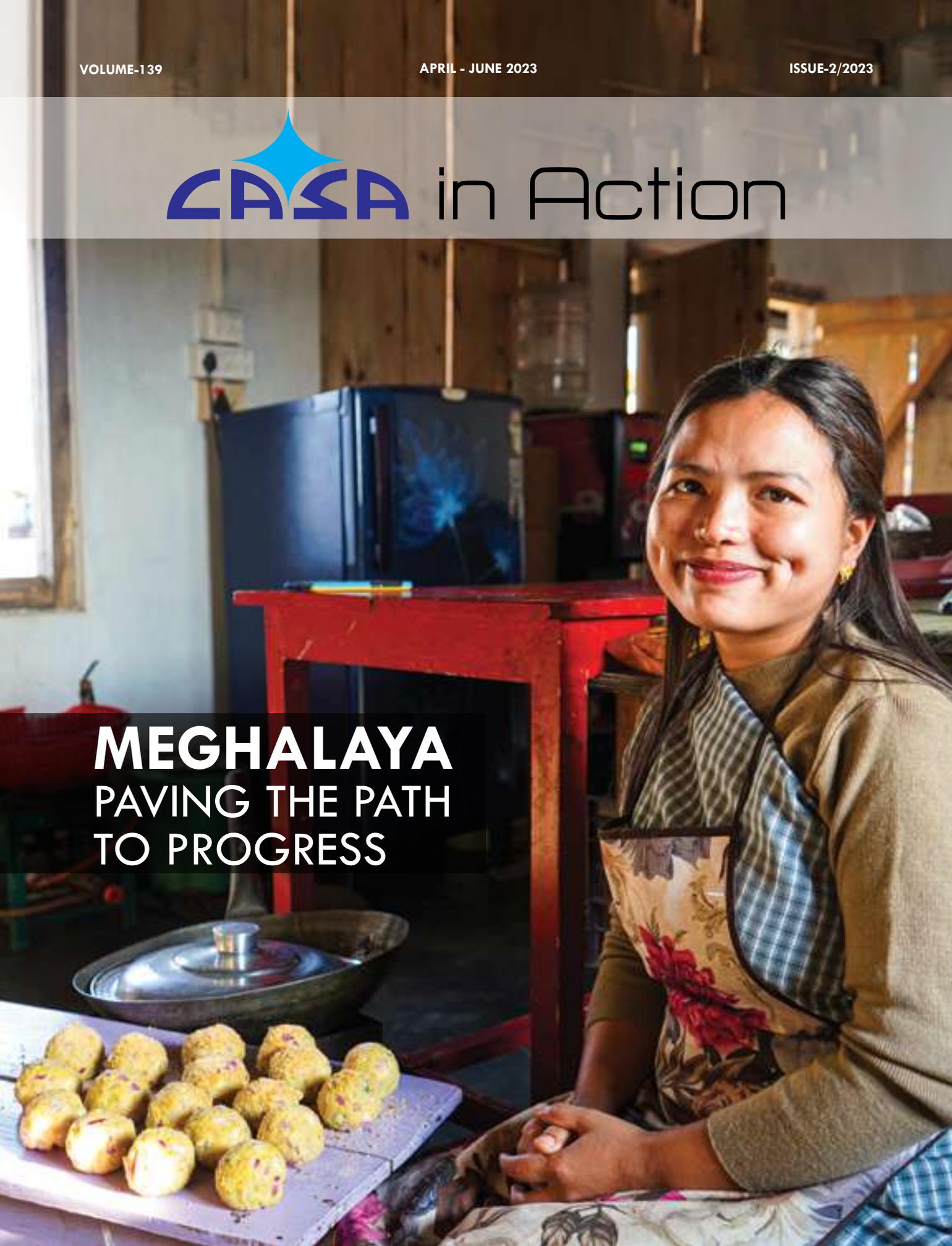




CASA in Action



MEGHALAYA PAVING THE PATH TO PROGRESS

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EDITORIAL

Across Indian Peninsula and the Seven Sisters, CASA weaves threads of impact, collaborating with grassroots entities rooted in local wisdom, nurturing livelihoods, amplifying voices, and preserving heritage.

CASA's work is more than aid; it's an artistic collaboration sculpting a symphony of progress, where local wisdom harmonizes with global support. This edition of CASA's newsletter brings together the stories of lives touched by CASA from all project areas across India, especially focusing on Meghalaya—a land where change takes root and flourishes.

Meghalaya, the "Abode of Clouds," has been a seat of CASA's transformative endeavors. The lush terrains of East Khasi Hills to the serene corners of Jaintia Hills stand as witness to CASA's holistic approach to development. The organization's focus on education and skill training has illuminated the path of countless children and adolescents, empowering them to script their own destinies. CASA's commitment to healthcare has not only healed bodies but also nurtured healthier communities.

Through strategic partnerships with local organizations, CASA has cultivated skills and livelihoods across the state. From bamboo arts nurturing creativity to food processing training empowering entrepreneurs, CASA catalyzed prosperity. Human trafficking awareness equips communities while Meta WhatsApp Business Coach harnesses online markets. By fostering kitchen garden techniques, CASA ensures self-sustainability. These initiatives weave change, amplifying voices, and harmonizing progress across Meghalaya's diverse communities.

CASA's commitment to capacity building and local engagement resonates in India's resilient journey towards a sustainable and equitable future.

VERMICOMPOST VENTURES DRIVING SELF-RELIANCE



The use of vermicompost has the capacity to alter agriculture, as demonstrated by the success stories of the farmers in West Champaran's Yogapatti and Lauria blocks, Bihar. These farmers have enhanced their own lives via commitment and environmentally friendly agricultural methods, and they have also aided in the growth of the surrounding area. The area, which was once seen to be backward, had a tremendous change in growth, mostly fueled by CASA's activities. The anecdotes that follow present the motivational experiences of neighborhood farmers who were essential to this shift.

Farmers who make a difference include

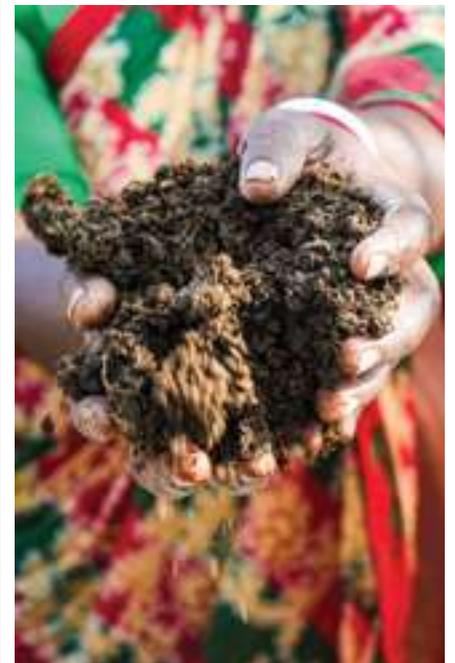
Malti Devi, who adopted the usage of vermicompost in her farming techniques. This organic fertilizer's incorporation enhanced agricultural yields and revenue.

Rambha Devi chose to use vermicompost after seeing its advantages. Because of this, she saw increased yields and financial returns.

Incorporating vermicompost into her agricultural practices, **Reshmi Devi** recognised the medicinal benefits of this material. Crop production went up, and financial stability went up as a result.

These farmers' use of vermicompost not only improved their own output and financial situation, but also had significant benefits on the neighborhood and the environment. Farmers nearby began using organic manure and other sustainable farming methods in a big way, which improved soil fertility and protected the ecology.

These resourceful farmers intend to open a cooperative shop or store to sell vermicompost in the future. In order to expand their market reach and increase their revenue, they want to brand the organic fertilizer packaging with the Farmers' Producer Organisation (FPO) logo. In addition to promoting the use of organic manures and fertilizers in sustainable agricultural practices, this programme also helps farmers with their financial well-being.



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EMPOWERING DALIT YOUTH THROUGH VOCATIONAL TRAINING

BUILDING A BRIGHTER FUTURE



Nestled near the confluence of the Ganga River, Sitakund Dih in Bihar's Munger district is home to Dalit communities relying mainly on fishing for their livelihoods. Yet, recurring floods and climate change have exacerbated their struggles. Amidst these challenges, access to quality education remains elusive due to financial constraints. CASA's initiative emerged to empower Sitakund Dih's youth, particularly young women who keenly recognize the need for change.

Inspired by CASA, village youth started convening to explore avenues for professional growth. A revelation dawned: they could create employment opportunities themselves. United as Gram Vikas Manch, a community based organization, these determined youth caught the attention of Phool Chand Mandal, who donated land to establish a Tailoring and Beauty Centre. Backed by contributors like Julie Kumari and Sapna Kumari, the centre became a reality.

Today, this center stands as a beacon of hope, offering a path to sustainable livelihoods—surpassing expectations. Charging 50 INR for simple blouses and 100 INR for intricate designs, they earn around 5000 INR monthly. They've ventured into henna application and bridal cosmetics, capitalizing on cultural practices. This not only bolsters their finances but also underscores education's importance and supports their families.

Transformation is evident—the once uncertain dreams of Sitakund Dih's youth have taken flight, fueled by CASA's support and their unwavering determination. Change has found its voice, reshaping Sitakund Dih's landscape remarkably.

FROM FIREWOOD TO FEATHERS

MUNNI'S JOURNEY OF TRANSFORMATION



Pic: From Dream to Reality: Munni's Thriving Poultry Farm with CASA's Support

Providing additional livelihood opportunities to marginalized communities can significantly transform their lives. The story of Munni Kumari stands as an example for the power of livelihood opportunities.

26-year-old Munni, hails from the village of Hapamuni in the Ghaghra block, Gumla district, Jharkhand Her community, the Oraon Tribal community, is engaged in various activities like farming, daily wage labor in agriculture, livestock, and collecting/selling forest produce.

Due to the lack of irrigation facilities, they heavily depend on rainfall for agricultural production. Additionally, in the off-season, many members of the community migrate to other parts of the country for livelihood opportunities. Lack of economic opportunities forces

them to rely on activities like selling forest produce and migrating for work.

CASA recognized the need to provide additional income sources to poor families in the Ghaghra block and introduced various livelihood activities like poultry farming, vermicompost, and goat rearing. Munni got involved in the CASA program in her village, and through it, she gained valuable information and became a member of the PAT (People's Action Team) Forum.

