

# ASMITA



## Annual Report



2022

2023



# Introduction

The year 2022-23 was a fight back from the covid period and getting back to the normal life. It was regaining what we lost. There was lots of new life, new energy. We were looking for new opportunity.

In this year ASMITA stood by it's core principle of working for the upliftment of the slum dwellers specially the women and children in the slums. It was a wonderful time serving the nation with full vigor and reaching out to people in need.

Our engagement on health awareness among the pregnant women, rescue and rehabilitation of children in need of care and protection, skill development of the slum women, non-formal education centers were making major impact in the lives of people in the city of Varanasi. We are glad that we could make solid impact in the lives of people.

## VISION

An integrated Human Society living in freedom, equality, and justice; above all leading a dignified life.

## MISSION

Empowering the marginalized especially women and Children of the unorganized laborers/ slum dwellers to live a life with total Dignity.

The objective of this year under health care activities was to reduce the health complications of pregnant & lactating mothers and enhance menstrual hygiene of the adolescent girls from the slums of Varanasi. The aim of the program was that 500 households will directly have enhanced health indicators by the end of the project i.e. March 2023. Here we present our impact until the end of the year with lots of delight.



### Specific Objective/ Purpose:

To reduce the health complications in slums worsened by Covid -19 such as, pregnancy risks and to create awareness on menstrual hygiene among the adolescent girls in the slums.

### EXPECTED RESULTS

**To improve health, hygiene and nutrition of young mothers and pregnant women.**

**To improve the level of sex education and menstrual hygiene among adolescent girls.**

# Activities Conducted

Item	No	Description
Trainings on Safe Motherhood	8	<ol style="list-style-type: none"> <li>1. Four each training a year were planned to provide special inputs on self-care and child-care.</li> <li>2. 250 women benefited from 8 training in two years</li> <li>3. The topics covered were – pregnancy care, nutrition, caring of newborn babies, breast feeding, vaccinations, government schemes, dos and don'ts during pregnancy etc..</li> <li>4. There were lots of visible changes in the lives of the participants such as vaccinations, taking good rest during pregnancy, regular check-ups, consumption of nutritious food, keeping hygiene etc..</li> </ol>
Leadership Trainings	4	<ol style="list-style-type: none"> <li>1. The purpose of the training was to create a group of women from among them who can be change-makers in their own communities.</li> <li>2. We conducted 4 such trainings for 120 women.</li> <li>3. Today these women take leadership, identify high-risk cases, support the other women, pass on information to the others.</li> </ol>
Trainings on Menstrual Hygiene & Sex Education	8	<ol style="list-style-type: none"> <li>1. The intention of this training was to provide focused inputs on menstrual hygiene to a few selected girls so that they could guide their own peers.</li> <li>2. 250 adolescent girls now have enhanced knowledge on periods and menstruation.</li> <li>3. These girls are courageous enough to break the social taboo on this topic. They support the younger girls in their groups.</li> </ol>
Sex Education in Schools	23	<ol style="list-style-type: none"> <li>1. This was the first time an awareness program on menstrual hygiene and sex education was conducted in all these schools.</li> <li>2. Lots of taboos were cleared, enabled many adolescent girls to speak on the topic within their families, to seek medical care, proper use of sanitary pad etc.</li> <li>3. We could reach out to 7190 girls.</li> </ol>

# Activities Conducted

Item	No	Description
Awareness program through Street Plays	24	Street plays were a powerful medium to spread awareness on subjects like hygiene, health care, family support in addressing issues of women, vaccinations etc. Two each plays were put up in each of the slums. A total of 2210 people watched the shows.
Medical Camps	66	<ol style="list-style-type: none"> <li>1. Medical camps were occasion to educate the uneducated population, identify high risk cases, provide basic medicines, one-to-one interaction with the patients and counselling etc.</li> <li>2. With the consultation of doctors high risk cases were advised to visit hospitals.</li> <li>3. So far 1576 patients benefited from it.</li> </ol>
Celebration of imp Days  1. Women's day 2. Girl child's day 3. Mother's Day	5	<ol style="list-style-type: none"> <li>1. Women's day was celebrated 2 times. Both the times a list of distinguished women, professors addressed the women and motivated. 800 above women participated.</li> <li>2. Girl child day was celebrated twice, highlighting the importance of girls. 650 girls participated.</li> <li>3. Mother's day was celebrated once (one was cancelled due to Covid). Week long program in each of the slums was conducted for maximum participation and awareness. A total of 360 women participated.</li> </ol>
Distribution of Nutritious kit	516	The situation on the ground was worsened due to covid, many families had real struggle to get food. This also had severe impact on pregnant women. Besides the project we mobilized nutritious kits for women and children in the slums. The kits were a great support during pregnancy and after.
Distribution of sanitary pads	530	<ol style="list-style-type: none"> <li>1. It was our target that 85% of these girls start using sanitary pads. Today we can confidently say that we could achieve this target.</li> <li>2. Today most adolescent girls ask for sanitary pads to their parents.</li> <li>3. Today we are going beyond from sanitary pads to menstrual cup</li> </ol>

# - Impact

## Safe Motherhood



**549**

Enhanced the lives of Pregnant Women

**542**

Lactating Mothers and their children enjoy good health



**5146**

Nutritious Kits to improve the diet during and after pregnancy

**1576**

Women in the slums benefited from the medical camps in slums

**461**

Institutional Deliveries

**1124**

Vaccinations

**3.5**

Times Increase in hospital visits during pregnancy

**216**

First-time-Ever Vaccinated in life

# IMPACT REPORT



**139**

consulted Gynaecologist for menstruation related complications

**62**

First-Time Sanitary Pad Users

**526**

Adolescent girls now have enhanced level of Menstrual Hygiene Practices

**308**

interactive sessions on Menstrual Hygiene in the slums

**7190**

Girls in 24 schools reached out with sessions on sex education and awareness on Menstrual Hygiene

