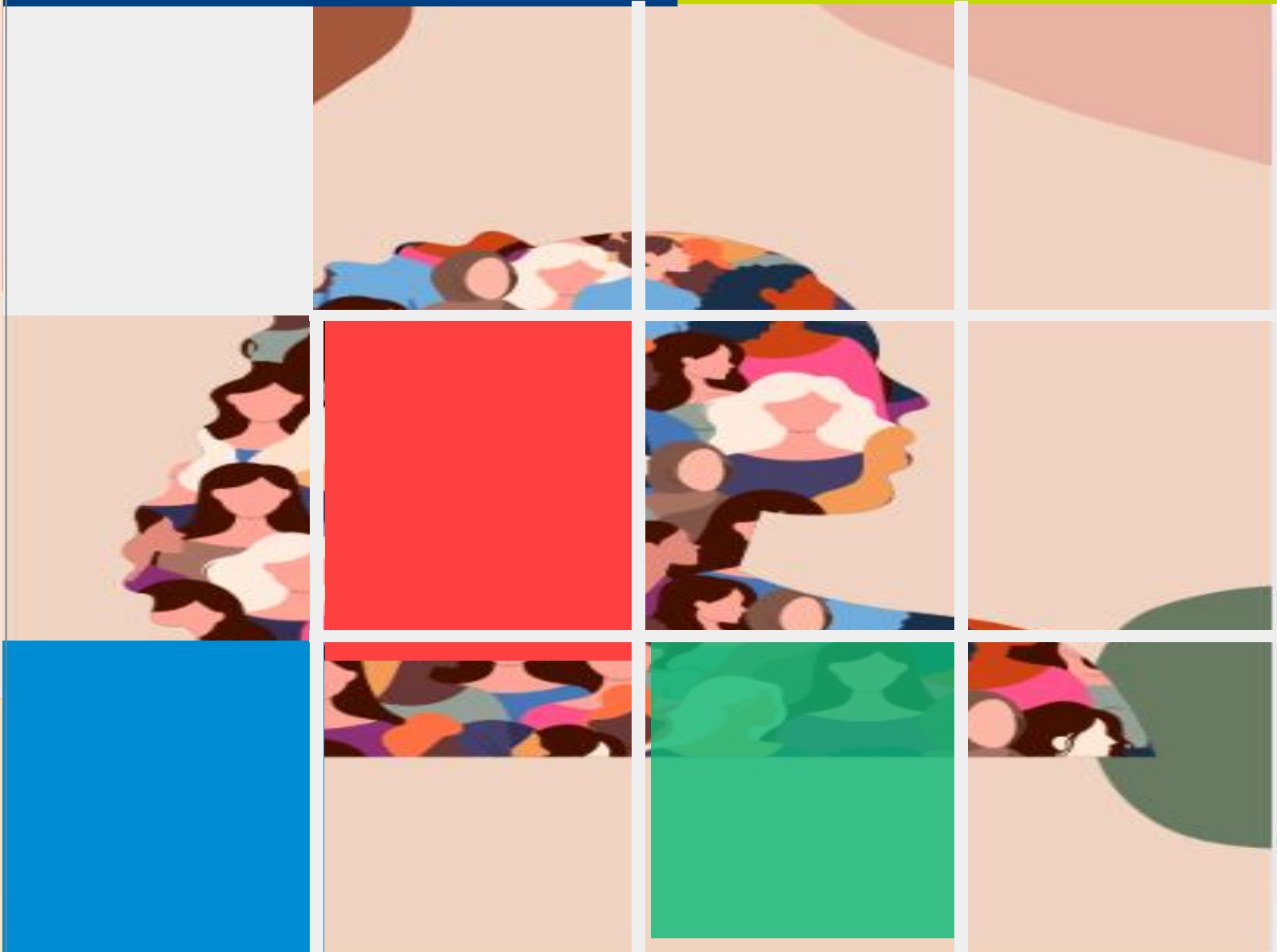


Annual Report

Mahagawan Mahila
Kalyan Samiti

2023-24



President's Message

As we conclude the 2023–24 year of dedicated service, I extend heartfelt gratitude to our members, donors, and community partners for their unwavering support. Despite the challenges faced, our commitment to empowering women remains strong, reaching hundreds of women, children, and elderly individuals across our communities.

Our activities—ranging from health camps and Women's Day celebrations to skill-building workshops and sanitation drives—reflect the spirit of resilience and self-reliance we strive to foster. With your continued involvement and support, we are excited to explore new avenues of growth and make even greater impacts in the coming year.