Munni was linked to the "Livestock Department" of Ghaghra Block, where she received training and exposure to poultry farming. Empowered with new knowledge and skills, she took the courageous step of starting poultry farming with just 100 chickens. She learned to take care of the brooding units, disinfect the sheds, and provide

timely vaccinations under the guidance of a veterinary doctor.

Through her hard work and dedication, Munni's poultry farming venture flourished. She sold the chickens in the local market, earning a significant income, and reinvested her earnings to expand her poultry business further. As a result, her family's financial condition improved considerably. Not only did she gain economic independence, but her position and influence within the family also increased.

Through initiatives like CASA and her determination, women like Munni have found their voices and are actively contributing to their families' well-being and the development of their community.

TRANSFORMATION OF A SURVIVOR TO A LEADER



Pic: Transforming Lives Through Knowledge: Lalmohan's Journey from Farming to Community Leadership

Individual empowerment through education and training can transform not only one's life but also benefit an entire community. Lalmohan Oraon's journey from a struggling farmer to an empowered village leader showcases how the support of civil society and government schemes can create improve the lives of rural communities.

39-year-old Lalmohan Oraon, resides in the village of Shivrajpur, located in the Ghaghra Block of Gumla District. He lives with his wife and seven children, struggling to make ends meet due to their poor financial condition. Their children lacked proper education opportunities, adding to the challenges faced by the family.

Lalmohan's life revolved around farming, but the limited yield and poor soil quality made it difficult for him to provide for his family's needs adequately. The lack of financial resources resulted in his children being deprived of proper education, adding to the cycle of poverty in the community. Circumstances pivoted to a positive direction when Lalmohan resolved to work towards a change. With his affirmed resolve, he started attending the CASA training and awareness programs regularly. Through these initiatives, he gained knowledge and became an active leader at the village

level, becoming a member of the PARAHA RAAJ PO (People's Organization). Equipped with the knowledge gained from CASA, Lalmohan began guiding community members on various government schemes and initiatives.

The Jharkhand government's Birsa Harit Gram Yojana, in conjunction with the central government's MGNREGA, played a significant role in transforming Lalmohan's life and his community. The scheme aimed to afforest fallow lands and provided fruit-bearing trees to farmers, enabling them to earn additional income from their farmlands. Inspired by this initiative, Lalmohan adopted inter-cropping farming technology, with guidance from KVK, Bishanpur. The additional income generated through these initiatives helped support Lalmohan's children's education and contributed to improving their overall quality of life.

Lalmohan took it upon himself to educate and motivate fellow community members about various government schemes and livelihood opportunities. He became a role model and an active leader in the village, eventually becoming the president of the PARAHA RAAJI People's Organization, established in 2022.

Ayush Mela: Promoting Community Health

The Ayush department organized the Ayush Mela, a Health check-up camp at Ghaghra block. In collaboration with the entire health department of CHC Ghaghra Block and various organizations, the camp aimed to raise awareness about Ayurvedic medicines and healthy diets. Qualified doctors provided valuable information about Ayurvedic remedies, and attendees received free health check-ups at different stalls.

CASA actively participated in the Ayush Mela, setting up a stall focused on Emergency Health Services. Equipped with essential medical equipment, including a Respirator machine, Blood pressure monitor, Infrared thermometer, Oximeter, and more, CASA also distributed Information, Education, and Communication (IEC) materials on First Aid through posters and flex displays.

CASA volunteers, collaborating with the Government Health Department, conducted blood pressure checks for 164 individuals, ensuring the well-being of community members. As the event concluded, the Homeopathic Doctor from CHC Ghaghra Block expressed gratitude to all participants, emphasizing the collective efforts made to enhance the community's understanding of health, hygiene, and preventive measures.

CASA's engagement showcased its commitment to promoting community health through education, awareness, and access to essential emergency health services. By actively participating in such events, CASA continues to empower communities with knowledge and tools for healthier, more fulfilling lives.



Pic: Empowering Health and Knowledge at Ayush Mela 2022: CASA's Dedication to Community Well-being

From Housewife to Awardee



Pic: Recognizing Excellence: Susama Biswal's Outstanding Farming Achievements

In rural India, women often encounter challenges in pursuing their aspirations and contributing to their family's economic well-being. Susama Biswal, a 41-year-old housewife from Kamlanga village in Kendujhar District, Odisha faced similar circumstances. However, her determination to provide a better education for her children and her eagerness to learn led to a remarkable transformation from a housewife to a recognized awardee in advanced vegetable cultivation. This is the inspiring story of how CASA's assistance and training played a pivotal role in empowering Biswal to overcome obstacles and achieve recognition for her exceptional efforts.

As a traditional housewife, Susama's daily life revolved around household chores, caring for her children, and supporting her husband, whose livelihood depended on agriculture. As her children began attending school, she aspired to contribute more to their education and future. Venturing into farming was a challenging endeavor, with unfamiliar tasks and physically demanding work. Despite facing initial obstacles and societal norms, she wholeheartedly embraced the opportunity to learn and grow as a farmer.

CASA played a crucial role in her transformative journey. Organizing a training program in the Horticulture department in Telkoi, CASA provided Susama with valuable insights into advanced farming techniques and offered free vegetable seeds. This two-day training proved to be an eye-opener, igniting her passion for farming and instilling confidence in her abilities.

As Susama's farming skills improved, her harvests flourished, showcasing her dedication and hard work. Her exceptional achievements in vegetable cultivation caught the attention of district authorities, leading to her receiving a prestigious award from the District Collector of Kendujhar for her advanced farming practices. Additionally, she was granted a valuable cold storage facility worth Rs. 1,50,000 by the Odisha Mineral Bearing Areas Development Corporation in 2022-23. This cold storage became a game-changer for her agricultural activities, allowing her to preserve cultivated vegetables for extended periods, ensuring freshness, and accessing better market opportunities.

Empowering Tribal Youth: Leadership Development Program in Taloda, Nandurbar



Specifically designed for the tribal youth from Khapar and Taloda in Maharashtra, leadership development programme was organised on May 18, 2023, in Taloda, Nandurbar district, Maharashtra. This program's main goal was to help participants improve their leadership abilities and provide them with the information they would need to assume responsibility as proactive leaders, able to address developmental concerns and promote good change in their communities. 24 boys and 15 girls enthusiastically participated in the programme, demonstrating their strong desire for both individual and communal development.

The training's resource person was Mahesh L. Bhavsar, an esteemed social worker from Taloda. He covered a wide range of topics during the first session, including leadership abilities, youth empowerment, cultural heritage preservation, and situational adaptation. The participants actively participated in talks on community development, the contribution of youth to the advancement of community rights, and the value of abilities like negotiation, problem-solving, communication, and collaboration. The resource person also emphasised the value of networking with the government, peers, and civil society in order to get beneficial assistance, direction, and collaboration.

The resource person gave insights into several government welfare programmes during a welcome lunch break, emphasising the employment and small-business potential in the communities. In addition, he informed the young about their participation in decision-making procedures connected to planning village activities and urged their active involvement in government. In order to ensure active involvement from the young, create a deeper knowledge of the topics, and enable effective contributions, the training sessions used a combination of lectures, group exercises, and games.

Throughout the training course, the attendees had a really great learning experience. The knowledge that is shared and the skills that are learned during the workshops have the power to help tribal groups undergo radical change. CASA strives to develop these young leaders' potential as agents of good change by giving them the skills, knowledge, and self-assurance they need to do so, empowering them to see a better future for themselves and their communities.

Transformative Impact of MGNREGA Scheme Through Community Empowerment

From 2020 onward, Anjira Krishna Choure, a respected member of the Gramin Vikas Karyakarta Parishad (GVKP), embarked on a revolutionary journey of personal empowerment. Her active participation in CASA workshops demonstrated her determination to expand her knowledge and skills for the betterment of her village, Markakhanda in Salekasa, Maharashtra.

Anjira dedicated herself to understanding various government programs and policies by attending seminars and workshops. Her focus on learning about the Mahatma Gandhi National Rural Employment Guarantee Act (MGNREGA) and associated job prospects highlighted her commitment to lifelong learning. This commitment made her an invaluable asset to both GVKP and her local community in Markakhanda, Gondia district.

Armed with newfound knowledge and skills, Anjira contributed significantly to the execution of numerous programs aimed at improving the lives of Markakhanda's residents. She played a pivotal role in initiating the implementation of MGNREGA in the village, working closely with CASA personnel and volunteers. With meticulous attention, she handled MGNREGA job application paperwork, showcasing her dedication to enhancing the villagers' quality of life.

Thanks to the collaborative efforts of Anjira, GVKP members, and the insight of volunteer Mr. Janbandhu from the Core Programme, the inauguration of MGNREGA jobs in the village became a reality. Over 150 community members, both men and women, were provided employment opportunities to deepen two ponds in Markakhanda. This achievement not only addressed unemployment but also contributed to the village's overall growth and development. It inspired recipients towards a brighter future, fostering a sense of empowerment and self-reliance within the community.



Pic: Empowering Women Through Wick Crafting: CASA's Skill-Building Workshop with Chaya Patle

Empowering Women Through Wick-Making: A Sustainable Livelihood Model

Empowering women and fostering their financial independence stand as integral elements of the Sustainable Livelihoods concept. Embracing this ethos, We have actively engaged in various interventions, such as training sessions and village meetings, to share valuable insights and experiences. One notable success story that has emerged from these efforts is the establishment of a wick-making business by a Self-Help Group (SHG) in Karutola, a town nestled in Maharashtra's Gondia district. This accomplishment has served as a catalyst, inspiring the women of Sonartola village to embark on a similar journey towards sustainable self-sufficiency.

To equip the women with essential skills and knowledge, CASA organized a dedicated training session focused on wick production, packaging, and marketing. The training was led by Chaya Patle, a skilled professional well-versed in these domains. The overarching goal of the program was to empower the women with the expertise required to excel in every aspect of wick creation, from production to the subsequent stages.

CASA's support extended beyond training, as they facilitated the procurement of necessary materials for the women of Sonartola village. This included facilitating the purchase of cotton and polythene bags used for packaging, alleviating initial financial constraints and enabling the women to launch their wick-making operations promptly.

The success of the Karutola SHG's wick-making business has paved the way for a transformative journey in Sonartola. Through CASA's unwavering commitment and the collective determination of these women, a sustainable livelihood model has been forged—one that not only generates economic prosperity but also fosters empowerment, confidence, and a brighter future for the women of Sonartola.



