

Monthly Newsletter

Period: January 1st to 31st, 2025



THEMATIC FOCUS



Promotion of Women's Rights and Empowerment



Micro-Credit and Entrepreneurship Development



Healthcare and Health Promotion



Child Rights and Child Protection



Care for Environment



“THERE IS BEAUTY IN MOVEMENT” - Jiddu Krishnamurthy

It's another year! There are new interventions to be made, new objectives and milestone to achieve, however, can this be possible if we feel stagnated and approach it with an old mind, old thoughts and old habits. The philosopher, Jiddu emphasized that ***“there is beauty in movement”*** and this couldn't be truer. Here the movement refers to adaptability, fluidity and flexibility, the hallmarks of success as far as NGOs are concerned. The landscape constantly moves; therefore, one must move with, it incessantly changes, therefore one must be prepared to change, flow with the current not against it. This is the one quality that makes an NGO survive the onslaught of unprecedented challenges, which maybe at the grassroots or at the systematic level. So, one might question, how does one be ever ready to meet those unexpected challenges whose arrivals are uncertain and unforetold? Well, the answer to that is no one knows, but one can be prepared through strategic anticipations, skills dissemination and future visualisations. Therefore, it demands proactivity, an open mind, a culture of adaptability and preparedness. One can even state this as a ***“pre-emptive strategic approach”*** to survival.

In conclusion, the survival and success of an NGO in an ever-changing landscape is dependent upon its ability to constantly innovate, remain adaptive, foresee upcoming challenges and be prepared to adjust to the changes. This also means seizing new opportunities and making sure that the intervention continues.

Name of the Activities/Social Security Schemes	Approx. Numerical Data
Home, Workplace, Relief Camp Visits	66
Identification of Beneficiaries	42
Identification and Registration	69
Meeting with employers	6
Identification and Registration of Employers	3
Contacted Employers for Placement	22
Bank Account	2
Contractual Placement	23
PAN Card Applied	1
Ration Card	1
PAN Card Received	1
Birth Certificate	1

MONTHLY HIGHLIGHTS...

Success Story: Stall's Inauguration

An SHG group by the name of Sristi after a prolong awareness, education, guidance and the provision of seed money for the initiation of alternative livelihood businesses finally inaugurated a stall called **“Griho Kormi’r Sristi”** at Tetelia, Guwahati on 27 January, 2025 in the presence of Sr. Anima Sangma, CDI’s superior and the staff of GFW. Prior to this event, an agreement was signed between the shop owner and the group under the supervision of the Director and the project’s coordinator on 10 January, 2025, thus, paving a way for the realisation of the project’s goal and the domestic workers’ financial dreams. The initiative is a culmination of the organization’s incessant efforts at financially empowering the domestic workers with the aim of achieving social justice, wider social integration, holistic well-being and a better standard of living.

The group is competent to deal with the demands of operating a stall, thanks to the constant skills training, education and instructions provided by the staff under GFW project. Furthermore, post the stall’s inauguration, they were enlightened on ideas regarding stall’s promotion, management, community’s demands and items prices. A clarion call was made to the community folks for their unabated support.



PROMOTION OF WOMEN'S RIGHTS AND EMPOWERMENT

Home Visits for Domestic Workers Empowerment: With a view to uplift the marginalized domestic workers, the staff met both the employers and employees (domestic workers). The visitations resulted in discussion concerning their perspective about their employment and well-being, employer-employee rapport, their daily chores and health issues. They were also informed about the looming programmes wherein their attendance was needed. Furthermore, the need for conducting incessant follow-up was learned and case study documentation carried out. A lone breadwinner domestic helper was found to be in poor health and on leave and the staff has planned for an effective follow-up. In contrast, while meeting the employers, they learned about their desire to employ domestic workers, who even requested the staff's help to run some errands. A potential employer at Thangmeiband Yumnam was particularly interested about domestic workers and their rights, as such, an orientation was provisioned to her. The staff also learned from a worried employer, about a sick and bed-ridden domestic worker who had been on leave for a week without much improvement in her condition. Additionally, five employers were met and enlightened on how the domestic workers needed trainings to improve their competency. The importance of Domestic Workers Movement was also explained to an employer.



