

Annual Report

2022

2023



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ORGANIZATION SUMMARY

Udan, an organization operating at the grassroots level in the Mandsaur, Neemuch, and Ratlam districts of Madhya Pradesh, has been actively working since 2013. The organization's primary goal is to put an end to sexual violence against women and girls that stems from gender and caste-based discrimination. Udan adopts a holistic approach, including prevention, response, rehabilitation, and system transformation, to achieve this goal. Survivors of sexual assault, rape, and caste-based commercial sexual exploitation receive support from Udan, which includes access to counseling, medical assistance, food and shelter, and legal aid.

Udan is dedicated to empowering marginalized communities' youth and women by providing them with education, skill development support, livelihood, and other necessary assistance for rehabilitation. The organization believes in a community-centered approach and strives to create a society based on equality, equal opportunities, and non-discrimination against women and children. Udan conducts campaigns, activities, training, workshops, seminars, group building, data collection, documentation, and research to raise awareness, build capacity, and integrate communities towards its goal.

**"Empowering
Women, Securing
Futures:
Transforming 59
Lives through
Livelihood Support
and Safeguarding
2950 Children with
Child Protection
Initiatives"**

OUR GOALS

Objectives

- 1.To empower girls and women engaged in caste-based sex work, manual scavenging and debt bondage.
- 2.To abolish caste and gender based slavery among girls and women of Bediya and Bachada community and caste based forced labour i.e. practice of manual scavenging and bonded labour system.
- 3.To prevent sexual violence and ensure justice to rape survivors

Mission

“To create a society based on the principles of equality and social justice by empowering Girls and Women from most excluded communities”.

Vision

Eliminate inhuman caste and gender based slavery and related practices in order to protect and promote human rights of the socially excluded communities especially Dalit communities forced in to manual scavenging, sex work and debt-bondage.

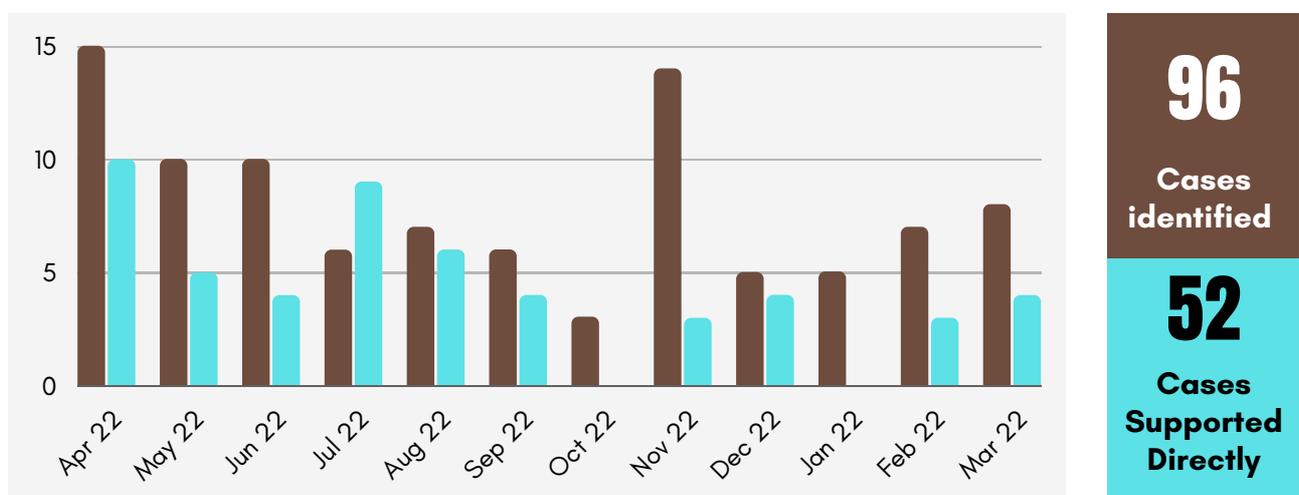


IDENTIFICATION AND DOCUMENTATION OF CASES OF RAPE AND SEXUAL ASSAULT

The process of identifying instances of sexual violence is of utmost importance as it allows for timely intervention in such cases. These incidents are brought to light through various sources, including newspapers, social advocates, communities, and government departments. Engaging in this identification process establishes a valuable connection with government entities such as the police and other relevant authorities.