Kanti Singh: Empowering Women and Challenging Norms in Rural Chhattisgarh, with the Support of CASA



Kanti Singh, a mother of six from Chanwaripara village in Korba, Chhattisgarh, belongs to the Tanwar tribal community, known for its higher socio-economic status in the area. Despite being an active and bold woman, Kanti could not openly discuss the discriminatory behaviors and norms experienced by women in her village out of fear of her in-laws and society at large. However, Kanti's life changed when she learned about the work of CASA, an organization that empowers vulnerable and marginalized sections of society through government schemes and awareness of their rights.

Encouraged to learn more, Kanti attended a 5-day program on "People's Organizations," organized by CASA, where she discovered her change the language passion for fixing the broken systems experienced by the poor and marginalized. She teamed up with other members leaders and formed the people's organization "Jaago Jan Parishad" (JJP) in 2009, becoming an active member. Kanti trained herself on women's rights, the Forest Rights Act (FRA), MGNREGA, and other initiatives put forth by the Government of India. She attended further training programs and learned about government scheme regulations, pensions, job cards, due clearance under MGNREGA, ration cards, agriculture-focused benefits, gender sensitization, and constitutional rights.

Kanti's noteworthy accomplishments during the Covid-19 pandemic included promoting awareness in various Gram Panchayats, distributing informative pamphlets and posters to youth, and encouraging women to join her campaign to alleviate the pandemic's impact on the already marginalized population. Despite encountering numerous challenges related to working on sensitive issues, Kanti persevered with her work. She established a self-help group called Mahila Kosh and obtained a loan of INR 35,000 to store tendu leaves from the Kathgora forest range, providing the women members of the Mahila Kosh with an opportunity to become financially independent and support their families' livelihoods.

Kanti serves as an inspiration to millions of women in society, particularly within her own Tanwar community, which adheres to age-old norms and traditions that restrict women from leading dignified lives and effectively exercising their Constitutional rights. Kanti actively works to eliminate these restrictions. She is now regarded as a torchbearer by the poor and marginalized, who contact her directly for assistance with any issues or problems.

Kitchen Garden as a Source of Food Diversity and Livelihood



the concept of kitchen gardening to enhance the diets of participating families. Jagmohan and his wife were supported by CASA in creating a kitchen garden behind their residence, utilizing waste water. Witnessing the success and benefits of the kitchen garden, they expanded their cultivation to their entire farmland, which was previously dedicated to paddy cultivation. They even installed a solar-based irrigation system connected to a nearby open well.

The kitchen garden flourished, yielding a variety of vegetables, green leafy vegetables, maize, climber fruits, and chili. The family happily incorporated these homegrown ingredients into their meals, reducing their reliance on the market. Moreover, they had surplus vegetables that they sold in local markets, creating an additional source of income. The kitchen garden not only ensure food security and diversity for the family but also became their means of livelihood.

Impact and Future Plans

The success of the kitchen garden has brought positive change to the lives of Jagmohan and his wife. They have managed to save money and construct a new house, with the aim of buying more land to expand their vegetable cultivation. Their monthly income from the garden has stabilized at around 3500 to 4000 rupees, providing them with a steady financial position. The family's inspiring journey has also motivated other households in the village to embrace food diversity and cultivate their own vegetables.

Conclusion:

Through CASA's intervention and support, the kitchen garden has not only provided the Gond family with a diverse and nutritious diet but has also transformed their economic condition. Their successful venture has inspired others, creating a ripple effect within the community. By promoting sustainable farming practices and encouraging the cultivation of kitchen gardens, CASA has contributed to the improved food security and livelihoods of marginalized communities, empowering them to lead healthier and more prosperous lives.

Jagmohan Singh Gond and his wife, Jaymati Gond, resides in Podkipani village, in the Chhattisgarh state of India. They primarily depend on farming for their sustenance and livelihood. Seeking to improve their food security and diversify their diets, Jagmohan joined the CORE project initiated by CASA two years ago.

Intervention and Results

Recognizing the need for food diversity, CASA introduced



Rukmani Baiga, aged 34, hails from the Khirjhiti village in the Bilaspur district of Chhattisgarh. Her marriage was marked by domestic violence, disrespect, and mental and physical torture by her husband. Unable to bear the persecution any longer, Rukmani left her husband's home and sought refuge with her parents. However, she faced rejection and neglect from her own family.

Rukmani's life took a positive turn when she became a beneficiary of CASA's Food Security for Sustainable Livelihood (FSSL) project. Through training on innovative agricultural practices, kitchen gardening, and animal husbandry, Rukmani acquired new skills and knowledge. Despite having limited land, she successfully implemented these practices, creating a kitchen garden and rearing pigs.

Rukmani's resilience and hard work paid off. Her small piglet grew into a thriving group of pigs, generating a significant income. She sold five pigs, earning Rs. 3500 each. With CASA's support and her determination, Rukmani became

self-sufficient and gained respect in her community. She became a leader of the Village Development Committee (VDC) in Khirjhiti, providing guidance to fifty to sixty individuals. Her positive behavior and lifestyle have earned her admiration and respect.

Currently, Rukmani owns eight pigs, which are valued at more than Rs. 12,000. She is also a recipient of MGNREGA job cards, which provide her with essential food items. Alongside her farming activities, she engages in labor work, living with dignity and self-respect. With her newfound economic stability, Rukmani has built a house to ensure a safe and secure living environment.

Rukmani's success story serves as an example for other marginalized women, inspiring them to strive for independence and a better life. CASA's commitment to reaching the most vulnerable communities and empowering single women continues to make a positive impact, creating hope and livelihood opportunities for a brighter future.

Embracing Singlehood and Rising as a Leader

Breaking Chains, Sowing Hope



In the remote Naraini block of Uttar Pradesh's Banda district, the Dalit community grapples with landlessness and limited opportunities due to historic caste inequalities. Under the guidance of CASA, the "Dalit Adiwasi Jan Adhikar Manch" was formed to empower the marginalized. Despite challenges, they persisted in their fight for land rights.

The collective educated leaders about their rights and organized campaigns. Though initially thwarted by powerful interests, they didn't give up. They presented their case to the District Magistrate and Chief Minister, leading to land verification. Eventually, 24 families received agricultural land, ending generations of landlessness.

Ownership has rekindled hope. Families plan to farm, securing sustenance. This journey showcases the transformative power of collective determination, breaking chains and sowing seeds of dignity and empowerment.

Lahsi Bhagat's Empowerment for Leadership



In many tribal communities of India, women face a myriad of challenges, including poverty, limited access to education, and restricted opportunities for personal growth. CASA has been dedicatedly working to uplift marginalized communities, such as ST, SC, and OBCs, and ethnic tribes like Rabha, Oraon, Munda, Santhal, and Bodo. Through awareness and campaign programs, CASA equips these communities with valuable skills and knowledge, fostering socio-economic upliftment and promoting gender justice.

Lahsi Bhagat, a tribal woman from Satkodali village, stands as a testament to the impact of CASA's efforts. Hailing from the ST community, she faced numerous hardships due to poverty and limited access to resources. However, her determination to learn and improve her situation remained unwavering. With limited exposure to formal education, keeping up with the changing world was challenging for her, but she persisted.

CASA's awareness and campaign programs became a turning point in Lahsi's life. Actively participating, she gained valuable insights into leadership, gender justice, and welfare schemes. Inspired by the knowledge she acquired, she became a part of the village development association (VDA) and joined a Self-Help Group (SHG), furthering her engagement in community development.

Empowered by CASA's support, Lahsi decided to challenge norms and filed her nomination as a candidate in the panchayat election under Alipurduar I block. The community recognized her dedication, electing her as a panchayat samiti member.

In her new role, Lahsi tirelessly works towards gender justice and socio-economic upliftment, with a strong focus on empowering women and girls. CASA's commitment to marginalized communities has nurtured her leadership qualities, driving positive change at the grassroots level.

Lahsi Bhagat's journey exemplifies CASA Alipurduar's impact on empowering tribal women. Through their efforts, Lahsi and others like her are breaking barriers, leading their communities towards progress and equality. CASA's tireless work continues to inspire and transform lives, creating a brighter future for marginalized individuals across the region.

Rising Resilience

Ramswaroop Sahariya hails from Pathari Village of Shahbad block, Baran district, Rajasthan. He used to work as a laborer and was the sole breadwinner of his family.

One day, a heart-rending incident occurred that swept away the comforts and contentment from Ramswaroop's life. Due to his carelessness, he stepped on a nail.

The fate wasn't in his favor, and the series of unfortunate events started to unfold. During the monsoon, he came in contact with cow dung and contaminated water. This in turn led to an infection that groped his foot in a span of five years. Further, this forced the doctor to cut his legs.

The outcomes of these prevailing ruins led to deterioration of his economic conditions. To aid the sinking spirit of Ram's family, his wife began working as a laborer on the fields of fellow farmers. Thus, contributing to the household expenses, elevating Ramswaroop's willpower and building his resilience.

Furthermore, the shackles were tightening with the passing of time. To bear the hospital expenses he sold his entire land i.e. 2 bigha. The more he was trying to grasp out of poverty, his situations were pulling him in. The doctor asked Ramswaroop to deposit more money so he could buy Crutches.

To pull out Ramswaroop from immersing in the doomed, community social mobilizer of CASA Samraniya Kamodhi took efforts to take him to the Sarpanch but unfortunately no help was provided.

Later in May 2023, the Rajasthan government bailed him out by organizing a Mehagai Rahat Camp in Sanwara Panchayat, Shahbad block of Baran. With further guidance and assistance from Kamodhi, Ramswaroop stepped ahead and attended the camp. Kamodhi filled the form given by the medical and health department.



Thus, the destitute was provided with a certificate of permanent disability issued by the medical and health department medical board, Government of Rajasthan. This further, relieved the burden on Ramswaroop where he was provided with non chargeable crutches to walk and got the first disability pension of Rs. 1000 on 5th July 2023.

Therefore, this highlights the very efforts of our community social mobilizers at the grassroots level who are aiding the ill-fated in accessing government schemes and benefits.



In the heart of the Shahabad block of Baran, Pathari Village, Rajasthan resides a place where resilience of particularly Vulnerable Tribal Group(PVTG) prevails.

Baran district is facing a significant water crisis. Groundwater is the primary source of irrigation, mainly extracted through dug wells, dug cum bore wells, and tube wells. The district's topography plays a significant role in the availability and recharge of groundwater.

