

### Navsarjan Empowers SMC Students with Important Trainings



Navsarjan, has partnered with the Surat Municipal Corporation (SMC) to equip students with valuable life skills through training sessions.

#### Promoting Well-being and Equality

- Navsarjan conducted training programs at Surat municipal Corporation running Schools.
- A total of 1125 students participated in sessions focusing on caste awareness, emotional well-being, and mental health.
- These interactive sessions aimed to raise awareness about the importance of gender equality and maintaining good mental health, fostering a supportive and inclusive school environment.

#### Navigating the Digital Age

- Recognizing the growing influence of technology, Navsarjan was invited by SMC schools to address the potential downsides of internet and social media use.
- Through engaging video presentations, students learned about responsible online behaviour and strategies to navigate the digital world safely and effectively.

Area	School number	Number of participating students
Nagasennagar	255	99
Patichal – Bombay Market	71	190
	68	137
Milannagar	194	200
	253	149
	196	350
Total		1125

This collaborative effort between Navsarjan and the SMC demonstrates their commitment to providing students with a well-rounded education that equips them for the challenges and opportunities of the 21st century.



### Empowering Communities: Kidney Disease Awareness Camp by Navsarjan

Navsarjan organized kidney camps aimed at raising awareness about kidney diseases in the working areas of Laxminagar and Tadkeshwar. A total of 84 women and 3 men actively participated in these informative camps. Participants were educated on various aspects of kidney diseases, including symptoms and available remedies. The camp served as a platform to increase awareness and equip individuals with the knowledge to identify signs of kidney ailments. Following the camp sessions, attendees were provided with complimentary sugar and blood pressure check-ups, promoting proactive health monitoring. This initiative not only enhanced understanding about kidney diseases but also empowered individuals to take charge of their health by recognizing symptoms and monitoring key health indicators. Navsarjan remains committed to fostering health awareness and community well-being through such impactful initiatives.

### Empowering Adolescents: Health and Wellness Camp for Teenage Girls

Navsarjan organized an adolescent camp specifically tailored for teenage girls from the Bhatena area, with 55 enthusiastic participants. The primary focus of this camp was to educate and empower girls on crucial topics such as menstruation, physical and mental well-being, education, and marriage. The camp highlighted the significance of proper nutrition, hygiene practices, and regular exercise in maintaining overall health. Key discussions revolved around essential subjects including understanding menstruation - its what, how, and why, preserving physical and mental well-being, the importance of education and career planning, cultivating responsible decision-making skills, and practical tips for leading a happy and fulfilling life. By addressing these vital topics, Navsarjan aims to equip young girls with the knowledge and skills necessary to navigate adolescence confidently and lead healthy, fulfilling lives.



### Navsarjan Staff Picnic Fosters Camaraderie

Continuing their annual tradition, Navsarjan hosted a staff picnic. This year's destination was the attractive Saputara Hills. The staff reveled in the stunning natural beauty of Saputara, savoring a delicious lunch together. The afternoon offered an opportunity for exploration and shopping at the local market. The picnic fostered a sense of camaraderie and team spirit among the new and existing staff members. This investment in employee well-being strengthens communication and collaboration within the organization.



### Navsarjan Empowers Citizens Through Legal Awareness Camps

Navsarjan took a significant step towards empowering the community by organizing legal awareness camps across five locations: Rasulabad, Swami Vivekanandanagar, Gautamanagar, Siddharthnagar, and Bhatena.

A total of 145 residents participated in these informative sessions, gaining valuable knowledge about the legal system and their fundamental rights as citizens. The camps covered a range of crucial topics, including: Women's marital rights and rights after marriage, Right to maintenance, Domestic violence laws and protection for women, Accessing legal aid, Importance of evidence in legal proceedings, Property rights and documentation.

By equipping participants with this legal knowledge, the camps aimed to achieve several positive outcomes: Increased awareness of the legal system and its ability to protect individual rights, Encouraging women to seek legal recourse against domestic violence and injustice, Highlighting the importance of legal documentation and navigating the process of obtaining it.

