

2023 ANNUAL REPORT **SUTRA , ENSS**



**DASRA
REBUILD INDIA FUND**

WOMEN WE WORK WITH >> WOMEN WE WORK FOR

Together we work for

"Facing life's trials: single, divorced, widowed—enduring silently. Unseen struggles echo, resilience defines their journey."



Our purpose

At Ekal Nari Shakt Sangathan, our mission is championing the rights of Single Women to ensure their representation in government policies, budget and welfare schemes. We strive to empower those we serve to achieve self-sufficiency and improve their overall quality of life.



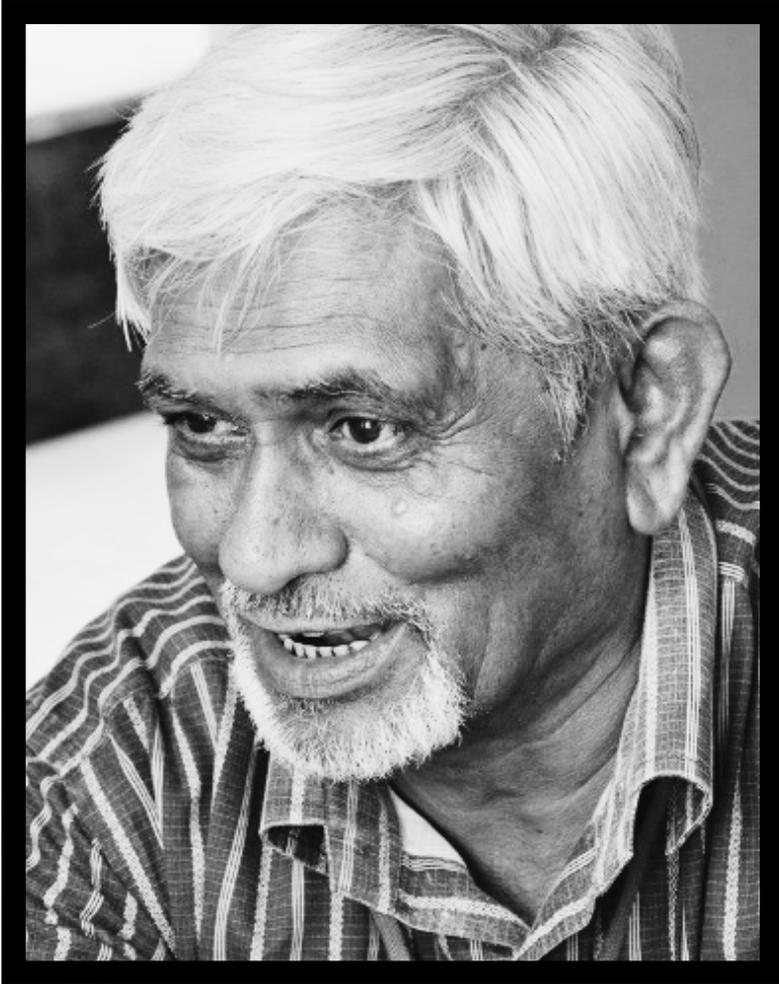
we share our love with & we get strength from



**Ekal Nari Shakti Sangathan
(ENSS) emerged in 2005 under
the leadership of SUTRA,**

**purpose is to advocate for the
constitutional/legal rights of
single women.**

Our mentor's voice



Subhash Mendhapurkar

“Because a large number of women remain invisible and voiceless”

our support system



Ms. Nirmal Chandel

“ Several Single women from villages are denied access and rights for property once they lose their husbands and are made to struggle for survival all alone with their children. Widows are deprived off the opportunity to eat certain foods, wear colored clothes and participate in festivals or cultural events.”



**BUILDING EMOTIONAL
RESILIENCE,
STRENGTHENING
WOMANHOOD**



EQUAL OPPORTUNITIES TO ALL , IRRESPECTIVE OF THEIR MARITAL STATUS

WHY MENTAL HEALTH AWARENESS BECAME NEED OF AN HOUR

- 1. Stigma Reduction:** Addressing stigma around mental health in rural communities to encourage openness and seeking help.
- 2. Access Barriers:** Overcoming geographical and financial barriers that hinder access to mental health services in rural areas.
- 3. Unique Stressors:** Recognizing and addressing the specific stressors faced by rural women, such as agricultural work, isolation, and limited resources.
- 4. Empowerment:** Empowering women with knowledge and tools to prioritize their mental well-being and that of their families.
- 5. Community Support:** Fostering community support networks where women can share experiences and seek assistance without fear of judgment.
- 6. Preventive Focus:** Emphasizing preventive measures and early intervention to mitigate the impact of mental health issues before they escalate.
- 7. Holistic Approach:** Promoting holistic well-being by integrating mental health into existing healthcare and social services.
- 8. Cultural Sensitivity:** Tailoring interventions to respect and align with the cultural norms and values of rural communities.
- 9. Capacity Building:** Building the capacity of local healthcare providers and community leaders to recognize and address mental health concerns effectively.
- 10. Long-term Impact:** Recognizing that improving women's mental health not only benefits individuals but also strengthens families, communities, and the overall social fabric.