Anju Singh, President

Mahgawa Mahila Kalyan Samiti



Organization Overview and Strategic Policy

- **Mission:** To empower rural women through skill development, healthcare access, and active community engagement promote environmental awareness .
- **Vision:** A confident, capable community where every woman leads a life of dignity, equality, and opportunity and contribute to the environment to make a healthy future for everyone



Meet our team



Mrs. Anju Singh
President



Mrs. Reena Tiwari
Vice president



Mrs. Swati Singh
Secretary



Mrs. Indra Sharma
Vice Secretary



Mrs. Rajni gupta
Treasurer



Mrs. Nidhi Saxena
Guardian



Mrs. Anita Mohta
Member



Mrs. Usha Chaudhary
Member

Year at a Glance

In the financial year 2023–24, Mehgawa Mahila Kalyan Samiti carried out a diverse range of impactful community initiatives that touched lives across age groups and social segments. From health camps and women's wellness programs to educational support for children and care for the elderly, the organization remained committed to inclusive development. Key highlights included the celebration of important national days, support for pregnant women through medical camps and nutrition awareness, and meaningful contributions like distributing warm clothing and school supplies. These efforts reflect the Samiti's ongoing dedication to holistic empowerment and community well-being



Monthly Review

April 2023

April 2023 marked the commencement of our annual community engagement series with the Ambedkar Jayanti rally. This event was primarily organised to instil awareness and respect for Dr. Bhimrao Ambedkar's legacy among young generations. School children actively participated in the rally, carrying banners and flags, and engaging with speeches and cultural performances celebrating Ambedkar's contributions to social justice and equality.

The rally served as a platform to inspire students about the values of inclusivity, education, and equality. Teachers and community leaders provided informative talks emphasizing the importance of the Constitution and social reform movements initiated by Dr. Ambedkar.

Overall, the event fostered a sense of pride among children and reiterated the community's commitment to uphold democratic ideals. It also created networking opportunities between schools and local social groups, enhancing cooperation for future educational and cultural initiatives.



Monthly Review

April 2023



17–24 April: A *Poshan Aahar Jagrukta Shivr* (Nutrition Awareness Camp) was organized to educate women and children about balanced diets, maternal nutrition, and the importance of early childhood nourishment. Awareness materials were distributed, and interactive sessions were conducted in rural communities.



Monthly Review

May 2023



In May 2023, the focus of community activities shifted towards the well-being of mothers and children. A vital workshop dedicated to educating pregnant women on maternal and child health was organised.

This workshop provided comprehensive information on nutrition, prenatal care, safe delivery practices, and infant care.

Healthcare professionals and nutritionists led interactive sessions, empowering women with knowledge to improve health outcomes for themselves and their babies.

Complementing the workshop, distribution of nutrition kits was conducted to provide essential supplements and fortified food items. This initiative aimed to support pregnant mothers with balanced nutrition, helping to reduce malnutrition and promote healthier pregnancies. Additionally, materials for heat protection, including hats, umbrellas, and hydration aids, were distributed to vulnerable groups. This preventative measure was critical given the increasing temperatures during the season, helping to safeguard community members from heat-related illnesses.



Monthly Review

June 2023

June 2023 witnessed the community-wide celebration of International Yoga Day, underscoring the importance of physical and mental well-being. All community members, regardless of age or background, participated enthusiastically in yoga sessions held at local parks and community centres. Certified yoga instructors led the sessions, which included a mix of breathing exercises, asanas, and meditation practices.

The celebration aimed to promote healthy lifestyles and stress relief techniques, fostering a holistic approach to health. Participants reported increased awareness about the benefits of yoga in managing both physical fitness and mental resilience.

In addition to yoga practices, informational booths were set up providing health-related literature and tips on balanced nutrition and daily wellness routines. The event also encouraged social bonding among participants, reinforcing community ties through collective wellness activities.



Monthly Review

June 2023



Monthly Review

July 2023

In July 2023, the community focused on enhancing educational opportunities for rural children through the distribution of notebooks and stationery. Recognising the challenges faced by children in rural areas, the initiative aimed to equip them with necessary learning materials to facilitate uninterrupted education. The distributed materials included notebooks, pens, pencils, erasers, and rulers. These resources support both academic growth and creativity among children, helping bridge disparities in educational access. Distribution was coordinated with local schools and rural community leaders to ensure that supplies reached the most needy students efficiently. This effort resumed the commitment of fostering literacy and educational engagement within under-resourced communities. Feedback from recipients indicated enhanced motivation and enthusiasm for learning, encouraging continued community investment in education-related activities.