Despite the numerous obstacles and challenges faced during the lockdown period, our team diligently worked towards uncovering and compiling information on cases of sexual assault and violence through various channels. Through these efforts, a total of **96** cases of sexual assault and violence were identified, drawing upon sources such as newspapers, social advocates, police reports, and survivors within the community.

Among these cases, a comprehensive support system was provided to a total of **52** individuals. This support included access to legal aid, medical assistance, counseling services, and rehabilitation opportunities through livelihood programs. By extending this holistic support, we aimed to not only address the immediate needs of survivors but also contribute to their long-term healing and empowerment.



PROVIDING IMMEDIATE RELIEF TO THE SURVIVORS INCLUDING SHELTER, FOOD, MEDICAL, CLOTH, ETC.

The provision of immediate relief stands as a critical component in every case that our team extends support. In these cases, there is often a palpable sense of threat and pressure emanating from the accused parties, and at times, even from Jati Panchayats, urging survivors not to file or withdraw an FIR. Moreover, survivors frequently encounter obstacles when seeking assistance from the police and medical institutions, who fail to provide them with the necessary protection and medical attention. It is precisely in these gaps that the intervention of Udan plays a pivotal role, offering vital support to survivors by facilitating the filing of an FIR in the appropriate section and ensuring the timely apprehension of the perpetrators.

Additionally, in the cases where survivors are in need of shelter, our team takes the initiative to help them and present them before the Child Welfare Committee, guaranteeing a safe custody arrangement for them.

The team also have recognized a need of immediate ration support as many of our survivors come from marginalized communities and possess limited economic resources. We have offered support to a total of **92** cases of sexual violence, while rendering emergency aid in **26** new cases. Additionally, advocacy support has been provided in **216** cases, spanning different stages of the legal proceedings, from charge sheet filings to pending final judgments.



92
Cases
Fact
Finding

216
Cases
Advocacy
Support

26
Cases
Emergency
Support

GIRLS RESOURCES CENTER AT DISTRICT LEVEL

When working with survivors of sexual violence, particularly those from rural and marginalized communities, it is crucial to engage with their family members and provide them with a safe space where they can feel at ease.

As Sexual violence inflicts severe physical, mental, and educational trauma on girls, often leading to a loss of confidence due to victim-blaming. In such situations, they require support, and resource centers play a vital role in providing legal, social, psychological, and educational assistance.

By creating a safe space for survivors and their families, resource centers enable a better understanding of their challenges, leading to more effective interventions. These centers serve as dedicated facilities that provide survivors and their families with an environment where they can freely express themselves and access comprehensive support services.

Furthermore, the resource centers serve as platforms to educate survivors about their rights and the legal processes available to them. A total of **115** survivors and their families, as well as **65** people seeking information or advice, have visited these centres, demonstrating their importance in the community.



PREVENTION OF VIOLENCE AGAINST CHILDREN

Preventing violence against children necessitates a multi-faceted approach that includes raising awareness through sessions conducted in schools and communities, as well as engaging in safety activities. One effective method is organizing awareness sessions in schools and communities to educate children, teachers, parents, and community members about the importance of child safety and the prevention of violence.

Through out the year, Udan has conducted sessions that cover the topics such as recognizing and reporting abuse, understanding the concept of good touch and bad touch, and fostering a safe and supportive environment for children. Additionally, interactive activities like "nukkad natak" (street plays) can be employed to convey powerful messages, has been performed during in collaboration with police department during Chetana abhiyan.