The district has experienced a surge in population and an improvement in living standards. This has led to an escalated demand for freshwater, primarily for agricultural and domestic use. The heightened demand has put significant pressure on

Life beneath our surface

groundwater resources, exacerbating the depletion issue.

However, this pressing issue and the agonies of villagers are continuously been overlooked for a very long time.

For generations, the people of Pathari have borne the weight of the water crisis, as the village is cursed by being a drought-prone land. The sun's intense heat baked the earth, wells ran dry which left the villagers desperate. The journey for water became a ritual of tolerance as women walked two grueling kilometers everyday. Their steps resonated like the silence of the land.

Unfortunately, many Sarpanch and other officials seemed to look away, deaf to the villagers' pleas.

Amidst this arid landscape, there emerged a ray of hope in the form of Mr. Kamodhi Lal Sahariya, a community social mobilizer from CASA. His presence ignited unity among the people of Pathari and a collective determination to free themselves from this unfortunate clutch.

Gathered around for a shared purpose, the villagers pooled their strength while promising for the well-being of the community. Through sweat and untiring resolve, they transformed the soil into a life-giving water. As raindrops touched the land, storing water in the well quenched the villagers' thirst for four months.

Organic Farming Transforms Farmer's Life: The Journey of Jatothu Ramulu



Meet Jatothu Ramulu, a 60-year-old farmer from Rajadevunithanda, a village in the Thungathurthy block of Suryapet district, Teagana.

He recently made a remarkable shift towards organic farming, revolutionizing his agricultural practices and improving his overall well-being.

Previously, Ramulu owned 6 acres of land where he cultivated commercial crops using excessive pesticides. However, he grew increasingly dissatisfied with the harvest quality and concerned about the environmental and health implications of chemical usage. It was during this time that he crossed paths with a CASA's volunteer dedicated to spreading awareness about sustainable agriculture in his village.

Intrigued by the volunteer's invitation, Ramulu decided to attend a meeting that focused on the benefits of organic farming and the utilization of natural resources in agriculture. Though initially skeptical, he agreed to get his soil tested by the Agricultural Officer at the Krishi Vigyan Kendra (KVK) Gaddipalli.

At KVK Gaddipalli, Mr. Ramulu was astounded by the effectiveness of natural and organic farming methods showcased by the experts. Inspired, he made the decision to adopt organic farming techniques on his own land, diligently following the guidance provided by the volunteer and the Agricultural Officer.

After three months of implementing organic farming practices, Ramulu witnessed a significant transformation in his agricultural output. He was thrilled to observe improved harvest yields and superior crop quality. Additionally, he noticed a remarkable enhancement in the health and fertility of his soil, while simultaneously reducing his expenses on pesticides.

Expressing his gratitude towards the CASA's volunteer and KVK Gaddipalli, Ramulu acknowledged the positive impact they had made in his life. The switch to organic farming not only elevated his livelihood but also contributed to environmental sustainability.

Padma Neela's Journey of Empowerment: Overcoming Adversity with Support and Resilience



Padma Neela, a 32-year-old widow from the village of Sangem in the Thungathurthy block of Suryapet district, has shown immense strength and resilience in the face of adversity. After the tragic accident that took her husband Sudhakar's life, Padma Neela found herself in a desperate situation, struggling to provide for her three young daughters.

Returning to her mother's village, Padma Neela faced the daunting reality of having no land or home of her own.

Determined to support her family, she began working as a daily wage laborer. However, the meager income was far from sufficient to meet their needs.

Fortunately, Padma Neela's life took a positive turn when she crossed paths with a volunteer from CASA. The volunteer introduced her to the Mahila Mandal, a women's group dedicated to empowering women in the community. Padma Neela attended a meeting where she bravely shared her story and sought assistance.

The compassionate women leaders of the Mahila Mandal empathized with Padma Neela's plight and immediately sprang into action. They guided her through the process of applying for a widow pension from the government. With their support, Padma Neela submitted her application to the Mandal Development Officer and the Revenue Inspector.

Padma Neela's patience and perseverance paid off. After three months of waiting, she received her first widow pension amounting to Rs 2016. Overwhelmed with gratitude, Padma Neela expressed her newfound sense of freedom and relief. The additional income from the pension, combined with her daily wages, has brought her a glimmer of hope for a better future.

Not only has Padma Neela's life improved materially, but she has also experienced a remarkable transformation in her self-esteem and empowerment. She has become an active member of the MahaLaxmi Mahila Mandal, participating in various activities and initiatives aimed at uplifting and empowering women in her community.

Padma Neela's inspiring journey serves as a testament to the power of collective support and the resilience of the human spirit. With organizations like CASA and community groups like the Mahila Mandal, women like Padma Neela are finding the strength to overcome adversity, rebuild their lives, and create a brighter future for themselves and their children.

MEGHALAYA

PAVING THE PATH
TO PROGRESSOUR ENDEAVOUR FOR
COMMUNITY BUILDING AND DEVELOPMENT

COVER STORY:
ARUSHI NARCHAL
SANJEEV SINGH

FIELD ASSISTANCE:
PHUNGREISO VARU
SAMKUPARLANG NONGBRI

WRITTEN BY:
PRIYANK SAMUEL
KAJOL TANAYA

Meghalaya, nestled in the breathtaking landscapes of Northeast India, is a haven of natural wonders and cultural heritage. This enchanting state enthralles visitors with its verdant valleys, cascading waterfalls, and majestic mountain vistas. However, under the shadow of its high-rising glory, dwells the segment of the society that struggles to make ends meet. Frequent disasters, lack of social justice and trials of the inaccessible geographies add to the misery of the vulnerable population, CASA, with its unwavering dedication to community development, sustainable livelihood, and empowerment of local communities,

has been actively involved in Meghalaya since the 1960s, making a profound impact on the region.

Meghalaya is the home to tribal population, particularly the Garo, Khasi, and Jaintia tribes. Indeed, the state is known for its rich, diverse and indigenous tribal culture. Over time, these tribal groups have established their lives on the means of income from the coal content in the mountain ranges. Despite their deep connection to the land, the tribal groups encounter various obstacles such as socio-economic disparities, land rights issues, displacement, limited infrastructure and basic services, cultural preservation and

identity challenges, limited access to healthcare and education, poverty and unemployment, lack of political representation, and vulnerability to natural disasters..

Addressing these challenges requires efforts to recognize their rights, provide inclusive access to education and healthcare, promote cultural preservation, create economic opportunities, and improve representation and disaster resilience. The need for such socio-economic and community assistance stays prominent and empowering vulnerable populations to wade through these challenges is the priority of CASA.



**SOME MAJOR
CHALLENGES AND
ISSUES THAT THE
COMMUNITIES
FACE IN VILLAGES
OF MEGHALAYA**

LIMITED TRANSPORTATION:

The roads in the hilly areas of Meghalaya often suffer from poor maintenance due to the challenging terrain and heavy rainfall. Most of the regions have a limited network of roads, and many areas, especially remote villages, are not well connected. Further, the lack of good or leveled roads and commutation facilities in the hill region adds challenges to the communities' access to decent transportation. The lack of proper transportation infrastructure, such as bridges and culverts, can create significant challenges. This restricts movement and can isolate communities, affecting access to essential services like markets, schools, healthcare facilities, and employment prospects, especially from the remote areas.

RESTRICTIONS ON COAL MINING:

The ban imposed by the National Green Tribunal on coal mining in Meghalaya has had significant consequences for the tribal communities that heavily rely on this industry. The prohibition has resulted in the loss of livelihood for coal miners and their families. In Meghalaya, coal mining was a major source of employment, particularly in rural and remote areas. The ban has led to increased unemployment and economic hardship, pushing many families into poverty.

**INADEQUATE AVAILABILITY OF
FUNDAMENTAL HEALTHCARE
SERVICES**

Insufficient healthcare workers and inadequate infrastructure such as hospitals, clinics and health camps hamper the tribal communities' access to wellbeing in Meghalaya. The lack of well-maintained roads and limited connectivity in remote areas hinder transportation to healthcare facilities. During monsoon seasons, road conditions worsen, leading to further difficulties. Moreover, limited access to information and health education programs result in delayed or inadequate healthcare-seeking behavior as several indigenous communities continue to use

**CHALLENGES OF POVERTY AND
UNEMPLOYMENT:**

The lack of industries and a slow pace of economic development contribute to high levels of unemployment and underemployment in Meghalaya. Farming and tourism-related activities, which are the primary livelihood sources, are seasonal in nature. This creates income fluctuations and uncertainty, making it challenging for people to sustain themselves throughout the year. The vulnerable groups have limited opportunities for obtaining stable employment owing to limited availability of quality education and skill development programs. The

reliance on subsistence farming, which often suffers through limited access to modern farming techniques, inadequate irrigation facilities, and dependence on monsoon rainfall, generates insufficient income and further perpetuates the cycle of poverty.

ENVIRONMENTAL DEGRADATION:

The tribal regions of Meghalaya have witnessed notable environmental degradation due to various factors including deforestation, illegal mining, and unregulated construction activities. These practices have had a detrimental effect on the forests, rivers, and agricultural land that are vital for the survival of tribal communities.

OUR INTERVENTIONS:

CASA's impactful interventions in Assam, Manipur, Meghalaya, Mizoram, and Nagaland showcase the organization's commitment to creating positive change in Northeast India. By collaborating with grassroots level organizations and addressing various dimensions of development, Our aims to bring about inclusive changes that uplift communities. Through strategic implementations and a focus on measuring success, CASA ensures that its interventions yield meaningful and long-lasting results. CASA's dedication to continuous learning and improvement sets the stage for a brighter future in Northeast India.

East Khasi
Hills District

OUR WORKING AREAS WITH AFSID

Wahlyngkein Sunei
Wahlyngkein Ramkhlang
Kyiem
Nonglwai
Mawponghong
Nongthymmai Neng
Nongthymmai Rum
Phanniewlah Neng
Phanniewlah Rum
Umkaber

Thainth Ynroh Mahlum
Laitmawpen
Wahum Lawbah
Perkseh
Umsawmat
Lyngdoh Phanblang
Lait Sohphlang
Mawmyrsiang
Umtyrniut

19 Villages

TRAININGS PROVIDED WITH THE GOVERNMENT OF MEGHALAYA



BAMBOO ARTS AND CRAFT TRAINING

CASA, in collaboration with the Mawmyrsiang village Community Based Organisation (CBO) and the Memorial Foundation of Meghalaya, organized a 12-day training course on bamboo arts and crafts. The training took place from June 17 to June 30, 2022, at the Mawmyrsiang Committee Hall.