Monthly Review

August 2023



In August, Mehgawa Mahila Kalyan Samiti proudly celebrated the spirit of independence and cultural heritage through vibrant community engagement. On Independence Day, members gathered with great enthusiasm to hoist the national flag, followed by a series of cultural performances that showcased the patriotic spirit and collective pride of the community. The event fostered a strong sense of unity, participation, and civic responsibility.



Monthly Review

August 2023

Later in the month, on August 27th, the Samiti organized a festive celebration of Hariyali Teej, honoring traditional customs with music, folk dance, and seasonal delicacies. The event provided a joyful platform for women to connect with their cultural roots, strengthen social bonds, and celebrate womanhood in a colorful, inclusive atmosphere..



Monthly Review

September 2023

The September 2023 community initiative honoured senior citizens through a felicitation program. Elderly members of the community were recognised with shawls and coconuts during a special gathering. This ceremony aimed to show respect and appreciation for the contributions and wisdom of senior citizens. The event also served as a social opportunity for seniors to interact and share their experiences with younger generations. Community leaders delivered speeches highlighting the importance of care and inclusion for the elderly in social life. The distribution of shawls symbolised warmth and respect, while coconuts were gifted as a traditional token of auspiciousness and well-being. This program reinforced intergenerational ties and fostered a culture of empathy and support within the community. It was well-received by attendees and encouraged ongoing dialogue about senior care policies and programs.

