from this, the women present were made aware about good diet, active decision making, MHM, family planning and

nuances of women empowerment. Importance of financial planning and saving was also discussed with them. Further, women champions from the villages, and training centre including SHG women were felicitated. They were provided with a platform to discuss their own journey of empowerment.

Few dignitaries from Lucknow attended the



discussion and presented their view about rights and roles of women. Mrs. Meenakshi, an Entrepreneur shared how entrepreneurship can change their life and bring dignity in their lives. Ms. Hina, a Fashion designer discussed that how breaking taboos and rational thinking can bring comfort and happiness in their lives. Dr. R. C Bhatt, a Social activist, laid emphasis how collective strength of women can be change maker. Dr. Neelam Prabhat spoke about women farmers and their issues. Women presented their views and conditions. Lunch packets were distributed to the participants.

Minority Welfare Program

Above mentioned leadership training programme for minority women was conducted by the organization. Under this programme selected trainees' women were trained about health and hygiene, schemes and projects for minority women conducted by State/Central Government, constitutional legal right for women, foods and public distribution system, leadership capacity building etc. About 250 women were trained under NAI ROSHNI Scheme. The organization also organizes income generation activities through Vocational Training programme for minority women to raise their socio-economic condition.



Covid Care Centres under Covid-19 Awareness program

Our Country is severely affected by Covid-19 and gravelly hit by the Second Wave. Amidst these straining circumstances our NGO, Sadbhawna Samiti in association with Vishwas Trust intuitively started working on preparing and assembling medical kits and primary Essentials. These medical facilities and necessaries are provided Free of Charge to Covid Patients. They are delivered in remote areas to facilitate speedy recovery of the people in need.

The Covid Care Centres provide medical kits, Sanitizers, gloves, N95 Masks, Oximeters, Surgical Masks and Thermometers etc. Sadbhawna Samiti provided its first deliverable Unit on 19th May, that contained medical kits- 300 boxes, N95 Masks- 200 pc, Gloves -100 pairs, Sanitizers - 20 bottle each 500 ml, Thermometers- 50 pc, Oximeters- 10 pc, Surgical masks- 1000 pc. These articles were picked-up by volunteers and delivered in Ambedkar Nagar. At that time the demand for medicine was high and samiti supplied these Covid kits in district Raebareli, Sultanpur, Barabanki, Unnao, Hardoi, Sitapur, Shahjahanpur, etc. We do our level best in winning this war against our invisible enemy.



Cultural Events

The organisation is instrumental in liasoning and advocacy with the key stakeholders of Barabanki including various departments like Dept of Social Justice, Dept of Horticulture, CMO office, DIC office, and others. Moreover, we also are active in organising and/or sponsoring and supporting cultural events in Lucknow and Barabanki.

1. Mushairra & kavi Sammelan in remembrance of Lt. Shri Atal Bihari Bajpai

In remembrance of Lt. Shri Atal Bihari Baipai Mushairra & kavi Sammelan was organized by Sajjhi Virasat organization on 2nd December 2018. It was organized in K.D Singh Stadium Barabanki and we partnered in the event. It was attended by about 6000 to 7000 population. Dr. Kumar Vishwas and many other renowned shayars and poets participated in the event. The occasion was graced by Cabinet Minister Shri Arvind Singh Gope , Sahara Bureau Chief Shri O.P Srivastava, MLA Ms. Priyanka Rawat, DM , SP and other dignitaries. Event was highly appreciated by the audience.



2. Preserving Ganga-Jamuni Tehzeeb through RamLeela

Our founder Member Late Shri K.N Mishra was a poet and believed in humanity and communal harmony. Some 35 Years ago he started organizing a small Ramleela in the village Bhanmau which gradually grew bigger and bigger. Now 30 villages from nearby villages come together to celebrate Ramleela which is victory of truth over evil. Muslims from the villages participate with great enthusiasm whether acting in the play, doing preparation or serving food. It is beautiful preservation of our culture. It is two days program beginning on Dusshera and valediction on returning of Lord Ram on next day.



3. Koi Deewana Kehta Hain

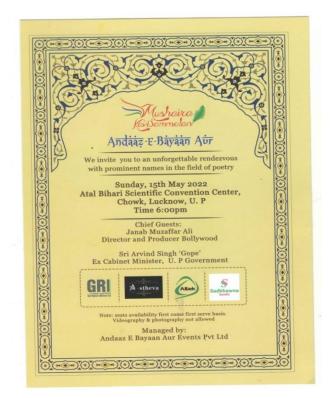
In the memory of her father, late Dr. Kailash Nath Mishra, Ms. Aparna Mishra, organised the charitable program called 'Koi Deewana Kehta Hai, an evening on humanity and poetry at Sangeet Natya Academy. It was dedicated to the work and life of late Dr. K. N. Mishra. This event started with giving gifts (like wheelchair, crutches, therapy kits, walking stick, hearing aid etc) to the specially abled children and their parents. These children were from the NGO's school 'Deen Dayal Mandbhuddhi Divyang Vidyalaya' and some were from Lucknow. This was followed by a Kavi Sammelan which had mesmerizing performances by three eminent poets of the country; Dr. KUMAR VISHWAS, Dr. ANJUM REHBAR, Dr. NIRMAL DARSHAN.



4. Andaaz e Bayaan Aur

Andaaz-E-Bayaan Aur event, which hosts Mushaira-Kavi Sammelans (the joint presentation of Urdu and Hindi poetry, two poetic forms which have their homes in South Asia) was held in Lucknow at Atal Bihari Scientific Convention Centre.





5. Sanjhi Virasat

Renowed group Sanjhi Virasat organised the mushaira in support with Sadbhawna Samiti founder, Ms Aparna Mishra.





Nivesh Kumbh

The District Level Event of Global Investors Summit called the Nivesh Kumbh was held in Barabanki between 10-14th February 2023.