The course was led by a certified trainer who taught 15 participants (12 women, 3 men) how to create unique antiques using everyday materials such as bamboo, plywood, recycled plastic bottles, and stones. The trainees learned to make various items, including picture frames, flower vases, doll-sized wild animals, and miniatures of ancient Khasi musical instruments and weaponry.

Several participants have already started selling their handmade goods, while others are still in the process of marketing their products. The training program aimed to promote skill development and provide income-generation opportunities for the trainees in the field of bamboo arts and crafts.

CRAFTING DREAMS: Stadborlang Nongbri's Artistic Odyssey in Meghalaya's Enchanting Landscapes



In the enchanting landscapes of Meghalaya, resides an inspiring 18-year-old named Stadborlang Nongbri. Amidst his studies in the 11th grade, he discovered his love for crafting wood. With bamboo art-making training, his skills blossomed, and he channeled his passion into crafting intricate pieces, from wooden rhinos to miniature tree houses.

Drawing from the nearby forests, he sourced wood, giving life to his creations. Stadborlang's commitment to sustainability shone through as he repurposed waste materials into beautiful crafts. His creations gained admiration, leading him to venture into selling them. Earning 1500 to 2000 rupees monthly, he seamlessly blended tradition with innovation.

Stadborlang's journey highlights the fusion of heritage and modernity, echoing Meghalaya's artistic legacy. In the tapestry of Meghalaya's artistry, Stadborlang Nongbri's story stands as a vivid thread of youthful inspiration.

“With CASA's training, I got to know about the technique... Now I am confident that I can further pursue this as my profession.”





A VISIONARY YOUTH LEADER

In the picturesque landscapes of Meghalaya, Kesterning Nonsiej, 27 and a proud member of the Khasi Tribe, stands as a vibrant youth leader. Leading a People's organization shaped by CASA, he champions unity to unlock potential and tackle disparities. Kesterning's words echo, "With CASA's help, we organized diverse village-level trainings."

Collaborating with government initiatives, he ensures opportunities are seized. From bamboo crafts to food processing, these ventures hold promise. Kesterning's insight spans beyond skills – he recognizes the disconnect with vendors affecting yields. He rallies his village, emphasizing unity's power and its resonance with Khasi values.

Guided by his unwavering spirit, Kesterning tackles grassroots issues. A pressing concern is healthcare accessibility, a journey he's committed to improving. In Kesterning, the Khasi Tribe finds not just a leader, but a torchbearer of change, balancing progress with cultural heritage.

FOOD PROCESSING TRAINING

From November 15 to November 19, 2021, CASA organized a Food Processing Training programme in conjunction with the Prat Lynti Organisation. The five-day course was attended by 30 unemployed teenagers (26 women, 4 men) from CASA's project regions.

The well-organized program, conducted in collaboration with the Meghalaya Food and Processing Department, included evaluations and examinations. All thirty candidates successfully passed their exams and received certificates. These certifications enable individuals to register with the Food Safety and Standards Authority of India and apply for licenses, enabling them to start home-based businesses.

Currently, CASA is providing assistance to three participants who are working with the Food and Processing Department to complete the necessary documentation.



OUR WORKING AREAS with Impulse NGO

East Garo Hills District

13 Villages

Bansamgre
Nengkra Awe
Rongsak Songma
Bone Songgitcham
Chidimit Nengsat
Dagal Aringa
Dobu Bazar

Dobu Rongmu
Koksi Nengsat
Rongjeng Aragittim
Nongchram
Rongjeng Reserve
Upper Rongjeng

North Garo Hills District

7 Villages

Thapa Darenchi
Mendipathar
Bangsi Apal
Dainadubi

Chotcholja
Rajasimla Songma
Reserve Gittim



Training on Human Trafficking by Using Meta WhatsApp Business Coach

CASA, in collaboration with dedicated volunteers, conducted a training workshop focused on raising awareness about human trafficking. The program aimed to equip Community Based Organisations (CBOs) with knowledge and strategies to prevent human trafficking.

Additionally, CASA hosted a training session on utilizing the newly launched Meta WhatsApp Business Coach. Consultant Gayatri Sharma from Impulse NGO Network spearheaded the session and educated the CBO members on leveraging the platform to market and sell homemade goods online. This training empowered CBO members with a broader market reach and income generation opportunities.

South West Garo Hills District

10 Villages

- Wakka Kama
- Dombagre
- Jewilgre
- Rongbakgre-Chisakgre
- Wakka Akonggre
- Molmigre
- Akonggre
- Dumnigaon
- Hatisil
- Gandipara Garo

West Garo Hills District

20 Villages

- | | |
|---------------------|----------------------|
| Asakgre | Allabagre |
| Aranggre | Balamagre |
| Buripara-Mengkakgre | Darak Adinggre |
| Chidaogre | Dibilonggagre |
| Dopananggre | Rongkhon Songgital |
| Pagugre | Rongkhon Songgitcham |
| Chasingre-Rongandi | Rongbretgre |
| Soragre | Salasatigre |
| Srop Adinggre | Okkapara Songgitcham |
| Sropgre | Chisakgre |

OUR WORKING AREAS with Grassroots

East Jaintia Hills District

20 Villages

- | | |
|-----------------|-------------------|
| Mutong | Sohkymphor |
| Moolang | Wapung Shnong |
| Dkhiah East | Wapungskur |
| Dkhiah West | longkaluh |
| Tuber Sohshrieh | Pamrakmai |
| ChamCham | Pamrapaitlu |
| Lumshyrmith | Umytra |
| Iapmala | Byndihati |
| Kairang | Musniang Jongdeng |
| Byrwai | Tuber Kmai |



MAYFEREEN
FOUNDER & PRESIDENT
GRASSROOT

Mayfereen is the founder and president of Grassroot, a 15-year-old indigenous rights-based NGO in Shillong that works to uplift communities in Meghalaya and northeastern India. The organization focuses on advancing Indigenous Rights and Gender perspectives, primarily working with the youth. Through capacity building, skills development, livelihood programs, and advocacy, she and her organization ensure equal opportunities for indigenous communities.

Collectivizing efforts with CASA, Grassroot has addressed livelihood, cultural, and environmental challenges in the Jaintia Hills post the NGT's coal mining ban. By exploring traditional indigenous skills, they uplift the community while safeguarding the environment.

Mayfereen's leadership extends internationally, representing Meghalaya at the World Mountain People Association and the International Center for Integrated Mountain Development. She has also advocated for India's land and cultural rights at the United Nations Permanent Forum of Indigenous Issues.

Believing in the unifying power of diverse cultures, Mayfereen fosters acceptance and collaboration among indigenous communities in the North Eastern region. Her commitment and vision embody positive change for marginalized communities.

Empowering individuals with valuable skills, CASA conducted an immersive training session on mastering the art of growing food in a kitchen garden. Through this transformative workshop, participants not only gained the knowledge and expertise to cultivate their own flourishing kitchen gardens but also unlocked the ability to meet their nutritional and economic needs. Among them, was Lalitha who could gain invaluable insights on enhancing productivity and securing financial stability for her family. Equipped with an assortment of high-quality vegetable seeds, she embraced the magic of cross-cultural interactions while tending to her garden. By implementing eco-friendly organic farming techniques, Lalitha triumphantly nurtured a diverse array of homegrown vegetables, including local specialties. This bountiful harvest not only satisfied her families' nutritional needs but also opened up exciting opportunities to sell the surplus produce at the market, empowering their journey towards self-sufficiency.



Training on Kitchen Garden Techniques

The programmes of CASA have improved the lives of several communities in Meghalaya. Individuals have been empowered, their chances for employment have increased, and sustainable practices have been encouraged through the training programmes in bamboo arts and crafts, food processing, human trafficking awareness, and kitchen garden skills. The success of these projects is largely due to CASA's partnership with regional groups and government agencies. CASA aims to bring about long-lasting social and economic change in Meghalaya by continuing to prioritize community participation and capacity building.





SAINDUR

AN EMERGING EMPOWERMENT PLATFORM

STORY BY: SAMKUPARIANG NONGPI | PHUNGREISO VARU

Through the empowering act of fostering unity and collective action among marginalized and vulnerable populations, civil society emerges as a driving force, enabling communities to independently generate solutions to their pressing challenges. CASA, by facilitating the formation of People's Organizations, endeavors to empower communities on this transformative journey. It becomes essential for these organized bodies to hold decision-makers accountable and harness collective strength, thereby forging a path towards enhanced quality of life.

People's organizations can serve as a powerful platform for advocacy, providing an important avenue for voices that are traditionally excluded from decision-making processes. Keeping in mind the challenges imposed by infrastructural inadequacies and the post-pandemic recovery economy, CASA and its implementing partner, Grassroot, based in Shillong-Meghalaya, formed a People's Organization called "Saindur". The organization has a fully-established constitution that serves as the governing principle.

Saindur covers 15 CBOs and 15 villages situated across 2 blocks of the East Jaintia Hills district. The organization has 30 members represented by 16 females and 14 males. Seven Executive Members were elected by the CBO members. The executive members were partial members of CBOs and actively engaged in village development programs prior to the formation of Saindur. They represent the marginalized groups being members of SHGs, unemployed youths, students and daily wage workers.

Mission of Saindur

- Bolster the village, empower individuals, and ultimately foster progress in the community,
- Collaborate with Grassroot to access government programs,
- Draw on local partners and resources to foster growth,
- Respond to any emergent crises in the project area,
- Impart an understanding of indigenous rights, as well as foster livelihood skills among the young and all members of the community.

Objectives

- To work collectively for the better development of villages and community-based organisations.
- To improve livelihood opportunities for the youths.
- To organise capacity building programmes and training programmes for youth and women

Key Strategies to Achieve the Objectives

- Capacity building, training related to project themes
- Networking and advocacy, campaign, negotiating and lobbying with Government and other key stakeholders to access the available schemes and resources for community development.

Priority Concern

- Skill development
- Bridging gender gaps
- Youth employment
- Leadership
- Capacity building





TRAINING ON APICULTURE

Objectives

- Facilitate the understanding of the benefits of beekeeping.
- Help PO members to understand the economics of beekeeping and to explore the option of beekeeping as a livelihood.
- Facilitate licensing and marketing of honey bee products.