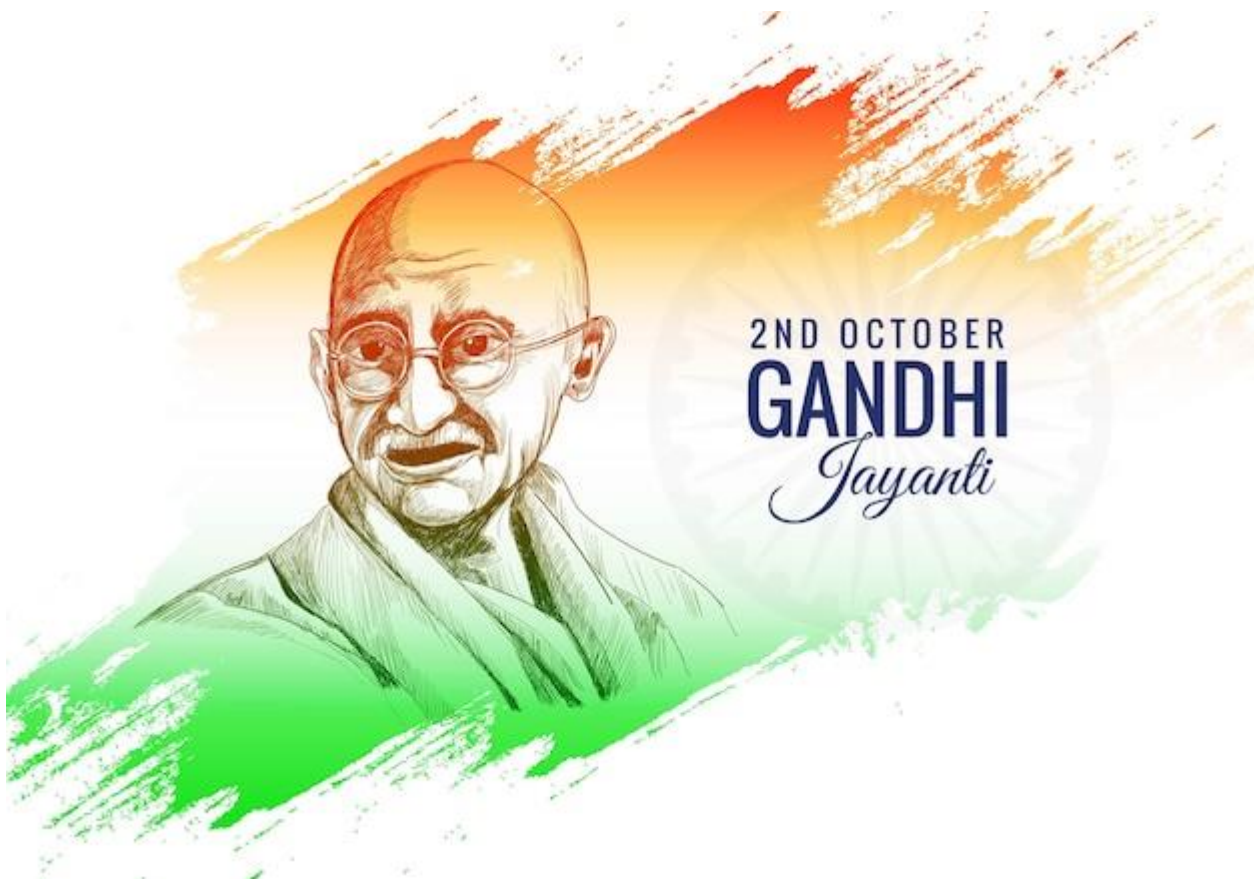


Monthly Review

October 2023

The community joined together in October 2023 to celebrate Gandhi Jayanti, a national holiday commemorating the birth of Mahatma Gandhi. The celebrations involved, community discussions, and collective prayers, reflecting Gandhi's philosophy of non violence and truth.

Residents participated actively, iGandhi's impact on India's independence movement and his continuing relevance in contemporary social issues such as sustainability and communal harmony. The event strengthened community cohesion and provided a platform to reflect on shared values. It also included a cleanliness drive inspired by Gandhi's emphasis on sanitation, engaging volunteers to promote environment-friendly practices..



Monthly Review

January 2024



January 2024 activities concentrated on addressing the needs of vulnerable populations during winter. Blankets were distributed at shelters such as Ren Basera to homeless and displaced individuals, providing essential warmth during the cold season. The effort aimed at reducing winter-related health risks like hypothermia and respiratory illnesses. In addition to blankets, warm clothes including sweaters, shawls, and socks were distributed in rural areas, targeting families and individuals who might lack adequate winter clothing. Local volunteers organised door-to-door visits and community gatherings to ensure widespread distribution. This initiative demonstrated community solidarity and compassionate support during challenging weather conditions. It also involved coordination with local authorities and non-governmental organisations to maximise reach and impact.

Monthly Review

February 2024

January 2024 saw the organisation of a free health camp at the Priyadarshini Colony Community Hall. This camp provided general health check-ups, screening for common illnesses, and consultation services with qualified medical professionals. It was particularly aimed at increasing healthcare accessibility for low-income community members. Following this, in February 2024, a specialised free medical check-up camp was conducted exclusively for pregnant women. The camp offered prenatal screenings, counselling on nutrition and health, and immunisation advice. These services significantly contribute to reducing maternal and neonatal complications by ensuring timely medical attention. Both camps involved collaboration between healthcare providers, community volunteers, and local institutions, exemplifying effective community-health partnerships. Participants expressed high satisfaction, appreciating the convenience and quality of services.



Monthly Review

March 2023

The community marked International Women's Day in March 2024 with a series of events designed to celebrate women's achievements and promote gender equality.

The day featured interactive workshops, cultural programs, and public discussions on issues affecting women locally and globally. Women leaders and activists were invited to share their experiences and strategies for empowerment, encouraging greater female participation in social, economic, and political spheres.

The celebration reinforced community commitment to supporting women's rights and creating an inclusive environment. It also fostered solidarity and inspiration, motivating ongoing initiatives to address gender-based challenges and promote equal opportunities.