Placement for Domestic Workers Financial Security: Concerning contractual placement, during this one-month reporting period, 45 part-time and 1 live-in domestic workers were placed in Aizawl, whereas 3 live-in and 3 full-time beneficiaries received employment in Champhai. Therefore, a total of 52 beneficiaries were guaranteed a job. In addition, more than 13 employers were spoken to wherein the subject of contractual placement and domestic helper were deliberated.

PROMOTION OF WOMEN'S RIGHTS AND EMPOWERMENT

Awareness Programme: To brief the domestic workers on their rights and entitlements, awareness programmes were organized for them. The events focused on crucial topics for example domestic workers rights involving decent work, minimum wage, equal pay, safe environment etc.; schemes such as Pradhan Mantri Yogi Maan-Dhan Pension Yojana, Manipur old age pension scheme, disability scheme, child welfare scheme, One Stop Centre and many more; and entitlements like pan card, voter ID, Aadhaar card and bank passbook, among others. They were further expounded on the eligibility criteria and their significance and assured that CDI was there for assistance.

Capacity Building Training: Concerning capacity building programme, the event was observed in all the project cities wherein the attendees were enlightened on crucial topics to enhance leadership, communication, teamwork and problem-solving skill. The training aimed to strengthen leadership, management and organizational skills to increase the effectiveness of domestic workers' collectives.

Solidarity and Direct Intervention: With an expression of outright solidarity and an earnestness to provide meaningful assistance, the staff visited the fire victims of Naharbari Colony in Dimapur, who homes were charred to ashes by a seething fire. 246 households were reduced to unrecognizable ruins, among them, 50 houses belonged to the domestic workers. On 23 January, 2024, relief materials were distributed to the victims to give them the needed respite from their unprecedented suffering. The staff also met a domestic worker who was unwell and currently off from work, she was assured of the staff's genuine support.



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Collaboration with Stakeholders: A collaborative approach was witnessed this reporting period, a pre-requisite in a purposeful and meaningful helping process. As a result, vendors were visited to purchase the needed items for providing relief to those reeling in relief camps, victims of the ethnic strife. Additionally, a letter was drafted and sent to Mizoram's State Legislative for the forthcoming awareness programme, a proposal was submitted to DLSA for a legal sensitization event and confirmation was made, invitation was given to Mizoram State Legal Services Authority for a legal orientation function, and a social welfare office was frequented for the purpose of entitlement. Advocate Ms. Christina and CJM Pu Hriata of Zote District Court were met for the looming events. Furthermore, Tura Post Office was paid a visit to in order to collect the issued Aadhaar Card for a beneficiary.



Interception Project: 23 potential trafficking victims were assisted by the interception staff between January 1 and 31, 2025. The cases include missing persons case, escaped from Brick Kiln factory, fled from home as he didn't want to resume his schooling, unable to disembark from train at the right location, escaped after being chided and beaten for misplaced motivation and focus, absconded from home to go back to madrasa. The cases highlight about the importance of educating minors regarding the difficulty and dangers involved in travelling and engaging in impulsive actions that put them at a position of vulnerability. It also emphasizes about the need for sound inter-personal relationship at home, increased understanding of parents regarding teenage behaviour, and the need to refrain from excessive disciplinary actions.