Navsarjan's initiative empowers citizens to navigate legal issues with greater confidence, fostering a more just and secure society.



### Navsarjan Inspires Young Minds with Preamble and Constitution Training

Navsarjan hosted engaging workshops to introduce children to the fundamental principles of India's democracy, the Preamble and Constitution. A total of 146 children participated in these interactive sessions, coming from Bhathena (62), Rasulabad (59), and Udhana-9 (25). Trainers utilized captivating videos to explain the core values outlined in the Preamble and the framework of the Constitution in a way that resonated with young learners. By fostering understanding of these foundational documents, the workshops aimed to: Spark an early interest in civic responsibility, Equip children with the knowledge they need to become informed and engaged citizens.

The children's enthusiastic response highlights the importance of making civic education accessible and engaging. Navsarjan's initiative lays the groundwork for a future generation well-versed in the core principles of Indian democracy.





### Sports Day Fosters Fun, Fitness, and Friendship

A vibrant Sports Day brought together 447 children and 43 parents/Mahila Mandal members across four locations, fostering a love for sports and a sense of community. The day aimed to ignite a passion for sports in children, encouraging them to explore various physical activities. The inclusive format saw participation from parents and Mahila Mandal members, creating a supportive and fun environment. Children enthusiastically engaged in diverse games, fostering a spirit of healthy competition and teamwork. The event played a key role in promoting physical activity, sportsmanship, and a sense of brotherhood among participants.

This Sports Day exemplifies the power of community events in nurturing a love for sports and building strong bonds amongst children and adults alike.



### Bhagyalakshmi Credit Co-operative Society Holds Core Committee Meeting

The Bhagyalakshmi Credit Co-operative Society Ltd. convened a core committee meeting to ensure members' understanding of their roles and responsibilities. A total of 23 core committee members participated in the session. The meeting focused on educating members on the significance of their role within the committee. Bhagyalakshmi's rules and regulations were thoroughly reviewed to ensure all members possess a clear understanding of their duties and the organization's governing principles. This meeting serves to strengthen the foundation of the Bhagyalakshmi by fostering a well-informed and engaged core committee.





### Navsarjan Inspires Schools to Foster Civic Awareness .....

The Indian Constitution serves as the cornerstone of our nation, and fostering a deep understanding of its principles in young minds is crucial. Recognizing this importance, Navsarjan has taken a commendable initiative.

Navsarjan distributed banners containing the Preamble of the Indian Constitution to teachers and principals of SMC schools numbered 216, 217, 224, 194, 253, and 196. Displaying these banners in prominent school locations aims to: Spark children's curiosity about the Constitution. Encourage daily engagement with the Preamble's core values.

By introducing children to the Constitution and its guiding principles at a young age, Navsarjan's initiative lays the foundation for a future generation of informed and responsible citizens.

This approach fosters a sense of civic duty and empowers children to understand their rights and responsibilities within the framework of the Indian democracy.



### Navchetana meets for planning

The Navchetana trust assembled a core committee meeting with 39 women members in attendance. The meeting focused on mobilizing the group's energy for the coming year. The team enthusiastically planned the upcoming International Women's Day celebration, ensuring a meaningful and engaging event for the wider community. Responsibilities were distributed among the members, fostering collaboration and guaranteeing a successful celebration.

Looking towards 2024, the core committee members actively participated in planning a robust annual calendar. This collaborative effort resulted in a strategic roadmap outlining various activities and campaigns designed to empower women throughout the year.

This core committee meeting exemplifies Navchetana commitment to collective action. By planning together, the group ensures all voices are heard and paves the way for a year filled with impactful initiatives that advance women's empowerment.



### Bhagyalakshmi Credit Co-operative Society

Bhagyalakshmi Credit Co-operative Society Limited continues to be a vital resource for its members. In the past month, they disbursed a total of Rs 5,00,000 in loans to support various needs. These loans helped members manage essential expenses such as school fees, house taxes, installments, and medical bills. This financial assistance plays a crucial role in promoting the well-being of their members. The society also welcomed seven new members this month. This expansion strengthens their financial base and allows them to serve an even wider community in the future.

