



STRIDES

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Action Related to the Organisation of
Education, Health And Nutrition



**Action Related To
The Organisation of
Education, Health And
Nutrition**

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AROEHAN's Monthly Newsletter

Volume 3, Issue 6 June 2023

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Empowering community towards Waste Management



AROEHAN in association with Siemens India organised a workshop on Waste Management on June 19, 2023. The workshop was facilitated by the lead product designer of Earth Care Designs Foundation, Mr. Swaroop Dandanaik. Nearly 54 individuals including 22 **AROEHAN** activists and 32 locals from Mokhada enthusiastically participated in this workshop.

The session started with the facilitator Swaroop Dandnaik introducing to the participants their organisation Earth Care

Design, an NGO that designs products and technology that are viable for individuals, empowering for communities and regenerative for the environment. The participants were given an in-depth guidance on the side effects of various types of waste such as dry waste, wet waste, electrical waste (E-Waste), medical waste and the disposal and management of waste to protect the environment.

The facilitator conducted group activities giving the participants the experience on the depth of managing the waste in our daily lives. The participants were divided into 5 groups and provided with cardboard and a sketch pen each. They were asked to list down the waste management practices they were aware of. After making lists, the groups swapped their cardboards and read the information written by others. The facilitator discussed



each method with all the groups to raise the level of discourse on the issue of waste management.

Through this workshop, our local volunteers learned about managing waste like paper plates, organic waste, etc. which can come in handy while working on our interventions. For example, food left over from plates (wet waste) can be disposed into a tank at the nearby biogas plant and paper bags and plastic glasses (dry waste) into a separate waste bin, a first positive step in terms of managing the waste generated. After guidance, discussion, Q&A session and hands-on activities, a short video on the segregation of wet waste and dry waste was screened for the participants.



Yielding Better through Seed Treatment



The farmers in India depend primarily on the South West Monsoon rains for agriculture. The Monsoon season begins in the months of June and July. Farmers sow the seeds during the first two weeks of June which ensures yields by October.

With the Kharif season nearing, farmers in Mokhada were preparing for the cultivation of paddy and millets. The farmers in these tribal areas still use traditional methods for



sowing, which are prone to bacterial diseases and thus affect the yields. **AROEHAN** organised an awareness campaign on seed treatment for pre-sowing. As a preventive measure to protect crops, the farmers were demonstrated three steps of seed treatment - 3% salt water treatment, chemical seed treatment and biological seed treatment.

This process requires 5 ingredients - 300 grams of salt, chemical fungicide, 250 grams of phosphorus solubilising bacteria (PSB) , 250 grams of Azotobacter Bacteria Fertilizer and Jaggery. The rice seeds are supposed to be immersed in 10 litres of water with 300 grams of salt. In this treatment procedure, the adulterated and diseased seeds float on the surface of water and seeds that are plantable, or the good seeds that can be sown, in



the fields settle at the bottom. The good seeds are to be rinsed 3 times with good water before chemically processing them.

The seed treatment training was conducted in 18 villages with a participation of 326 farmers. A video regarding the same is also circulated by **AROEHAN** so that these methods of seed treatment are accessible to all.

Click on the image to access the information on seed treatment.



Photos of the Month!



150 trees were planted during the World Environment Week in 22 villages.



‘Kishori’s learn to spread their wings



AROEHAN conducts recreational gatherings for mothers, children and parents called Mata Melava, Bal Melava and Palak Melava respectively. These events have proven to be a good opportunity to refresh people from different age groups. These Melavas are gatherings for recreation and an instrument in raising awareness and educating the people on various issues. In the spirit of the same, **AROEHAN** conducted Kishori Melava for adolescent girls in Jawhar.

Kishori Melava was organised at Nandgaon-Katkaripada in Jawhar Taluka on Friday, June 23, 2023. The main purpose of this Kishori Melava was to guide and enlighten the adolescent girls. **AROEHAN**'s activists Krishna Bajare, Madhuri Mukane and Pradeep Khairkar organised various activities for the teenage girls in this Melava. The Principal and teachers of the Nandgaon Ashram School, Sarpanch as well as police officials in the area were also a part of this occasion. The purpose of this Melava was to make these girls aware of their rights, their entitlements and their capacities by boosting their confidence beyond their home and school.



Discussing health and hygiene during puberty is essential. Girls, especially in rural areas, often feel shy to have open discussions related to puberty and the changes taking place in

their body during adolescence. The facilitators talked to the girls about menstrual cycle reproductive health, body hygiene and self-care during puberty.

We all know that women and children in India are largely affected by anaemia. The teenage girls participating in this Melava were informed about the required haemoglobin levels in blood. They were also advised about certain lifestyle changes like diet and exercise to ensure that their HB levels are stable so that they can lead healthy lives. Since child marriage is still prevalent among some tribes, these girls were guided regarding the minimum legal age for marriage.

Activities such as drawing the elephant's tail, bursting the balloon, etc. were also held at the gathering. These activities were incorporated with general knowledge, Q&As and trivia segments. To end the session on a happy note, a friendly game of spoon and lemon was conducted, followed by a traditional dance to the tune of Tarpa, an Adivasi folk music instrument.



Heroes come in all forms; some are blood donors



People who donate blood contribute to the life-saving process of blood transfusion during physical injuries, cancer treatments, surgeries, etc. In the spirit of World Blood Donor Day, which is celebrated on June 14, we at **AROEHAN** organised a Blood Donation Camp on June 3, in collaboration with Jawhar Kutir Rugnalaya. It took place at the Resource Centre of the Shramik Adivasi Bachat Gat in Mokhada. Around 20 **AROEHAN** Activists including Project Officers, Managers

and Field Workers were present. 5 medical staff members from Jawhar Kutir Rugnalaya facilitated the blood donation camp.

The donation drive began at 09:00 am and was scheduled to conclude by 01:00 pm. But due to a continuous flow of eager donors, the camp remained open till 03:00 pm. While the inauguration of such initiatives is usually done by local politicians or public representatives, we decided to go against the grain and empower local residents by inviting a pregnant tribal woman and a young tribal girl to cut the red ribbon and open the drive.

Keeping the comfort of prospective donors in mind, we strived to make the entire process as seamless as possible. Upon entering the blood donation camp, visitors were welcomed by our staff and offered a glass of fruit juice. Next, an expert team of 3 doctors conducted a preliminary check-up after counselling



the visitor and noting down their medical history. The donor was weighed and had a blood sample taken to assess their blood type and haemoglobin. The visitors who were found eligible were sent ahead for blood donation. The blood is collected for up to 15 minutes (approx. 450 ml of blood). Once the syringe was removed, the donors were advised to rest and have light snacks like fruits, tea and biscuits which were provided at the premises.

Nearly, 70 people visited the camp to donate blood of which only 36 were eligible to donate. Volunteers from Impact India also participated in this camp. Most of the prospective donors from Mokhada taluka were middle-aged. Interestingly, many of those over the age of 30 were donating blood for the first time. There could be various factors like lack of awareness about the importance of blood donation, misconceptions, lack of facilities and also fear of donating blood for the same. However, we thank those who have stepped up into their moral responsibility to help people in need and contribute to saving several lives through blood donation.





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