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Anti-Human Trafficking Project

- 1. Bi-Annual Meeting with Education Officials and Service Providers:** CBOs such as VVC, Mahila Samiti, Youth Forum, Children's Club including significant dignitaries and an association partook. The meetings centered on themes like anti-human trafficking, witchcraft, causes of migration and its effects, education, health, sports, pig farming, which was something they were currently working on. Enrollment of drop-outs to vocational courses, schools and tuition centres were discussed and decision was taken to prohibit HSLC and HS students from partaking in any social gatherings during the course of their exams. Dignitaries like Mrs. Flora, principal of Don Bosco in Tankibasti, and Mrs. Renu Xalxo, an Anganwadi worker provided enlightenment into the current areas of business or the current business situation. Also, personalities like Mr. Triphu Daimari, Deputy of Chief, LADC; and members of AASAA graced the gathering leading to intellectual enrichment and motivation.
- 2. Quarterly Meeting with VVC, Mahila and Youths:** This collective event explored human trafficking and migration. The primary objectives were trafficking sensitization and discussion involving migration minimization. Apart from there, subjects such as health and hygiene, education, responsibility of the parents in the family and the necessitated consistent attendance and participation in school featured.
- 3. Youth Counselling:** The staff successful counselled two drop out girls to enroll into a free of cost three-month duration computer course at Chapar ITI. The staff's relentlessness and determination paid off.
- 4. Monitoring:** The staff monitored the learning centres at Dadabil and Nepalpara to ensure that the centres were functioning the optimum level and that the teachers were carrying



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1. out their required responsibilities. Also, the forthcoming HSLC examinees Ms. Anjela Bara and Ms. Esani Kujur shared their preparations for examinations with the children.
2. **Home Visits:** The staff dropped by Habibasti for a join reflection-cum-input sessions of the programmes recently held in CDI. Furthermore, the same activity was carried out with women's groups.

Meetings for Domestic Workers Empowerment: Group meetings were organized with the collectives which witnessed the achievement of the following outcomes:

- Discussion and explanation concerning the pilot scheme under UD and PA department.
- Dissemination of information regarding the upcoming visits from the funding agency.
- Discussion concerning the method towards inspiring the group members to be more proactive, collaborative, active and participative in group sanctioned activities.
- Clarification on the project' aims and objectives that must be disseminated to new members.
- Deliberation on working conditions and the need for each member to be an active contributor.
- They were also educated on the concept of leadership and one group was successfully established.

The staff also convened a meeting with NEST, the project's networking partner to discuss potential collaboration for the benefit of the beneficiaries. To seek permission on the utilization of the Community Hall for the forthcoming relief camp, Ragailong chairman was met.



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Two Day Training for Missio's Beneficiaries: 5 two-day residential trainings called "Annual Two-Day Reflection-Cum-Planning" were organized in CDI's Auditorium from January 12 to 13, 19 to 20, 22 to 23, 26 to 27 and 30 to 31, 2025. It was organized for the CBOs of the anti-human trafficking project, specifically Mahila Samiti and VVC wherein the events witnessed 446 in attendance.

The training was aimed at increasing the beneficiaries' safety net, their understanding of Labor Laws, Migration, Rights and Entitlements, Health and Hygiene, Nutrition, Reproductive Health, Sexual Harassment, etc. Concerning migration and social welfare schemes, Mr. John Gautam touched upon topics like concept, history, types of migration, while regarding SSS his talk centred on all the available schemes and entitlements useful to the beneficiaries. Concerning health and hygiene, the staff were explicated on the meaning of health; physical, mental and emotional health; healthy habits, nutrition, consequences of malnutrition; waste management, types of wastes, method of management etc., by the resource person named Mr. Manoj Patnayak, faculty and trainer at Assam Paramedical and Nursing Institute. He also gave a live demonstration on Cardiopulmonary Resuscitation (CPR) of which the participants internalized. Whereas, when it came to labour laws, the attendees were enlightened by Mr. Abhinash Narzary, programme manager at SAFHR, on the provisions enshrined in the Indian Constitution, history of labour laws and the specific Acts that guarantees them their various rights ranging from wage to entitlements, maternity leave to remedial against sexual harassment etc.