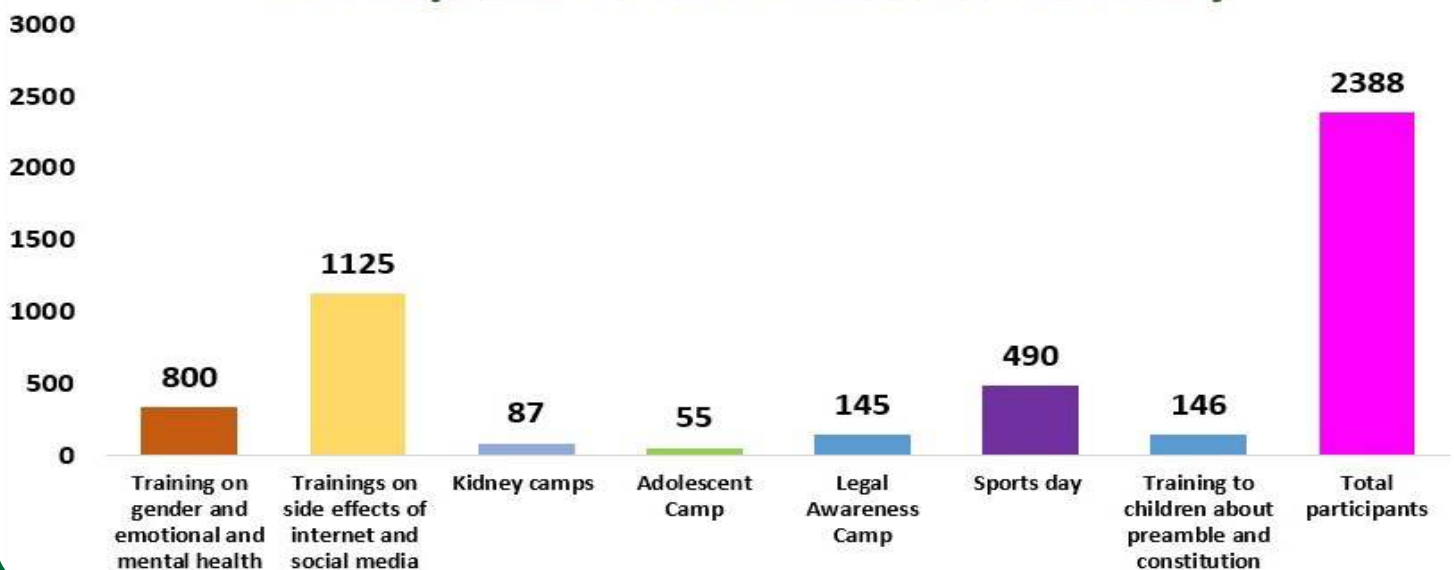


## Navsarjan Empowers Adolescents Through Upcoming Trainings

Navsarjan is taking a proactive approach to youth development by reaching out to adolescents in their areas of operation. A series of meetings were held across Rasulabad, Bhatena, and Nagsennagar, connecting with a total of 124 young people between the ages of 12 and 19 (38 boys and 86 girls). These meetings served as the foundation for upcoming training programs designed to equip adolescents with essential life skills. The planned trainings will focus on: Developing leadership qualities, Fostering strong values, Building health awareness. To ensure impactful training, Navsarjan conducted both group and individual meetings throughout the month. These interactions allowed for gathering vital information and understanding the specific needs of each young person. By investing in adolescent development, Navsarjan empowers them to become well-rounded, responsible individuals who can contribute positively to their communities.



## Participants of the month of February







### Photo Gallery



Navsarjan Inspires Young Minds with Preamble and Constitution Training



Sports Day



Navsarjan Inspires Schools to Foster Civic Awareness





### Photo Gallery



Navsarjan Empowers Adolescents Through Upcoming Trainings



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Kidney Disease Awareness Camp