A total of **46** different sessions were conducted in multiple places like community and school with creating awareness amongst **2950** children including **1349** boys and **1601** girls.





RUNNING DIGNITY CENTRE

Udan has always upheld the values of equality and dignity, as demonstrated by their establishment of dignity centers. These centers cater to girls from marginalized communities, survivors of sexual abuse, and those who have dropped out of school for various reasons. They often face challenges such as societal pressures, economic constraints, and the traumatic effects of their experiences, leading to dropped out of formal education. The dignity centers play a crucial role in reintegrating these girls into the education system, rebuilding their confidence, and providing a safe space for them to share their concerns without fear or pressure.

Recognizing that they may lack access to extracurricular activities, the centers offer a range of engaging activities including sports, games, street plays, storytelling, and "diwar-akhbar" sessions. These activities promote their overall development and provide opportunities to discuss gender issues, children's rights, and gender-based violence. English language instruction is also provided. Udan operates **8** dignity centers in Mandsaur, Neemuch and Ratlam Districts with **107** children enrolled in them, serving as transformative spaces for the empowerment and growth of these girls.





WORKSHOP WITH THE BALIKA PANCHAYAT

To ensure the holistic development and brighter future of girls, it is crucial to prioritize their overall growth. In response to this need, Balika Panchayats have been established under the Kishori Balika Karyakram, providing a safe space where girls can engage in extracurricular activities that contribute to their development and empower them to fight for justice and their rights. Balika Panchayats offer a platform for girls to express their problems, address gender-related issues, and work towards the prevention of sexual violence.

As part of the project, capacity-building workshops were conducted for the Balika Panchayat members, focusing on various topics related to their roles. The workshops aimed to enhance the understanding of the girls regarding the purpose and responsibilities of the Balika Panchayat, enabling them to confidently raise issues and demands within their communities. Additionally, the workshops aimed to raise awareness about gender-based violence, empowering the girls to actively participate in the prevention of sexual abuse. To encourage open discussions and effective communication, the workshops were designed to be interactive and activity-based, allowing the girls to freely express their thoughts and opinions.

In the current year, two capacity-building workshops were held in Mandsaur District, one in April and another in September. A total of **88** children, including **47** girls and **41** boys, participated. Additionally, in December, **11** girls from Mandsaur attended a workshop in Chittaurgarh district, and in February, **10** girls also participated in a workshop there.



COMMUNITY LEVEL MEETING

The community-level meetings serve multiple purposes: raising awareness among the people and fostering a sense of responsibility towards community issues. A total of **183** meetings have been conducted, with **1275** female and **882** male participants. While it is encouraging to see a higher number of women attending, it remains challenging to convince a larger number of men to participate.



There are various reasons for the lower male participation. In Indian society, men are typically considered the primary breadwinners and spend a significant amount of time away from home, earning a livelihood. This societal expectation is one factor. Additionally, some men may not attach as much importance to these meetings.

The team is actively working on engaging more community members, particularly men, in these meetings. By involving male members in the process of preventing sexual violence against children, they aim to encourage greater participation and commitment.



SURVIVORS FORUM MEETING

The Survivor Forum serves as a robust platform that aims to provide a safe and empowering space for survivors to share their experiences and seek justice. Its primary objective is to create a chain of positive thinking among survivors, fostering a sense of community and support. The program strives to ensure that survivors never feel isolated or alone in their journey.

Despite the challenges of bringing together the Survivor from multiple location, Survivor Forum has successfully organized **2** meetings, wherein a total of **42** females and **34** males actively participated. Although the number of workshops conducted was lower, these gatherings were led by survivors themselves. By taking on leadership roles, the survivors are gradually developing their courage and honing their abilities to guide and inspire others.

In the second survivor forum, those survivors who expressed a desire to pursue livelihood opportunities were provided with Silai machine training, accompanied by the distribution of sewing machines. This intervention aimed to empower survivors with the skills and tools necessary to embark on their entrepreneurial journey, paving the way for self-sufficiency and economic independence.