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The training also dedicated a session to group work wherein the beneficiaries were asked to jot down and conduct a presentation on the traditional food practices that promote good health, the diseases prevalent in the community along with the frequency at which they visited healthcare centres. The trainings were greatly benefitted by the beneficiaries, in that they learned about key subjects that have a direct positive impact upon their lives. Most often policies exist without the knowledge of the intended target population. Therefore, CDI through this programme effectively connected the policies to them, thereby not only furthering government's social welfare programmes but also uplifting the beneficiaries in the process.



MICRO-CREDIT AND ENTREPRENEURSHIP DEVELOPMENT

Empowering Domestic Workers Through SHGs in Kamrup: The staff constantly kept in touch with the beneficiaries of Kamrup and Tura, the outcomes of which are narrated in the following below:

- **Discussion:** Discussion on self-assessment, livelihood activities, income generation opportunities, minimum wage, health issues, of the installed first phase seed money, the importance of women to support and uplift one another, their daily work activities and the technique of building a good rapport were carried out.
- **Action:** Blood pressure tests were done and review of project activities and report on crisis intervention carried out. Moreover, emergency helpline numbers were shared and the beneficiaries were assisted in making detergent, also case studies reviewed along with seed money activities of each group. budget diary inspected, mobilization for health camp, ideas for small businesses and earning extra income shared, the installed seed money collected and mobilized for health camp. For Manos, monthly savings were collected, deliberation carried out regarding their increment and the necessary steps to be adopted for the same. Likewise, an agreement was completed for a stall called “**Griho Kormi’r Sristi**” between the shop owner and the group located at Jharpara, Tetelia, Guwahati with the formal inauguration completed on 27 January, 2025. The community folks were requested to promote the stall. Their working and health condition along with legal documents and their methods of application too were delved into.
- **Inquiry:** Investigation was made into seed money utilization, working condition, health, the livelihood activities they have initiated from the start-up funds, the profits accrued and product sales.



MICRO-CREDIT AND ENTREPRENEURSHIP DEVELOPMENT

- **Motivation:** Motivated toward collective endeavour and seed money utilization.
- **Awareness:** Awareness provided on digital literacy and personal hygiene.

Livelihood Programme in the Tea Garden

Annual Village Business Collective at Sripur Mahila Samiti: Under this programme, the IGA plan was discussed with the beneficiaries and it was decided that once they received the needed funds, piglets will be bought by CDI committee. Another meeting was held with Mahila Samiti at Tecklibanga village in Dekadong in which deliberation was carried out on Income Generating Activities (IGA). It is also found that the mushroom farming initiated by a member of Mahila Samiti in Dimakuchi is finally bearing fruit.

Empowering Domestic Workers through Home Visits: The staff frequented the fields and met the beneficiaries to inquire about their income generating businesses, carry out project impact assessment, distribute calendars and so on. Likewise, the staff of Manos visited Mrs. Beauti Das, in which they deliberated her case quite extensively, a family visit to address the issues of frequent drop outs too was striven. Additionally, beneficiaries' homes were frequented with the purpose of identifying drop out girls, also to meet seed money beneficiaries viz., Mrs. Satharin Marak and Mrs. Sengmara Marak who are currently generating a solid income through tailoring and food sales businesses. Jeremiah group was assisted in detergent production and an awareness session was undertaken on skill development programs, NIOS education options, and mechanical training opportunities for drop out boys and girls.



MICRO-CREDIT AND ENTREPRENEURSHIP DEVELOPMENT

Empowering Domestic Workers through SHGs in Tura: The staff of Manos in Tura in an effort to maintain the momentum of empowerment endeavoured the following activities:

- **Assistance:** The staff assisted in securing an admission for a domestic worker's child with mild mental disorder into Montfort School. A domestic worker's child birth registration was completed.
- **Counselling:** Counselling was provisioned to 37 couples to strengthen their marriage life. Discussion was also carried out with parents about the necessitated physical, mental, social and emotional well-being.
- **Skills Training:** Parents were encouraged to enrol their drop-out teenage daughters into the tailoring programme slated to commence on February, 2025.
- **Solidarity:** The funeral of an esteemed stakeholder by the name of Shri. Probodh M. Sangma, a supply officer of West Garo Hills was attended by the staff, and a domestic worker on sick leave and in need of psychosocial support was met.
- **Miscellaneous:** CDI' calendars were distributed to the community folks.
- SHG members shared that they have earned an annual revenue of Rs.10,000 through the operation of a small business, which will continue into the future.
- Networked with BAKDIL, a non-profit organization.

