

NEWSLETTER

March '24 Newsletter

Every year on March 1st, *International Wheel Chair Day* is observed to honor the accomplishments and efforts of individuals with disabilities. It also provides a forum for promoting accessibility and equal opportunities in public areas. It was held to honor people with disabilities and their achievements at the PHC Nabarangpur and SIEP Jajpur.



Foundation Day of Mission Ashra Talcher and Mission Ashra II Jharsuguda

In the month of March, two of Mission Ashra's centers observed Foundation Day. On March 2, 2024, Mission Ashra Talcher commemorated its second foundation day with a celebration of culture and joy for its residents. On March 11, 2024, Mission Ashra II Jharsuguda also commemorated its second foundation day. To encourage residents, the team Ashra arranged a variety of cultural and sporting events.





International Women's Day

All of the residents and employees of the People's Forum centers joined together to commemorate International Women's Day. The entire week was dedicated to celebrating Women's Day, and One Stop Center Subarnapur organized numerous awareness campaigns, including games and discussions with the topic "Inspire Inclusion" at public events.





Community Awareness

In order to raise awareness and foster mindfulness about addiction, its negative consequences, prevention, ODIC outreach and drop-in centers, and DDAC services, a community awareness program was held at Pudapali Village (Bhaler G.P.) in the Balangir District by the District De-addiction Center and the Balangir Team of People's Forum.



Innovative Activity in the Centres

Mission Ashra Janla has introduced a new vocational program where residents produce kitchen aprons and hats for all of the centers. The residents will keep 20% of the sales proceeds to cover the cost of making the aprons and caps. Basic kitchen necessities like aprons are used in every home and are regularly used in all of the People's Forum centers.



Catharsis Therapy

In catharsis therapy, suppressed emotions and sentiments are released in order to aid in healing and enhance mental wellness. Speaking with a trusted person about your sentiments can help you release pent-up emotions and see the situation from a different angle, which can help you process your feelings and experiences. It is being started at MAMI Berhampur for the sake of the residents' improved wellbeing.



Yoga Therapy

Mission Ashra Janla has brought in yoga therapy to help the residents relax and feel less anxious. During the first session, we did Bhramari Pranayam, which helps with anxiety reduction and concentration, Anulom and Vilom, which are heart-healthy and mind-clearing, and yogic clap, which improves blood circulation throughout the body.



Pottery

Residents of MAMI Puri have been involved in a new pastime whereby they have painted pots of different sizes for their own improvement. For those who suffer with stress or are going through a tough time in their lives, painting and other artistic endeavors provide a therapeutic release or emotional outlet.



Candle Making

DMF Ashraya has included innovative Candle-making Activity by the residents. It includes the preparation of candles of different sizes and shapes with wax which comes in various colourful patterns for commercial purposes.



On the

10th of February **Mission Ashra, Talcher** People's Forum set up a stall to showcase and sell our vocational activities products in collaboration with the Women Doctors' Wing, IMA, Angul, at Hotel Durga. This conference was a state-level doctors' conference where we presented our vocational activities products prepared by our inmates and sold some products.



Fungiculture Training

Mushroom Training has been added to the activity of **DMF Ashraya**, to provide detailed hands-on mushroom cultivation. This will help them learn to practice a means of Self-employment and income generation after the reunion of the residents. This will make them self-reliant and help them earn their living.





Kitchen Gardening & Palm Mat Making

Kitchen Gardening and Palm mat-making has been started in the DMF Ashraya as an activity for the residents. It includes growing vegetables and other kitchen commodities for the center as it utilizes all the existing resources. Making of palm mats for commercial purposes for the income generation of the center.



Tye and Dye Vocational Activity

Mission Ashra Jajpur has started new vocational activity, in which **Tie and Dye Handkerchief** making is done by the residents. Dye has been naturally extracted color used for the purpose so that it will not harm the skin of the user, innovative vocational training has been initiated by the Centre.



Awareness Programme conducted by One Stop Centre



Today an awareness programme has been organized by SAKHI OSC Subarnapur of people's forum at Kanpur 1 & 2 Anganwadi centre of Birmaharajpur block of Subarnapur District. In this program, a total of 38 members such as Anganwadi workers, Asha workers, kisoni balika, and community people are joined. The discussion on this program was done on SAKHI OSC and its services and also about child marriage, child sexual abuse, domestic violence, dowry harassment, POCSO, cybercrime, women trafficking, and different types of violence against women.