EDUCATIONAL SUPPORT



The issue at hand revolves around the Banchhada-Bedia community, where girls are systematically pushed into commercial sexual exploitation, leading to a significant lack of education among them. This practice is deeply entrenched and has been passed down through generations, with girls being withdrawn from school as young as 10 to 13 years old. Compounding the problem, boys in the community often assume the role of brokers for their sisters, further contributing to the community's low educational status overall.

To address this pervasive issue and create a path for these children to connect with mainstream society, Udan has taken on the task of providing educational support. The primary objective is to prevent school dropouts and promote consistent attendance, ensuring that these children have a chance to break free from the cycle of exploitation. By offering educational assistance, Udan aims to equip these children with the tools and opportunities they need to build a brighter future.

Udan has provided support to **241** children from the Banchhada-Bedia community. They have received stationery support, ensuring they have the materials they need for their studies. **39** children connected to Bal panchayat were admitted to schools. **24** children were given financial assistance, helping them with school and college fees.

Udan strives to empower the Banchhada-Bedia community by expanding education access and supporting children's educational journey. Their objective is to break the cycle of exploitation, helping children envision a better future and integrate into mainstream society as educated, independent individuals.



REHABILITATION THROUGH LIVELIHOOD



Rehabilitation through livelihood is necessary for the victims in this situation due to several reasons. Many of the victims were coerced into sex work by their own family members, who relied on their earnings for financial support. This resulted in severe psychological, emotional, and physical abuse, leaving the victims with limited alternatives for livelihoods. Additionally, the victims were forced to drop out of school, negatively impacting their desire for education.

By providing rehabilitation through livelihood, we can offer them an opportunity to break free from exploitation and regain control over their lives. This includes providing them with skills, training, and resources to pursue alternative means of income generation, fostering financial stability and restoring their self-confidence.

Moreover, survivors of sexual violence and rape often face social stigma and revictimization. Through holistic support that includes livelihood opportunities, we address their immediate needs while contributing to their long-term healing and empowerment. By enabling them to achieve economic independence, rehabilitation through livelihood allows them to rebuild their lives, overcome societal barriers, and lead a secure and dignified future.

Total of **59** women were supported through livelihood, out of which **38** women took training of Silai Machine and Beauty Parlor Courses. These women were also supported with Silai Machines and Beauty Parlor Kits. **21** families were supported with Kirana dukan Kits to start their own Kirana shops.

BUILDING CAPACITY OF YOUTH FROM COMMUNITIES

The youth meeting in communities aimed to address critical issues such as the prevention of sexual violence, gender sensitization, youth empowerment, as well as raising awareness about government schemes and community concerns. The gathering served as a platform for young individuals to come together and discuss these pressing topics that affect their lives directly. Through interactive sessions, workshops, and group discussions, participants were provided with knowledge and tools to combat sexual violence and promote a culture of consent and respect.

Gender sensitization activities aimed to challenge harmful stereotypes and promote gender equality. The meeting also focused on empowering youth by imparting leadership skills, fostering self-confidence, and encouraging active participation in decision-making processes. In addition, awareness sessions on government schemes and community issues were conducted to equip the youth with valuable information and enable them to engage in community development.

A total of **40** meetings with youth were conducted in this year in which around **357** youth took part.



SENSITIZATION AND CAPACITY BUILDING OF STATE ACTORS

Regular workshops are conducted with stakeholders to address the pressing issue of gender-based crimes and challenges faced by women and girls. These workshops serve as platforms to sensitize society, organizations, social institutions, and government officials towards the severity of the issue.