Apiculture or beekeeping is a viable livelihood option for the marginalised population of Meghalaya and an important part of their local economy. It has the potential to generate employment and income for marginalised people. Beekeeping requires minimal investment and has a low start-up cost, making it an attractive livelihood option for those with limited resources. Beekeeping can also help to improve the local environment by providing a source of pollination for local crops and trees.

The Government of Meghalaya has taken various initiatives to promote beekeeping such as training programs and financial assistance schemes.

For four days at Moolang village of East Jaintia Hills District, Meghalaya Grassroot conducted training on Apiculture, aiming to capacitate and improve the livelihood skills of the Saidur members. 27 members from 10 different communities in Khliehriat block benefitted from the training.

Well-trained experts on Apiculture from the District Commerce and Industries Centre (DCIC), and Food Safety Department (FSSAI), facilitated the sessions on apiculture, theoretically and with practical demonstrations. The resource persons also spoke on the packaging, labelling, FSSAI licensing and marketing of bee products. The participants were also informed about the Prime Minister Employment Guarantee Programme (PMEGP) scheme. The PMEGP provides financial assistance through term loans and working capital loans for the setting up of micro-enterprises. The margin money subsidy is provided for the setting up of new enterprises. The scheme has a special focus on Scheduled Castes/ Scheduled Tribes, minorities and women.

The scheme also includes a provision of providing soft loans to the beneficiaries through banks and other financial institutions. The PMEGP is implemented by the Khadi and Village Industries Commission (KVIC) at the national level, State/UT Khadi and Village Industries Boards (KVIBs) at the state/UT level, District Industries Centres (DICs) at the district level and banks at the branch level.

The rewarding outcome of the training

The workshop was highly informative and creatively presented, and it allowed the participants to learn a great deal about Apiculture.

After the workshop, the 27 participants were each issued a certificate license by the Meghalaya Institute of Entrepreneurship and District Commerce and Industry Centre, which enabled them to access interest-free schemes and bank loans to start their own initiatives in Apiculture as their livelihood.

This was an incredible opportunity that will help the participants to be self-sufficient and have a stable source of income. Not only did the workshop educate the participants, but it also gave them the chance to create a better life for themselves through Apiculture.

BLOOMING AGAINST THE ODDS

ARKI RYMBAI'S JOURNEY AS A FLORICULTURIST

STORY BY: ARUSHI NARCHAL
WRITTEN BY: PRIYANK SAMUEL



Before Coal mining was banned in Meghalaya, it was a source of income for many families. It provided employment opportunities and livelihood options to the locals for many years. However, mining, particularly the mining of coal affected the environment at large. It affected the land, soil, water, air, fishery, forest, agriculture, and more in the mining areas. Due to its severe impact in several areas, coal mining in the state was banned, which in turn affected the sustainable livelihood of many locals.

Motivated by her newfound expertise, Arki decided to utilize her knowledge for income generation to provide for her family. Her determination paid off as she received certificates for her training, enabling her to participate in various events where she received trophies and recognition. Additionally, she was selected for a field trip to Sikkim, where she had the opportunity to meet other floriculturists from different states of the country and gain further inspiration.

Arki learned about CASA, and its interventions focused on empowering local communities, through the initiation of the People's Organisation (PO) in her village. As an active member of the community, Arki enthusiastically joined CASA's PO, attending meetings and workshops to enhance her skills and knowledge to flourish in this field. The PO aimed to bring about development within the village while also advocating for the implementation of various schemes and entitlements.

Under the guidance and support of Grassroot and CASA, Arki's life took a significant turn. She shared "Previously, my family's financial situation was unstable, with limited earnings barely covering basic needs. But now, with the floriculture business, I am able to manage and stabilise my income. I sold flowers individually for around 15 rupees each and in bulk for special occasions, such as parties or funerals, fetching prices between 500 to 700 rupees per bundle. Moreover, for weddings or larger celebrations, I could earn a minimum of 2,000 rupees per day."

Arki expressed her gratitude to Grassroot and CASA for their unwavering support during her journey. She further shared, "They not only provided me with the opportunity to support my family but also empowered me to become an active member of my community. Through programs organized by the PO, I witnessed the collective strength and determination of women's groups, as well as the recognition and encouragement given to Asha and Anganwadi workers."

Arki's transformation serves as an inspiring example of how grassroots organizations like Grassroot and CASA can empower individuals to create sustainable livelihoods and drive local development. Her success in the floriculture business not only benefits her family but also contributes to the economic growth of her community. Arki's journey is a testament to the potential that lies within individuals when provided with the right support and opportunities.

Arki Rymbai, hailing from Moolang Village of Meghalaya, has established herself as a prosperous entrepreneur in the floriculture domain at the age of 31. Her successful journey as a floriculturist, started in 2020 when the abrupt cessation of coal mining in her village rendered numerous individuals devoid of means to sustain their livelihoods. However, during this challenging period, Grassroot, a community development organization, intervened to provide assistance and introduced the concept of integrated farming to uplift the people in the village. Arki, driven by enthusiasm, wholeheartedly engaged in the training program, thereby acquiring invaluable expertise and proficiency in integrated farming techniques.



A DREAM DEFIED

THE JOURNEY OF IAHUNKI FROM FINANCIAL CHALLENGES TO ENTREPRENEURIAL SUCCESS

STORY BY: ARUSHI NARCHAL
WRITTEN BY: KAJOL TANAYA

John Maxwell rightly said **“Successful and unsuccessful people do not vary greatly in their abilities. They vary in their desires to reach their potential.”**

This statement underlines the essence of the real-life story of Iahunki Phawa, a 27 years old resident of Mutong Village located in Khliehriat Block of East Jaintia Hills district, Meghalaya.

Iahunki was raised by a single mother in one of the oldest rustic villages in Meghalaya - the Mutong Village. The village has nearly 815 residing on the premise of which 440 are female and 375 are male. The literacy rate is poor yet women make up the largest number of literate. Agriculture farming is the major livelihood avenue for the village yet recently it has become one of the best tourist destinations and “Moopun Waterfalls” is most attractive tourist place.

Iahunki was among the six children that the mother had to take care of. The family managed to survive on bread for each hungry mouth but would not always have the luxury of saving a loaf for another day to come. Despite the odds, the mother always aimed at giving her children the education and support that will pave their paths to a brighter tomorrow. In this search for this illuminated tomorrow, Iahunki Phawa graduated with her bachelor's degree (General) from Sri. Devi College, Mangalore in 2018.

Like any fresh graduate, Iahunki had a magnanimous desire to kick-start her career growth. Unfortunately, the manacles of financial inadequacies confined her. She returned to Mutong for assisting her family in everyday sustenance. However, a burning spirit is hard to confine. Iahunki soon prepared her mind to appear for the national banking examination. She joined the required coaching and kept hustling in the swarm of domestic, financial and educational responsibilities. Yet again her fate did not

choose her side. She could not clear the examination.

Iahunki would have given up on her dreams and sat back at home, but her drive for independence and empowerment was too high to cease. To the merit of her individual effort, Iahunki became one of the CBO members of her village under a project by Grassroots in 2019, supported by CASA. She grabbed the opportunity to attend the Integrated Farming System training program conducted by the organization.

Soon after exploring the different possible livelihood opportunities, Iahunki discovered her passion for baking. She chiseled and polished her skills and started to bake and sell her homemade cakes and cookies. Slowly as more of her cakes and cookies made it to the plate of her neighbours and acquaintances, she started gaining a customer base and sourced catering orders for local events. Iahunki identified her potential career path in this direction.

She borrowed one lakh rupees from her mother and decided to start a canteen in her village. From cake and cookies to tea and snacks, her canteen expanded the variety of items available. Initially, there was no profit or loss but Iahunki kept investing her faith and effort into the business. Her canteen started serving momo, breakfast, meals, coffee and other items alongside snacks and cookies very soon. By the year 2021, she hired two full-time lady workers.

Iahunki's canteen was gradually gaining popularity and she made a profit of five thousand rupees per month after deducting salaries and other expenditures. By the dawn of 2022, her profit increases from five to six thousand per month as a net profit.

Iahunki shares, **“In the beginning, I was worried about the competition with other**

local hotels and canteens but over the years, people from the locality, as well as tourists from other districts and states, preferred my canteen mainly because of the good taste, quick services and reasonable price. Today, my canteen remains open throughout the season from 6 am to 9 pm as per the demand from the customers”. Not only does Iahunki run and manage the canteen but she has also been hired by NGOs and paid duly for giving practical-skill training to other girls and women.

When our CASA volunteers Phungreiso Varu and Sam Nongbri asked Iahunki what she felt about herself and her position in society, Iahunki said, **“I am confident and feel good because I am financially independent. My community respects me and some of my friends called me CHAMPION”**. She felt empowered. When asked about her future plan and final message to other girls and women, she said, **“I want to continue and expand my business to other locations”**.

Her message to girls and women is **“Don't hesitate to pursue what you are passionate about and take the risk, don't look back and just go for it”**.

Women should never hesitate to pursue their dreams and work hard to succeed. Too often, women are discouraged from achieving their ambitions and told that they cannot do something because of their gender. This is an outdated way of thinking, and it needs to end now. Women are just as capable as men, and they have the potential to do anything they set their minds to. Women must believe in themselves and know that they can accomplish whatever they desire. With hard work and dedication, women can make their dreams a reality, and they should never let anyone stand in their way. Women have the potential to make a positive impact on the world, and they should never hesitate to take the initiative to make their dreams come true.

EMPOWERING COMMUNITIES AND SPEARHEADING DEVELOPMENT IN MEGHALAYA

STORY BY: SANJEEV SINGH
WRITTEN BY: PRIYANK SAMUEL



Kwin Shylla, the dedicated Headman of Mulang village, Meghalaya and a key member of the People's Organization (PO) that was formed in 2020 by CASA, he has been instrumental in bringing about positive change and development within the community. With a strong focus on education and healthcare, Shylla has worked tirelessly to uplift the lives of the villagers. Through his efforts, the village has witnessed significant progress, but challenges remain, particularly in healthcare and education infrastructure.

Building a Strong Foundation

Since its establishment in 2020, the PO in Mulang village has garnered 20 active members who have collectively contributed to the betterment of the community. With a shared vision, the PO has successfully implemented numerous initiatives aimed at fostering development and improving the quality

of life for all residents. Shylla mentioned “the PO had brought a lot of help and development to the locals. It has developed many base and brought up many awareness programmes within the village.”