An awareness programme was organized by Sakhi (OSC), Koraput of people's forum at Champakenda, Pottangi Block on 18.03.24. It was attended by 32 nos of people including 1 Aww, 1 AWH, 1 Asha adolescent girls, and village women.



An awareness was done by Sakhi One Stop centre at ICDS training hall, BMC-1 as part of the 16 days awareness program meeting on violence against women under ADVIKA to the Anganwadi workers and Adolescent girls in the presence of CDPO Urban 1, staff from Ruchika social service organization and CFAR, District Consultant Action Aid, District education officer, Doctor from the capital hospital, and SI from Badagada police station



Awareness Program of Sakhi OSC, Angul at Mundadhipa Village, Angul. The discussion was made on functionalities of OSC and the services provided by OSC to women affected by different violence.

Health Check-up Camps

Health Camp for the Haemoglobin, Blood sugar test, Hepatitis B, CBC, Thyroid, and Sickling was organized by CHC (Community Health Center) Superintendent, Public health extension officer, and L.T. GURANDI, GAJAPATI at MAMI Berhampur.



Reunion Program

The Reunion Program was run by Mission Ashra Jajpur in March. This meant that two of the residents were effectively reunited with their families because their conditions were improving quickly and they were engaged in their regular activities. The families also accepted responsibility for them.



Awareness Camps and Cases Handled by One Stop Centre

Awareness Camps	Cases Handled
Anugul Sakhi OSC has conducted 6	Anugul Sakhi (OSC) -7 cases
Koraput Sakhi OSC has conducted 9	Koraput Sakhi (OSC) –16 cases
Khordha Sakhi OSC has conducted 10	Khordha Sakhi (OSC) – 44 cases
Sonepur Sakhi OSC has conducted 9	Sonepur Sakhi (OSC) –8 cases

Details of the Centre as of March 2024

SL. No.	Name of the Project	No. of beneficiaries as per govt sanction	No. of beneficiaries at present
1	Mission Ashra, Khordha: Rehabilitation home for destitute/ Homeless Mentally ill female	250	229
2	Mission Ashra: Rescue& Rehabilitation Centre for Mentally Ill Persons (PwDs), (Female Unit) at Talcher, Angul	60	65
3	Mission Ashra: Rescue & Rehabilitation Centre for destitute Mentally Ill women (PwD) Unit-II at Jharsuguda	90	91
4	Mission Aashalok (Unit II): Rescue & Rehabilitation Centre for destitute mentally ill Male persons (PwDs) at Jharsuguda	50	52
5	Mission Aashalok (Unit-I): Rescue & Rehabilitation Centre for destitute mentally ill Male persons (PwDs) at Jharsuguda	125	130
6	Mission Aashalok (Rehabilitation Home for Mentally Ill Male (PwD), Ganagapada, Khordha	50	50
7	Mission Aashalok: Home for Mentally Illness (Male), Ganjam	100	76
8	Mission Ashra: Home for Mentally illness (Female), Ganjam	100	49
9	Mission Ashra: Rescue & Rehabilitation Centre for vulnerable/destitute Mentally	100	90

	Illness person (Women), Sukinda, Jajpur		
10	Mission Ashra: Rescue & Rehabilitation Centre for Mentally Ill destitute women (PwD), Unit-1 of Jharsuguda	125	128
11	DMF Ashraya: HPMI, Keonjhar	60	46
12	Half way Home, Malkangiri	100	60
13	Mission Ashra For Mentally Ill MAMI, Puri	150	122
14	Old Age Home, Jharsuguda	50	52
15	Goshala- Gokula Vihar	1000	515
16	Goshala- Jatni	500	440
17	DDC	30	31

NEWSLETTER

April'24 Newsletter

Foundation Day of MISSION ASHALOK

It was immense to share that Our project MISSION ASHALOK- I & II (Jharsuguda unit) have completed its 7 years of continuous efforts, success & achievements. On the date of 3rd April 2024, the foundation day was celebrated with our residents and all the staff members. To make this day even more unforgettable other units such as DDC, OLD AGE HOME, MISSION ASHRA I & II staff member participated to celebrate this day.



AAMA GHARA -Khordha

Dumduma slum, like many urban slums, faces various socio-economic challenges, including inadequate access to education and basic amenities. Recognizing the importance of addressing these issues, on April 4th, 2024, organized a ***Community Outreach Program*** at Dumduma Slum in Bhubaneswar, engaging with 35 children residing there. The primary objective was to understand their interests and needs, while also identifying any talents among the children. So that our organization can help them in making their bright future.