**5380**

Sanitary Pads were given free of cost

**87%**

Now use Sanitary pads in slums

**13%**

Now use clean Cloths

**73%**

Girls in the slums now feel confident to speak on menstruation related issues at home

# Measuring Progress

Our concrete achievements from the project

Motherhood	Motherhood	Menstruation
1124 were assisted in administering vaccine before or after delivery. This is a great achievement reaching to 100% women part of our program.	9 slums are now under the regular supervision of ASHA & ANMs to link women with government benefits.	526 girls started using sanitary pads regularly post starting the project.
Increased awareness on interval between pregnancies.	Of total 461 deliveries 65% of women availed government benefits during and after deliveries.	134 girls were provided with medical support.
Of 549 pregnant women 53.9% visited PHCs 4 times, 39% visited PHCs 3 times and 7.1% visited 2 times before delivery.	75 children were treated for malnourishment in the hospitals during the past two years.	Of 526 adolescent girls part of our program 87% use sanitary pads and the rest 13% use cotton cloths during periods.
An additional achievement of Covid Vaccination of 1210 women, 1637 men and 884 during Covid. The first vaccination of Pregnant women in Varanasi District was done at our centre.	461 institutional deliveries & 26 home deliveries (caused by delay in ambulance or night hours)	Increased confidence in speaking of periods and issues related to menstruation to another member of the family or friends or teachers.





# ASMITA

## Non-Formal Education



Accompanying children engaged in begging, child labor, rag-picking, and scrap collection in the slums of Varanasi towards formal schooling.

Number of Children Educated in this year

**215**

Number of Children Enrolled in School

**97**

A new beginning for the children in the slums of Varanasi

## Early Childhood Centers

After a survey the following Slums were identified - 1) Jaiprakash Nagar, 2) Madavpur, 3) Chowkaghat, 4) Varunapul, 5) Kandhwa Pokhra, 6) Pandeypur, 7) Teliyana, 8) Bajadradiha. Post identification counselling of the parents and children were done and animators started classes from 15th of January 2023.

## Academic Activities

From the last week of June 2022 regular classes for the children began. syllabus set, monthly activity charts and programs start rolling.

## First Quarterly Exams

On the 29th of August the first exam for the children conducted.

## Enrolment in schools

When the new academic sessions started we enrolled 64 children in to nerighbouring schools. We ensure that these children attend schools regularly.

## Parents Meeting

So far we had the second round of meeting with parents. This is to highlight the necessity of parental intervention in the education of children

## Extra Curricular Activities

Besides the regular classes, the animators are conducting games, special activities, exposure visits, dance, drama, interaction by interns to upskill the young minds

# TAILORING

## OBJECTIVE

Train 150 girls in tailoring & arrange income generating activities



With the intention of providing training in tailoring to disadvantaged women residing in slum areas and facilitating the monetization of the skills they acquire, we are conducting 5 tailoring units for a cohort of 125 women who were identified within these slum communities. These individuals all hail from financially underprivileged backgrounds.

The tailoring classes are conducted daily, and the duration of the course spans 12 months. Thus far, the classes have progressed quite effectively. Moreover, we conducted a special 15-day session on embroidery, led by students from the textile department of Banaras Hindu University.

During the course of the program, a few participants had to discontinue their training due to personal circumstances, such as three individuals getting married and two relocating to another district. Subsequently, we filled these vacancies by admitting new students.

We are pleased to acknowledge the generous donation of 5 tailoring machines by the Rotary Club Varanasi, which will be provided to the students upon the completion of their course. Furthermore, we are currently in discussions with several manufacturing units to explore opportunities for home-based production work for our participants.



# CHILDLINE 1098



CHILDLINE, an emergency Helpline programme (under the Ministry of Women and Child Development) run by ASMITA takes care of children in need of care and protection in the district of Varanasi. It is an emergency service 24x7 for children in distress. It handles, on an average, 70-80 cases a month. This includes cases of child marriages, child sexual abuse, trafficking, child begging, runaway children, cybercrime, etc. Besides dealing with such cases legally, it also undertakes awareness and outreach programmes to prevent such cases listed above and provides emotional support such children in distress.

## Activities of CHILDLINE in the year 2022-23

Number of cases registered through 1098	847
Children produced before CWC	488
Number of Outreach conducted	1141 hrs
Number of Training conducted	14
Phone testing	44
Children Restored to families	319
Child Sexual Abuse cases attended	33
Child labor cases attended	46
Counselling cases	86
Child marriages stopped	18





**Holi Milan**



**Awareness Prog**



**Awareness Camp**



**Roza Iftar**



**Christmas celeb**



**Children's Day**



**Cloths distribution**



**Classes**



**Blanket Distribution**



**Girl Child Day**



**Center**



**Interaction with MGKVP students**



**Independence day celb**



**Drawing**



**A token of appreciation by Medical Department of Varanasi and Unicef for Health Project**



**Dr. Sandeep Chaudhari**  
Chief Medical Officer, Varanasi

"The program - Health Rejuvenation in the Slums of Varanasi could achieve great milestone in advancing pregnancy and post pregnancy care."



**Dr. Shahid Aktar**  
District Mobilization Coordinator, UNICEF

"ASMITA has done a great work towards ensuring critical health care where no one could reach."



**Dr. Sanjay K Saroj**  
Surgeon, Banaras Hindu University

"You have done an amazing work in the slums of Varanasi for the underprivileged."