They focus on raising awareness about the increasing incidents of atrocities against women and girls, highlighting preventive measures, and emphasizing the need for collective action. The workshops cover a range of topics including the POCSO Act (Protection of Children from Sexual Offences Act), the J.J. Act (Juvenile Justice Act), human trafficking, cybercrime, and victims' rights. By disseminating knowledge and promoting discussions on these subjects, the workshops aim to foster a society free from crime and fear, where all individuals actively contribute to the protection and empowerment of women and girls.

This year, two workshops were successfully conducted with various stakeholders in which a total of **115** stakeholders participated. In **December**, a workshop on the prevention of violence against women and children took place in collaboration with the Office of Women and Child Development, under the guidance of the Collector.

The workshop brought together multiple departments including Education, Juvenile Justice Board, Labor, One Stop Center, Girls Home, Apna Ghar, Child Line, Tribal Welfare, Women and Child Development,



Child Welfare Committee, National Rural Employment Mission, District Panchayat, Health and Legal advisors. The aim was to create a platform for meaningful discussions and collaboration among these stakeholders to address the pressing issue of violence against women and children.



Another workshop was held in **March**, specifically targeting social organizations. The focus of this workshop was to develop a collaborative system for prevention and response to various challenges, including cybercrime, human trafficking, and the

implementation of the POCSO Act. The workshop aimed to enhance knowledge, build capacity, and equip participants with the necessary skills and strategies to effectively combat these issues. By bringing together social organizations, the workshop facilitated the exchange of experiences, best practices, and resources, promoting a unified approach in tackling these pressing concerns.

Overall, these workshops served as crucial platforms for stakeholders to come together, share insights, and collectively work towards creating a safer and more secure environment for women, children, and vulnerable individuals in the community.



MENTAL HEALTH AND PSYCHOSOCIAL SUPPORT

An intersectional, rights-based approach to mental health is imperative to address the structural and systemic discrimination that affects people and communities facing intergenerational exclusion and marginalization. Our interventions specifically focus on the communities and social groups facing the heightened need for psychological support and lack of access to treatment, including survivors of sexual violence, rape, trafficking, caste-based commercial sexual exploitation, Dalit communities, and members of other excluded and marginalized communities. Additionally, we train service providers and government stakeholders in the police department, education department, legal department, health department, etc. in psychological first aid, mental health literacy, trauma-informed care, and conducting training sessions, to enhance the capacity of service providers. Also, workshops are organized to enhance awareness of mental health and self-care at institutional levels in schools, dignity centers, etc, as well as community awareness sessions in villages.

Counselling to Survivors: Sexual violence causes tremendous trauma to the survivors and their families. It has several mental health implications such as guilt, shame, crying spells, sadness, isolation and deterioration in day-to-day activities. Due to this, the survivors and family are in regular need of counseling. Hence the survivors and their family got counseling through home visits and phone calls. Over 86 survivors along with their parents were provided counseling and psycho-social support, which helped the survivors and their families to deal with their emotional distress and cope better. Counselling and regular follow-ups were done in all cases.

In this year, counselling support was provided to **59** cases. In these cases both individual and family counselling approaches were used.

FURTHER INTERVENTIONS

When working with individuals and communities, a variety of approaches and interventions are employed to provide assistance and support. The team, dedicated to addressing issues such as violence against women and children and empowering marginalized communities, carries out several tasks to achieve their goals. These tasks encompass different aspects, including:

- **Receiving benefits from government schemes:** The team ensures that individuals and communities are aware of and able to access the benefits and support provided through various government schemes. They assist in navigating the application process and facilitate access to these resources, helping people avail themselves of the assistance they are entitled to. A total of **101** people received benefits of various government schemes this year.
- **Medical support to needy survivors:** Recognizing the importance of comprehensive care, the team provides essential medical support to survivors who require it. This can include facilitating access to healthcare services, arranging for medical examinations, and connecting survivors with appropriate medical professionals to address their physical and mental well-being. A total of **26** survivors were assisted for regular health checkups and medical examinations.
- **Regular conversation with stakeholders:** The team maintains open lines of communication with stakeholders such as community leaders, government officials, and representatives from relevant organizations. Regular discussions and consultations allow for collaboration, sharing of ideas, and addressing emerging issues. It also helps to foster partnerships and collective efforts in tackling the identified challenges. On **85** different occasions, these conversations were held in this year.

