

Integrated Village Development Program

“From Hesitation to Confidence: Building Women’s Awareness and Leadership”

Supported By: LTIMindtree

Implementing Partner Name: Arpan Seva Sansthan

Contact Person- Dr Chandra Shekhar Meena

Contact Number- 80037-27710

State: Rajasthan

District: Sawai Madhopur

City: Gangapur City

Challenge:

Before the implementation of the Integrated Village Development Programme by Arpan Seva Sansthan across 13 villages, including hamlets of 4 Gram Panchayats in Sawai Madhopur, most women hesitated to step out of their homes due to social and family-related restrictions. They avoided participating in community meetings and were unable to openly express their opinions and concerns.

Because of traditional social norms and limited awareness, women’s participation remained confined mainly to household responsibilities. Knowledge related to health, nutrition, pregnancy care, child nutrition, and hygiene was also limited. In many families, insufficient attention was given to the nutrition and health of women and children, leading to continued health-related challenges.

Due to a lack of self-confidence, women were reluctant to take decisions, participate in community activities, or assume leadership roles. Active participation of women at the community level was very limited.

The Turning Point:

A positive transformation in women’s lives began when Arpan Seva Sansthan started organizing regular awareness activities, women’s group meetings, and community programmes under the Integrated Village Development Programme.

Through these activities, women received information about health, nutrition, hygiene, maternal and child care, and the importance of women’s participation in society.

Initially, women attended meetings in small numbers and hesitated to speak openly. However, continuous interaction, group discussions, and a supportive environment gradually increased their confidence. Women’s group discussions and community participation helped them realize that they could also play an important role within their families and society. This realization became a major turning point in their lives.

Our Intervention:

To promote the health, nutrition, and social empowerment of women and children, Arpan Seva Sansthan organized various awareness and community-based activities under the Integrated Village Development Programme.

1. **Nutrition Awareness Meetings:** Women were provided information on balanced diets, prevention of malnutrition, care of pregnant women, and proper child nutrition practices.
2. **Godh Bharai and Annaprashan Programmes:** Community-level Godh Bharai (baby shower) and Annaprashan (first feeding ceremony) programmes were organized through

Anganwadi centres to spread awareness about maternal and child health among pregnant and lactating women.

3. **Women's Group Meetings and Leadership Development:** Women were encouraged to participate in group meetings, share their concerns, and take leadership roles in community activities, which helped strengthen their confidence.
4. **Awareness Rallies and Community Participation:** Awareness rallies and community events were organized to spread messages related to nutrition and health, ensuring active participation of women.
5. **Promotion of Health and Hygiene Practices:** Women were motivated to adopt healthy lifestyles, maintain household hygiene, ensure proper childcare, and prioritize nutritious food within their families.

Result:

Through the continuous efforts and community activities conducted by Arpan Seva Sansthan, positive changes were observed in the behavior and mindset of women across the 13 villages and hamlets of 4 Gram Panchayats.

Earlier, women hesitated to attend meetings, but now they actively participate in meetings and community programmes. Women now confidently share their suggestions and concerns and also motivate other women to become aware about health and nutrition.

During Nutrition Month, more than 1,000 women actively participated in activities such as Godh Bharai ceremonies, Annaprashan programmes, women's group meetings, and awareness rallies. As a result of these initiatives, women started prioritizing nutritious food within their families and paying special attention to the care of pregnant women and children. Many women are now adopting improved hygiene and health practices and serving as role models for other families in the community. Today, women in the project area have emerged as strong examples of confidence, awareness, and leadership. They are not only improving the health and nutrition of their own families but are also playing an important role in building a healthier, more aware, and empowered community.

Beneficiary Quotes:

"Earlier, we were afraid to attend meetings and speak openly, but now we understand how important health and nutrition are for our families. Today, we confidently express our views and also encourage other women to become aware."

Priyanka Devi
Women Participant,
Sawai Madhopur