Jagruti Home-I

At Jagruti Home-1, a new adoption policy was implemented based on the mental stability and specific needs of the residents. The residents were divided into two groups: those who are mentally stable and capable of engaging in discussions on productive topics or work were placed in one group, while those in need of extra care and counselling sessions focused on capability building to support their well-being were placed in another group. Following the division, group counselling sessions started with the residents.



Visitors & Donation:

- 1) **Tata Steel Foundation** (Skill Development Manager, Area Manager, PLTCM, CRM) Visited Mission Ashra, Jajpur. They interacted with our team members get information about how our centre serves for the most underprivileged section of the society.



- 2) DSWO and Protection cum programme officer Khordha visited to State Support Centre, Khordha. They get information about our centre; about the services we provide and the cases we handle.



- 3) Additional Secretary to Government SSEPD, Government of Odisha, DSSO Ganjam, SSSO Chatrapur Visited DISHA, Berhampur & MAMI Berhampur. They gave favourable feedback regarding our **DISHA project & MAMI Project** also, confirmed the services we provide. They were also pleased with our services.



DISHA Project



MAMI Project

- 4) A Team from Plan India Visited Sakhi One stop centre, Bhubaneswar and interacted with the staffs regarding the functions, how it works, the services provided, the cases registered and the overall functioning.



- 5) Programme Officer of District Administration Visited to One Stop Centre, Angul On dated 9th April 2024.



- 6) Today a donation program was held by OMC colony ladies club, Bhubaneswar at **Mission Ashra, Janla**. They interacted with residents and donated 2 stand fans, old clothes and snacks.



Awareness Program:

On the date of 25th April, PHC Jodambo under the supervision of MO Ayush PHC Jodambo and CHC K-Guma, District Malkangiri celebrated “World Malaria Day”



DISHA, Berhampur conducted awareness programme on Drug Addiction. This awareness programme held at Govindnagar Village, Govindnagar Anganwadi Kendra, HWC, Gobindpur. The main objective for conducting this awareness programme is make people aware about our centre and services we are providing for Drug De-Addiction and second is make them aware about the disadvantages of the drug addiction.



Sakhi One Stop Centre:

Sl. No.	Centre	Cases Handle
1	Sakhi, Bhubaneswar	54
2	Sakhi, Angul	17
3	Sakhi, Koraput	23
4	Sakhi, Subarnapur	9

Occassions at Our Centre

1) Pana Sankranti

Pana Sankranti, also known as Maha bishuba Sankranti, is the traditional New Year Day festival of Odia people in Odisha. The festival occurs in the solar Odia calender on the first day of the traditional solar month of Mesa, hence equivalent lunar month Baisakha.



2) Hindu New Year

Hindu New Year was celebrated in Lamtibahal, Brajrajnagar, Jharsuguda. All the Residents of the Old Age Home (Bharasha) were invited by the Prayas Welfare social group. 31 residents and 6 staff members of the old age home went there. They have happily welcome to our residents and also staff's. All residents were happily enjoyed this Hindu new year celebration.



Reunification Stories

Successfully Reunited some of the residents from Jharsuguda District with their family members who are from outside of Odisha State.



After more than one year of treatment from Mission Aashalok, Sanjay Gopinath Sirsate was reunited with his family members on 23rd April 2024 with the presence of President of Senior Citizens Association of Jharsuguda District Shri. Balgobind Mishra, Founder of Jadeswari Dibyanga School Shri. Vivekananda Mishra, Educationist and Social Worker Smt.Kabita Panda, Lecturer and Poet Smt.Dunakini Satpathi and Young Star Charity Trust's Shri.Rajesh Padhi and Vijay Sigal. He was rescued by Mission Aashalok Rescue Team on 30th march 2023 from near Sanjibani Hospital, Jharsuguda. He is belonging from Chatur, Latur District, Maharashtra.



After 2 years treatment and care at Mission Ashra-I of People's Forum, Jharsuguda, the resident named Pratima Maji has been successfully reunited and handed over to her mother named Kabita Dulari from Sanko, Bardhaman district of West Bengal dated on 24.04.2024.



Thank You!

Address: Plot No. 1215/1467, Khandagiri Bari, Khandagiri,
Bhubaneswar Odisha, India-751030

Contact us: 91-0674-2351688

Web. www.peoplesforum.in

Mail: peoplesforumindia@hotmail.com