Education Advancement

Shylla recognizes the vital role education plays in the holistic development of individuals and the community as a whole. He shared “currently, Mulang village is home to three schools, but there is still a need for essential facilities such as laboratories, libraries, and computer labs. Seeing the condition of schools in the village I am hoping to create an environment that encourages the pursuit of knowledge and fosters the growth of future leaders.” Shylla is dedicated to ensuring that the students have access to these necessary resources to enhance their learning experience.

Healthcare Challenges

Despite the progress made in various sectors, the absence of a healthcare center poses a significant challenge for the village. Villagers, including young children and pregnant women, have to travel to neighboring villages for even minor medical ailments. Shylla acknowledges this pressing issue and is actively seeking support to establish a healthcare facility within Mulang village. He mentioned, “I am aiming to provide the community with a dedicated healthcare worker who can cater to their medical needs at least twice a week.” By addressing this essential requirement, Shylla hopes to improve the overall well-being of the villagers and reduce the hardships they face in accessing healthcare services.

Road Connectivity and Access

Under Shylla's leadership, the village has experienced a notable improvement in road connectivity. “Previously, we had to walk a considerable distance to reach transportation hubs. Recognizing the inconvenience and limitations this imposed on the community, we initiated the infrastructure development projects to enhance road networks. This accomplishment has facilitated easier access to transportation, enabling

villagers to travel more conveniently and efficiently, from their homes to their destinations without any hassle,” shared Shylla.

Future Goals and Aspirations

Looking ahead, Shylla aims to continue his efforts to bring about further progress and development in Mulang village. His immediate priorities lie in securing support for healthcare facilities and ensuring the provision of a dedicated healthcare worker. Additionally, he plans to concentrate on strengthening educational institutions by establishing essential facilities like laboratories, libraries, and computer labs. By addressing these critical needs, Shylla aims to create an environment that promotes the overall well-being and growth of the community.

Kwin Shylla's relentless commitment to community development has had a profound impact on the lives of the villagers in Mulang village. Through his position as the Headman and his involvement in the PO, he has spearheaded numerous initiatives to improve education and infrastructure with the help of the PO facilitated by CASA, and he continues to strive for better healthcare facilities in the village. Shylla's visionary leadership and unwavering dedication inspire hope for a brighter future, not only for Mulang village but for all communities striving for progress and prosperity. He further conveyed that he is thankful of all the support given by the PO in ensuring a sustainable lifestyle to the villagers.

I am aiming to provide the community with a dedicated healthcare worker who can cater to their medical needs at least twice a week

EVENTS



CASA INITIATIVE SAFEGUARDS SUNDARBANS' INDIGENOUS SEEDS FOR FUTURE GENERATIONS

In a bid to uphold traditional farming practices and protect valuable indigenous knowledge, the initiatives by CASA are championing the conservation of over 120 varieties of indigenous seeds in the Sundarbans delta.

This effort ensures the survival of unique seeds capable of withstanding changing conditions while empowering rural and semi-rural farmers to cultivate diverse crops through organic farming methods. By preserving these seeds, CASA contributes to sustaining rural livelihoods, safeguarding biodiversity, and highlighting the importance of indigenous wisdom in maintaining resilient ecosystems.



By employing meticulous risk analysis and strategic response measures, CASA's Child-Centred Disaster Risk Reduction Programme actively mitigates the adverse effects of disasters. CASA has partnered with UNICEF India and the Department of Disaster Management & Civil Defence in West Bengal to implement a targeted 'Child-centered DRR Approach.'

Notably, the Comprehensive School Safety and Security Programme was successfully introduced in 2019 across four vulnerable districts in West Bengal, benefiting 100 schools and their students.

Through rigorous training, drills, and the distribution of emergency resources, teachers and students have been empowered with vital knowledge and skills to navigate crises confidently.



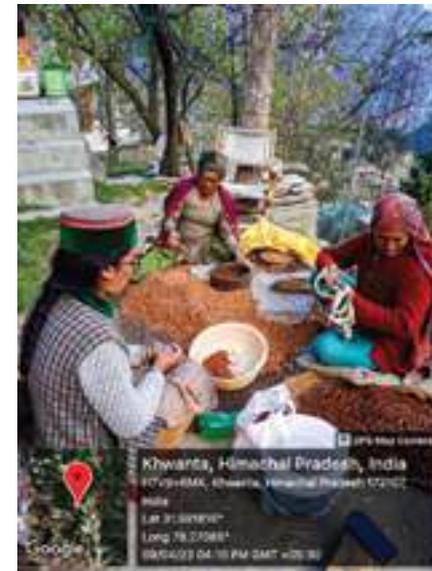
COMMUNITY EMPOWERMENT UNDERWAY IN SHIVPURI DISTRICT

CASAs social mobilizer and program associate are taking charge, currently facilitating a pivotal community meeting. Their goal? To establish a dynamic Community-Based Organization (CBO) in Shivpuri district, Madhya Pradesh, under the innovative CFC program.

This CBO will harmonize community members, fostering collaborative efforts to tackle local challenges head-on. Together, they'll spearhead positive transformations that promise lasting impact.

CASA is proud to be at the forefront of this ground-shifting venture, eagerly anticipating the ripple effects it will generate within the community.

CASA'S CFC PROGRAM EMPOWERS MARGINALIZED COMMUNITIES ACROSS FOUR STATES



Since its commencement in January 2023, the CFC Program has been making waves in four Indian states: Madhya Pradesh, Rajasthan, Uttarakhand, and Himachal Pradesh. In the mountainous region, a team of 12 dedicated community social mobilizers and four skilled Programme associates was carefully chosen for Kullu, Guptkashi, Joshimath, Lahaul, and Spiti. These mobilizers and associates are actively engaging with local institutions,



including ANMs, Panchayat Heads, Asha workers, and other apex bodies, working collaboratively to tackle diverse issues at the block and district levels.

In March, CASA orchestrated a comprehensive three-day training workshop in Shimla, delving into pivotal themes like climate mitigation, women's rights, health and hygiene, gender equality, leadership building, and village livelihood techniques. Equipped with newfound knowledge, associates and community social mobilizers are diligently gathering data for village profiling and baseline studies, crucial for understanding core challenges faced by selected communities.

This project's core objective is to uplift people's institutions and grassroots movements in the most marginalized communities.



MAJOR STEP AGAINST HUMAN TRAFFICKING: CASA LAUNCHES CAMPAIGN FROM 12BN SSB KISHANGANJ

CASA proudly kicks off its resolute campaign against human trafficking, with an impactful launch event at 12bn SSB Kishanganj. Notable attendees included key figures such as SSB commandment - Munna Singh, Assistant Commandment - Sat Peul Sham, P.S. Meena, Deputy Commandment - Sanihe Salew, ST/GD- Meena Shaw, Kusma Devi, and a dedicated team of 50 SSB Jawans, alongside our committed CASA staff.

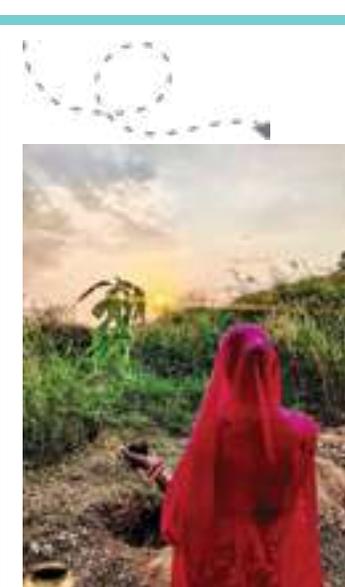
Operating at the Indo-Nepal border in North Bihar, this vital initiative is set to encompass around 500 villages in the region. The mission is clear: to ensure that no individual falls victim to the atrocious act of human trafficking.



Self Help Groups formed by CASA in Ngur Village, Champhai District, Mizoram have been trained on low-cost technology mushroom farming and provided with seed support to generate income for self-sustenance.

Some groups have started harvesting 13.5 kilograms of mushrooms and selling them for Rs 300 per kg. This is a great example of how empowering women can lead to positive changes in communities.

It's also amazing to see 15 self-help group women taking part in this initiative, showing that when women come together and support each other, incredible things can happen.



CELEBRATING EARTH DAY

CASA reaffirms commitment to take action to protect the planet for future generations. CASA stands with the community in developing a sustainable approach for a better tomorrow, primarily working together to reduce carbon footprint and create a world that is healthy, equitable, and resilient for all.



Malaria, a grave disease transmitted through mosquito bites, remains a significant global health concern. Particularly rampant in sub-Saharan Africa, it claims numerous lives each year. To stem its impact, CASA emphasizes crucial prevention strategies:

- Bed Nets:** Prioritize sleeping under insecticide-treated bed nets.
- Repellents:** Employ insect repellent on skin and clothing.
- Protective Clothing:** Wear long-sleeved shirts and pants to cover exposed skin.
- Residual Spraying:** Utilize indoor residual spraying to combat mosquito presence.
- Mosquito Habitat Cleanup:** Remove standing water around homes to thwart breeding.
- Medication:** Adhere to prescribed antimalarial medication regimen.
- Prompt Treatment:** Seek timely diagnosis and care for symptoms like fever and flu-like signs.



CASA'S VISIT TO BLACK BENGAL GOAT REARING IGP PROGRAM

On April 26, CASA visited the Black Bengal Goat rearing IGP Program in Kanchrapara Village, Ghaghra Block. Engaging discussions ensued with IGP members, focusing on enhancing economic conditions through goat farming, establishing secondary income sources, and boosting small-scale livestock businesses for local tribal women. The importance of vaccination and collaboration with the Block Livestock Development Office also took center stage. The enthusiasm of IGP members for Mukhyamantri Pashudhan Vikas Yojana was inspiring.



CONNECTING OPPORTUNITIES FOR BRIGHT FUTURES

CASA recently orchestrated a program that facilitated a vital link between youth, government, and private institutions. The program unfolded productively, involving pivotal visits and insightful interactions. CASA engaged with the Block Welfare Officer and Block Youth Officer, fostering rapport and uncovering a multitude of community welfare schemes. An informative visit to ITI College provided insights into the state's Utkarsh Bangla skill development initiative, offering free courses. Significantly, 7 proactive youth leaders from Mangzing and Pubung seized the opportunity by enrolling for light motor vehicle driving training. Simultaneously, 4 others chose data entry operator training. These initiatives hold the promise of generating job prospects and curbing unsafe migration, fueling optimism for the region's transformation.

CASA eagerly anticipates the positive impacts these programs will usher in, creating new livelihood avenues and bolstering the community's future.