- **Commodity support in the form of cycles:** Recognizing the importance of mobility and accessibility, the team provides support in the form of bicycles to individuals in need. This has helped to enhance the mobility, facilitating access to education of a girl.
- **Organizing and participating in events and celebrations:** The team actively engages in organizing and participating in various events and celebrations that promote community cohesion, raise awareness about pertinent issues, and foster a sense of belonging and empowerment among community members. These celebrations includes
 - **Independence Day:** A celebration to commemorate the nation's freedom, promoting unity and patriotism. It took place with children from all the dignity centers.
 - **Children Safety Week:** An initiative focused on creating awareness and ensuring the safety and well-being of children in the community. This was celebrated in multiple places along with district level children day celebration in collaboration with Child Welfare Committee.
 - **Republic Day with the theme "Har Dil Me Sanvidhan" (Constitution in Every Heart):** A celebration emphasizing the importance of the constitution and democratic values. The celebration took places in around 8 places on same day with children and youth groups in overall district.
 - **16 Days of Activism against Gender-Based Violence with the theme "Dignity of Survivors":** A campaign aimed at raising awareness about gender-based violence and highlighting the importance of treating survivors with dignity and respect.
 - **"Nariv Ke Rang" (Colors of Womanhood):** An activity conducted on International Women's Day to celebrate the courage, dignity, and empowerment of women in the community.

By undertaking these tasks and initiatives, the team strives to make a positive impact by facilitating access to resources, providing vital medical support, fostering collaboration with stakeholders, and improving mobility within marginalized communities, ultimately working towards creating a more inclusive and equitable society.

CAPACITY BUILDING OF TEAM MEMBERS

To The team consistently undergoes training sessions focused on topics relevant to the program's objectives. Recognizing the significance of the recent amendments in the POCSO Act, the team received training to ensure they are well-informed and up-to-date on these changes.

Furthermore, the team actively revised their report writing techniques and office policies, ensuring clarity, accuracy, and consistency in their documentation practices. Additionally, technical training sessions were conducted to equip the team with essential skills such as using Google Drive, managing emails efficiently, and digitalization of documents.