Manos Group Meeting: A group meeting was conducted with Barima SHG group during which the cumulative collected amount was reviewed, and various activities and strategies to enhance the group's financial stability and earnings were explored. The group had been preparing and selling food items throughout the year earning a revenue of Rs. 18000. The desirable outcome has emboldened them to continue the venture with a proposal to scale it to new heights.



CHILD RIGHTS AND CHILD PROTECTION

Shelter Project Tuition Centres: Continues daily tuitions are endeavoured in the Tea Garden Belt with the purpose of reducing drop outs and improving students' performance in school. Other accompanying goals are reduction and prevention of human trafficking, holistic development of children, and transforming children into a contributing member of the community and the society at large. Thus, the children were taught, supervised and clarified to learn subjects like drawing, maths (reading table, table writing, multiplication etc.), Assamese (story and Assamese reading etc.), Hindi, GK, English (oral, paragraph reading etc.), recitation of state's anthem; maths, drawing and handwriting competition and Science. A drawing competition also featured, while Romanius Kujur, the coordinator monitored learning centres like Dekadong Line No.4, Milan Samaj Shelter Club and Mainaguri Shelter Club Baksa, among others. Concerning co-curricular activities, outdoor games and kabaddi were organized.

The homes of the children were visited to motivate them for regular attendance. Furthermore, Sr. Caroline paid a visit to staff Mr. David Badaik provided the necessary emotional support. CDI calendars were distributed and a picnic was organized on Republic Day.

Missio Tuition: Subjects comprising of English, Assamese (Assamese hand-writing etc.), social science, math (math table, table reading etc.), environment, drawing, Hindi, self-introduction, meditation, good manners, MIL, sports, exercise, general knowledge, English grammar, singing, dancing, reading practice, science etc. were instructed in the learning centres of Missio project. The children were also sensitized on health and



CHILD RIGHTS AND CHILD PROTECTION

hygiene. Co-curricular activities such as frog jump, dancing including other group games and fun activities were endeavoured. On the 14 of January, the children observed Bogali Bihu, a celebration endemic to the state of Assam for its dual significance.

NIOS Coaching Centre

After more than a weeklong hiatus, NIOS coaching centre re-opened on 3 January, 2025. The classes, practical work and painting portfolio have been completed and the students are preparing for their forthcoming practical exam slated to be held on February, 2025. January 14 was an off day for them, given on account of Bogali Bihu, a festival celebrated in Assam, marking the end of the harvest season and beginning of a new year. The students celebrated the event by making traditional edible items like Tilpitha, Narikolpitha, Ladoos etc.



HEALTH CARE AND HEALTH PROMOTION

Health Camp

A special cancer screening camp for women was collaboratively endeavoured with Bhubaneswar Baruah Cancer Institute on 23 January, 2025 at Gowalhati. The camp which started at 11.30 am tested the attendees for symptoms involving oral, breast and chorion cancers. Apart from the pre-determined cancer screening, their blood pressure was also checked and a short awareness was provided on HPV vaccine, a preventive measure against cervical cancer. They were informed that the vaccine is effective for those aged between 9 and 40 and concerning cervical cancer diagnosis, they were told, a visual inspection with acetic acid (VIA) is done by trained health professionals resulting in immediate availability of results. The beneficiaries also received the pre-requisite medicines and consultations at free of cost. The best thing about the event was that the beneficiaries learned to self-diagnose potential cancer symptoms and self-assess their health. The following are the significant numerical outcomes of the event:

- Total Screened: 32
- Suspected Oral Cancer Patients: 0 out of 32
- Suspected Breast Cancer Patients: 0 out 32