EMPOWERING YOUTH IN GHAZIPUR: ORIENTATION PROGRAM SPARKS ENTHUSIASM

CASA organized an enlightening orientation program in Shadiabad, Ghazipur, Uttar Pradesh, with 39 young participants from 13 gram panchayats, to illuminate the current societal landscape, emphasize the youth's pivotal role in driving change, and provide insights into organizational processes, the constitution, and relevant government schemes.

The session delved into practical matters too. A thorough discourse on sewing, embroidery, and computer training programs offered by the Uttar Pradesh Skill Development Training Center took center stage. Attendees received comprehensive guidance on application procedures and necessary documentation to access these programs. Feedback has been resoundingly positive. Attendees found the program both informative and enriching, gaining profound insights into the dynamic role that youth play in molding society.



CASA collaborated with Krishi Vigyan Kendra (KVK) in Ukhul to organize a two-day training program on Natural Farming and the Promotion of Millet from 25th-26th April 2023.

The event was attended by community-based organizations, producer organizations, and self-help groups from 10 project villages. The primary objective of the programme was to encourage the adoption of sustainable farming practices and promote the preservation of native crops.

On the first day, participants were introduced to natural farming, a traditional farming system that relies on livestock and minimal inputs while being free from harmful chemicals. The attendees also learned how to prepare natural manure known as BIJAMITRA using cow dung, cow urine, jaggery, gram flour, and water. The second day focused on millet cultivation, emphasizing its benefits as a low-cost, low-labour option that yields faster harvests, is more nutritious, and has weed resistance.



INITIATING RAPPORT-BUILDING SESSIONS

CASA engaged with the Block Welfare Officer and Block Youth Officer in West Bengal to gain invaluable insights into an array of community welfare schemes. Further enriching the program, a visit to ITI College shed light on Utkarsh Bangla—a state-implemented skill development initiative—unveiling a range of free courses.

The report comes with elation as seven ambitious young leaders hailing from Mangzing and Pubung have enthusiastically enrolled for light motor vehicle driving training. In parallel, four others have taken up data entry operator training. These training ventures are primed to create multiple job openings for the youth and counter unsafe migration trends.

The positive impact of these initiatives on the region is fervently anticipated, promising a surge of sustainable livelihood opportunities for the local populace.



In Umarpada, Gujarat, a highly productive meeting unfolded at the CASA office on May 16, 2023. The spotlight was on a remarkable pickle project in collaboration with a self-help group (SHG), centering around forest-sourced treasures like mango, chili, garlic, and more.



From May 16 to 18, 2023, the serene town of Kotagiri, Ooty, Tamilnadu, set the stage for an enlightening 3-day Conflict Analysis Workshop. CASA's engagement under the esteemed Local Capacities for Peace program proved to be a pivotal learning experience.

Delving into conflict, peace, and violence, the workshop enriched us with profound insights. Equipped with potent tools for conflict transformation, we explored diverse approaches to address conflicts head-on. A remarkable assembly of 26 dedicated CASA staff members contributed to the workshop's vibrancy. The experience was nothing short of enriching and illuminating for all participants.



PROGRESS OF RELIEF DISTRIBUTION EFFORTS IN MANIPUR

Following the recent conflict in Manipur, CASA has been providing relief to the affected communities in the Kangpokpi, Ukhul, Bishnupur, and Thoubal districts of Manipur. This has been accomplished in collaboration with caring volunteers from the Baptist Convention, Kuki Baptist Convention, and Integrated Rural Development Organisation (IRDSO).

CASA staff has been devotedly working nonstop to provide people in need with much-needed aid. We are happy to inform that 800 selected households living in 10 camps have received relief packages in an effective manner to date. These families have suffered a great deal, having their houses demolished and their lives uprooted.

Our committed team's quick evaluation, which they completed, was crucial to our rescue efforts. We have been able to pinpoint and respond to the most pressing needs of the impacted people in Manipur by obtaining information from the ground. This all-encompassing strategy guarantees that our humanitarian efforts have a real impact on the people we want to help.



DYNAMIC CASA MEETING FUELS COMMUNITY INITIATIVES FOR CHANGE

The results of CASA's Regional Level Social Mobilizers Meeting at the Coordination Hub Chhattisgarh are nothing short of exciting. This event showcased collaboration across three regions, each represented by nine or ten dedicated People's Organizations (POs) and Social Mobilizers. Inclusivity was further emphasized as coordination committee members from various regions also participated.

Crucial topics dominated our discussions, driving our community-focused initiatives to new heights:

Seed Ball Preparation: An imminent project involves crafting seed balls and nurturing vegetable seedlings until June 4th, fostering sustainable agricultural practices.

Rural Resource Centre Locations: Strategic selections for Rural Resource Centre locations promise widespread accessibility and maximum impact.

Kisan Mela: Mark May 30th for a captivating Kisan Mela! Join us in exchanging local and traditional seeds, lending support to our esteemed farmers.

Micro Forest Nursery: The need for micro forest maintenance and seedling nurturing via nurseries took the spotlight, boosting reforestation endeavors.

Advocacy Emphasis: Advocacy's pivotal role in promoting sustainable practices and ushering positive community transformations was underlined.

World Environment Day Celebration: Ready to commemorate World Environment Day with impactful activities, we're set to raise environmental awareness and inspire action.

VDCs and PO Status: An assessment of VDC progress and new member induction was conducted, underscored by the significance of meticulous record-keeping for transparent operations.



WORLD ENVIRONMENT DAY

In a remarkable tribute to World Environment Day, CASA and UNICEF joined hands to orchestrate an exceptional "sensitization and call to action" program named "Mission LiFE." This groundbreaking effort witnessed the convergence of humanitarian endeavors and environmental advocacy. The event welcomed UNICEF officials, accompanied by radio professionals from Akash Vani, private FM channels, and selected HAM radio stations. The focus was on "Communication for Development," wherein Radio Jockeys (RJs) imbibed motivational case studies shared by CASA.

The collaborative efforts bore fruit in the creation of scripts, jingles, and announcement messages. These will now be seamlessly woven into the regular live broadcasts of RJs, disseminating vital information. Over the next 15 days and beyond, listeners will be engaged with significant messages concerning climate change and the profound purpose of "Mission LiFE."

Developed in conjunction with the Ministry of Environment, Forests and Climate Change (MoEFCC), UNICEF India, and Yuwaah from UNICEF, this program holds immense promise. Active participation by various stakeholders, including UNICEF and its partners across multiple states, has amplified the impact of "Mission LiFE" across India.

The harmonious union of media representatives and civil society organizations underpins the creative initiative's success, all united by a shared commitment to societal well-being. Tune in to your preferred radio stations for these vital messages, and let's collectively champion environmental preservation!



CASA'S VIBRANT WORLD ENVIRONMENT DAY CELEBRATION

On June 5th, CASA rallied communities across India to commemorate World Environment Day, spanning regions from the Hill and Duars to the Coastal Zone. Amidst this spirited celebration, a unique Eco-Friendly Learning Station in Kalchini, Alipurduar District, West Bengal, took center stage.

The resounding message was crystal clear: "Say no to plastic use." Participants engaged in a creative endeavor, crafting their own dustbins adorned with poignant messages. A total of 210 individuals, including children, girls, and youth leaders, enthusiastically joined the initiative. These specially designed paper carton dustbins are set to be a constant reminder of our steadfast commitment to the environment, both during and after classes.

This endeavor assumes particular significance in tea garden areas, where modern amenities remain scarce. Collectively, CASA is crafting a blueprint for a sustainable, eco-friendly future.





A HEARTWARMING VISIT TO THE CHILD WELFARE EDUCATION PROGRAM IN KODAIKANAL, TAMIL NADU BY THE DIRECTOR OF CASA!

Dr. Sushant Agrawal shared,

"I had the privilege of visiting the Bridge Course Centre (BCC), and I must say, it was an absolute joy to be surrounded by such bright and enthusiastic minds. As the Director of CASA, I've always believed that education is a powerful tool that can transform lives. Witnessing the impact of our programs firsthand reaffirmed my faith in the importance of investing in the education of our youth"



NURTURING SUSTAINABLE AGRICULTURE: EMPOWERING FARMERS THROUGH KNOWLEDGE

The exposure trip to the ICAR Farming System Research Centre in Janwada, Bidar, Karnataka was recently organized by CASA under the leadership of Dr. Gynan Deve Gulla and Dr. Sunil Kumar, Senior Scientist & Head with a group of farmers.

The visit's main goal was to advance sustainable agriculture and organic farming. We discovered the need of applying soil management practices based on organic principles and employing organic fertilizers. The discussion also emphasized the typical difficulties that farmers encounter, such as lack of technical expertise, irrigation problems, climate change, fertilizer problems, and marketing issues.

Dr. Sunil Kumar's talk on cash crops and horticulture technologies captured the attention of the farmers in particular. He imparted important knowledge on the cultivation of soybeans, red and green grams, various beans, and the need for soil testing.

It was, all in all, an eye-opening encounter that highlighted the advantages of sustainable agriculture, organic farming, and cutting-edge horticultural technologies. Without a doubt, the visit gave the farmers helpful information and solutions to the problems they confront in their regular farming operations.



INTERNATIONAL YOGA DAY

On the ground, the spirit of International Yoga Day came alive as Mathavali Taluka, Dadiopada, Gujarat, embraced the power of wellness and unity through yoga.

Fifty enthusiastic participants united to celebrate this special day, recognizing the profound impact of nurturing our mind, body, and spirit. The event underscored the commitment to a healthier and more harmonious future.



HIMACHAL PRADESH FLOODS RESPONSE 2023

Our dedicated teams are on the ground, weaving a safety net for the hardest-hit communities. In our continued efforts to serve humanity, we have already provided essential support to 820 families in these regions, but the need is far greater than what has been accomplished thus far.

- In Himachal Pradesh, we have extended our reach to Kullu and Manali, encompassing 7 villages, and in the Kinnaur district, our support reaches 13 villages.
- In Uttarakhand, the Haridwar district has become our focus, where we are assisting 4 villages.

Yet, the magnitude of the disaster demands that we do more. It is with a sense of urgency and shared responsibility that we appeal to you today.

The relief kits provided by CASA hold within them not just material supplies, but the light to rebuilding lives:

- Dry rations
- Clean drinking water
- Utensil sets
- Tarpaulin sheets
- Mosquito nets
- Bucket and Mug



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