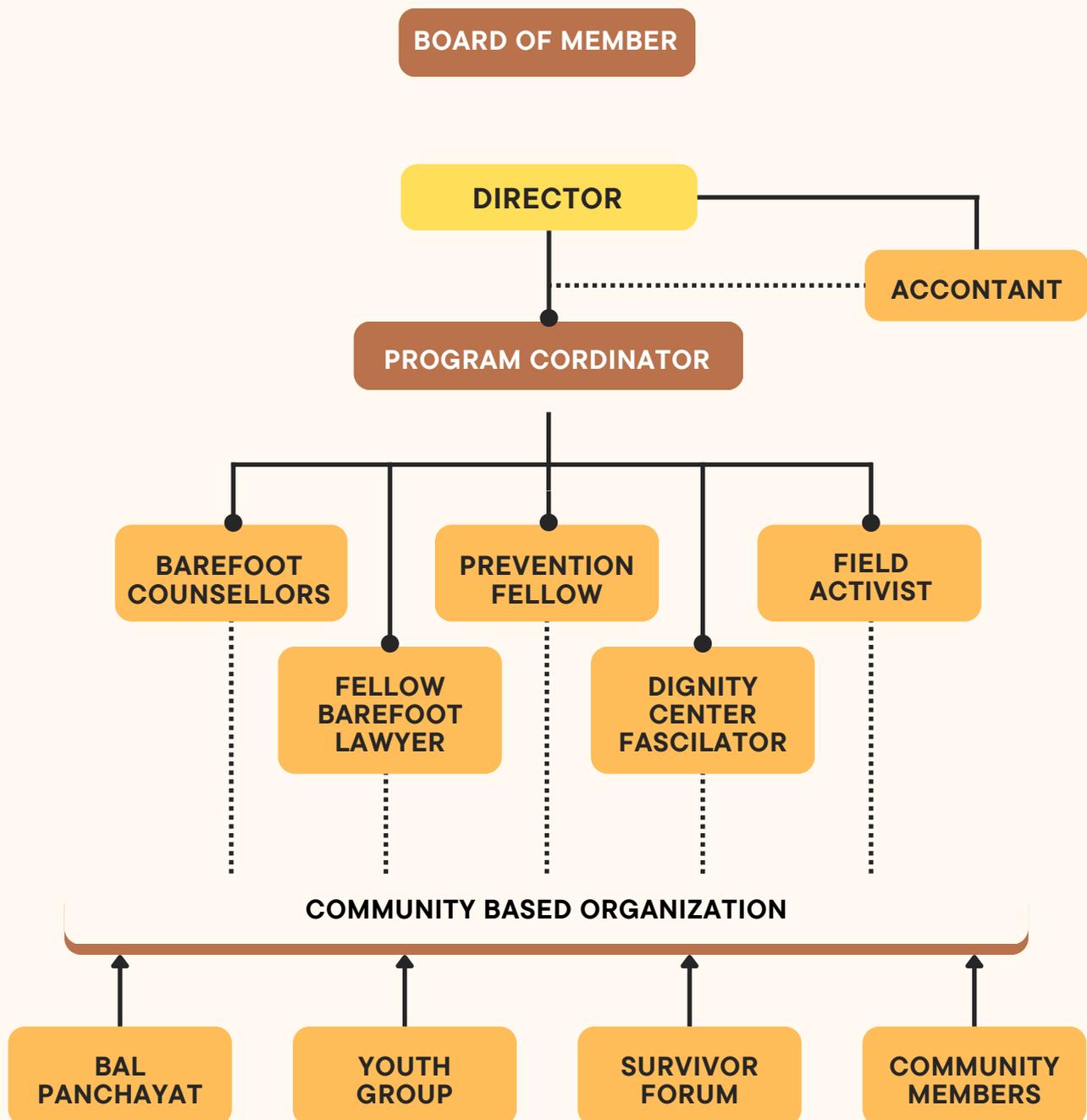
Also, this year team undergone the training on

1. Strategic Planning
2. Communication and Branding
3. Finance Management and Polices
4. Fund Raising and Proposal writings

These training initiatives enable the team to enhance their knowledge, skills, and efficiency in dealing with program-related matters, staying abreast of legal updates, improving their written communication, and adopting modern technological tools. By investing in continuous learning and development, the team remains equipped to effectively address the program's objectives and contribute to its overall success.



ORGANIZATIONAL STRUCTURE



GENERAL BODY OF UDAN

The General Body of the organization is as follows:

Sr No.	Name	Post
1	Shrimati Lali Bai Bamniya	President
2	Shrimati Krushna Pawar	Vice President
3	Shrimati Lalita Lohariya	Secretary
4	Shri Kuldip Ghanvari	Joint Secretary
5	Shri Dhuleshwar Roa	Treasurer
6	Shrimati Bagdibai Mohanlal	Executive Member
7	Shri Rajkumar Ahirvar	Executive Member



UDAN TEAM

A trained and experienced team of 13 members of staff (male, female) is working under the leadership of the directors. The various programs and their achievements mentioned in the annual report are achieved by team members working hard with playing various roles.

FINANCIAL REVIEW OF THE YEAR 2022-2023

Please add Financial Review of the Year 2022-2023

FUNDING PARTNERS



**Azim Premji
Philanthropic Initiative**



**Office of the United
Nations High
Commissioner for
Human Rights**



**Jan
Sahas**

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