Financial Highlights

Overview

Total Income

₹78,260.00

Member Subscriptions

₹960.00

Total Receipts

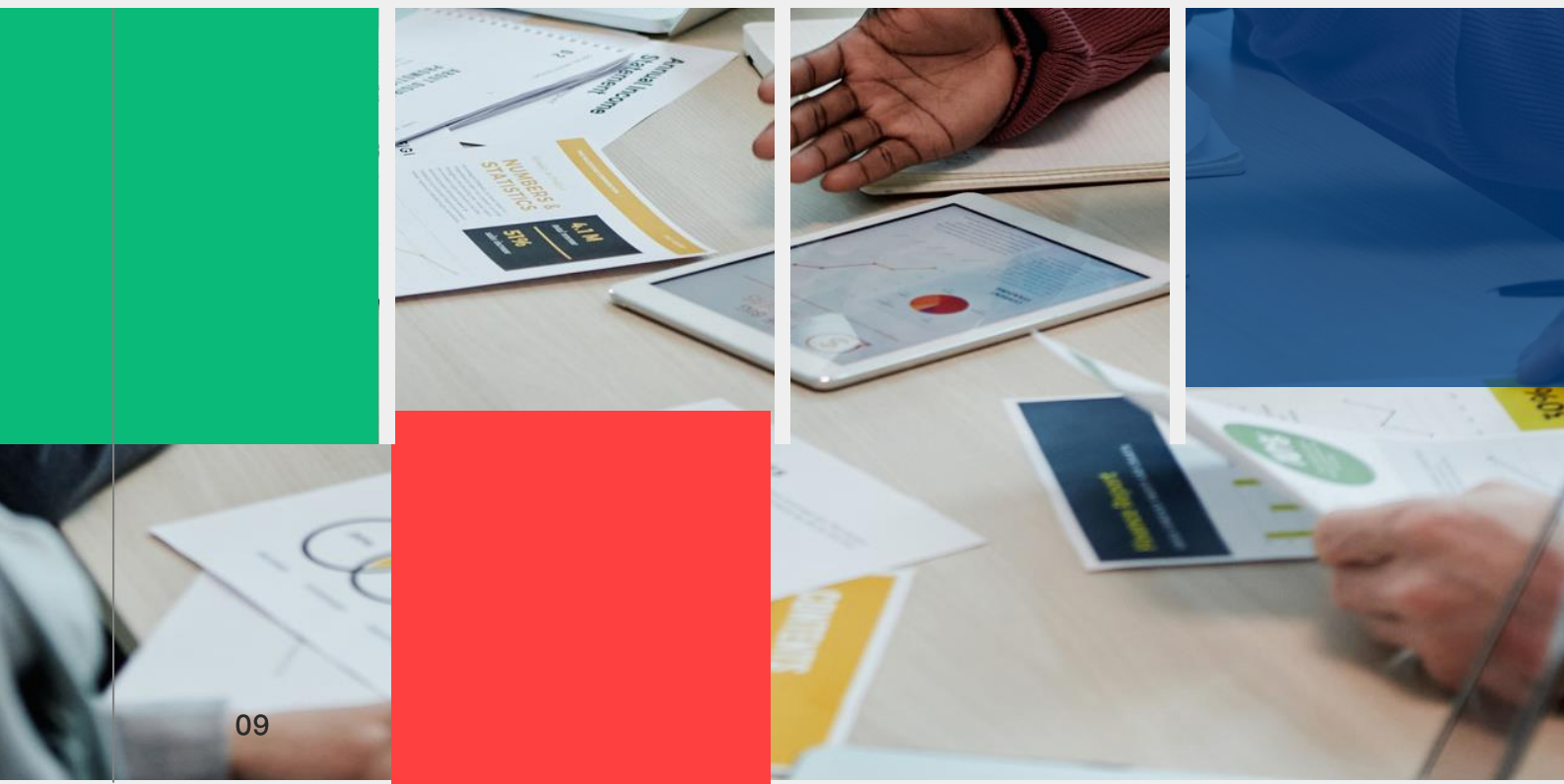
79,583

Net Result

Deficit

₹9,422.60 (Excess of Expenditure over Income)

This deficit was adjusted against the carried-forward surplus from previous years.



Future Outlook

Building on the achievements of the previous year, Mehgawa Mahila Kalyan Samiti has identified the following key strategic priorities to deepen its impact and expand community outreach in the coming financial year

- 1. Diversify Skill Development Programs**-Expand vocational training initiatives to include modern and sustainable livelihoods such as:
Digital Literacy and Online Income Skills (e.g., basic IT, mobile repair, digital marketing)
Green Livelihoods (e.g., eco-crafts, waste recycling, organic farming practices).
- 2. Strengthen Collaborations and Resource Mobilization**
Enhance engagement with:
on-Governmental Organizations (NGOs)
Corporate Social Responsibility (CSR) partners
Government welfare schemes
This will ensure resource sharing, wider beneficiary coverage, and improved program sustainability.
- 3. Launch of Herbal Garden Project (Ayushman Bharat Initiative)**
In alignment with government goals under the Ayushman Bharat mission, the Samiti will initiate a Herbal Garden Scheme. This initiative will:
Promote traditional wellness and medicinal plant awareness
Engage women and youth in the cultivation and management of herbal gardens
Support health, environment, and livelihood objectives in an integrated manner



9. Join Our Mission

Whether as a volunteer, donor, or collaborator — you can be part of our mission to create lasting change.

- 📍 Address: A-101, Priyadarshini Colony, Dumna Road, Jabalpur (M.P.)
- 🌐 Website: mahila-kalyan-foundation.org
- 📘 Facebook: Mehgawa Mahila Kalyan Samiti