Organisational impact ↓

Conducted Mental health awareness Campaigns

Place & Date	Resource person	Total participant
SUTRA CAMPUS 27th - 28th Dec 2023	Dr. Noorjehan Safia Niaz Co founder Bhartiya Muslim Mahila Andolan, Mental health enthusiast , Clinical psychologist	28
	Shri Harsh Kaushik. trainer, speaker, and coach.	28



showing movie inside out for positive attitude

Key points discussed at the organized mental health camp for Single woman

1. Stress management techniques tailored to their unique challenges.
2. Coping strategies for trauma, loss, and societal pressures.
3. Empowerment through self-care practices and emotional resilience.
4. Accessing mental health resources and support networks.
5. Addressing stigma and cultural barriers to seeking help.
6. Building a community of support and solidarity among participants.
7. Importance of self-expression and seeking professional help when needed.
8. Promoting mental health awareness and advocacy within the organization and beyond.

"Empowering women's mental health: nurturing strength, resilience, and self-compassion."

Organisational impact ↓

Conducted Mental health awareness Campaigns



Dr. Noorjehan Safia Niaz conducting sessions in SUTRA Campus



"Empowering women's mental health: nurturing strength, resilience, and self-compassion."

Campaigns and impact

Date & place	resource person	total participant
Dharampur , 20th Oct 2023	Ms. Nirmal Chandel	32
Nalagarh , 24th May 2023	Ms. Soniya Devi	30
Kunihar. 10th Oct 2023	Mr. Prithvi Singh , Up pradhan	30
Paunta, 30th May 2023	Ms. Premila sharma	28
Silai , 29th sept 2023	Ms. Naro devi	18
Una, 22nd june 2023	Ms. Santosh Devi	35
Gagret , 29th May 2023	Ms. Radha	20
Haroli ,3rd June 2023	Ms. Saroj	20
Amb, 27th june 2023	Mr. Gurmel Singh	26

Date & place	resource person	total participant
Dharamshala , 3rd June 2023	Ms. Indra devi	21
Nagrota , 28th June 2023	Mr. Surendra Kumar	28
Rait, 13th Sept 2023	Ms. Sumana Devi	25
Bajnath , 27th June 2023	Dr. Rohit Sharma	22
Panchrukhi , 26th June 2023	Dr. Kartik	26
Drang, 22nd june 2023	Ms. Lata Devi	15
Chautra , 12th june 2023	Ms. Ruchia	34
Sadar , 24th June 2023	Ms. Ratni devi	20
Bhatiyad 15th june 2023	Ms. Anisha	14

TOTAL IMPACT - 444

Achievements

1. **Increased Awareness:** Raised awareness about mental health issues among women in rural areas, reducing stigma and encouraging open discussions.
2. **Access to Support Services:** Provided access to mental health support services, including counseling, therapy, and community support groups, improving women's ability to cope with challenges.
3. **Empowerment:** Empowered women to recognize their own mental health needs and equipped them with coping strategies to manage stress, grief, and other emotional difficulties.
4. **Social Connection:** Fostered a sense of community and belonging among participants, reducing feelings of isolation and loneliness often experienced by single, divorced, widowed, and deserted women.
5. **Skill Development:** Offered skill-building workshops and training sessions to enhance resilience, self-esteem, and self-reliance, enabling women to navigate life transitions with greater confidence.
6. **Peer Support Networks:** Facilitated the formation of peer support networks where women could share experiences, offer encouragement, and provide practical assistance to one another.
7. **Improved Coping Mechanisms:** Equipped women with effective coping mechanisms to deal with the unique challenges they face as single, divorced, widowed, or deserted individuals living in rural areas.
8. **Advocacy and Empowerment:** Empowered women to advocate for their own mental health needs within their families and communities, promoting a culture of support and understanding.
9. **Prevention of Mental Health Crises:** Helped to prevent mental health crises by identifying early warning signs, providing timely intervention, and promoting proactive self-care practices.
10. **Long-Term Wellbeing:** Contributed to the long-term wellbeing and resilience of single, divorced, widowed, and deserted women in rural areas, enhancing their quality of life and overall happiness.





In communities where we conducted campaigns , women experienced a notable sense of empowerment and began prioritizing self-care practices, spurred by positive feedback and encouragement. This shift represents a significant advancement in their well-being and autonomy, reflecting a growing recognition of their own needs and value within their communities.



other achievements of the year :

Information was received about diseases occurring in single women. of reproductive organs

Came to know about diseases. It was also revealed that attention to cleanliness

It is very important to keep. Take special care of cleanliness of reproductive organs

Needed

Hemoglobin of 153 single women was also checked. A minimum of 8 grams

and a maximum of 11 grams were found.

There was an understanding about the mental health of single women

and what causes stress. What are the reasons for this like there is violence

against the woman and she goes into depression. To avoid this, women

should do yoga/exercise in the fresh air in the morning, roam around, dance,

sing and go out of the house to feel a little lighter. We feel happy going to

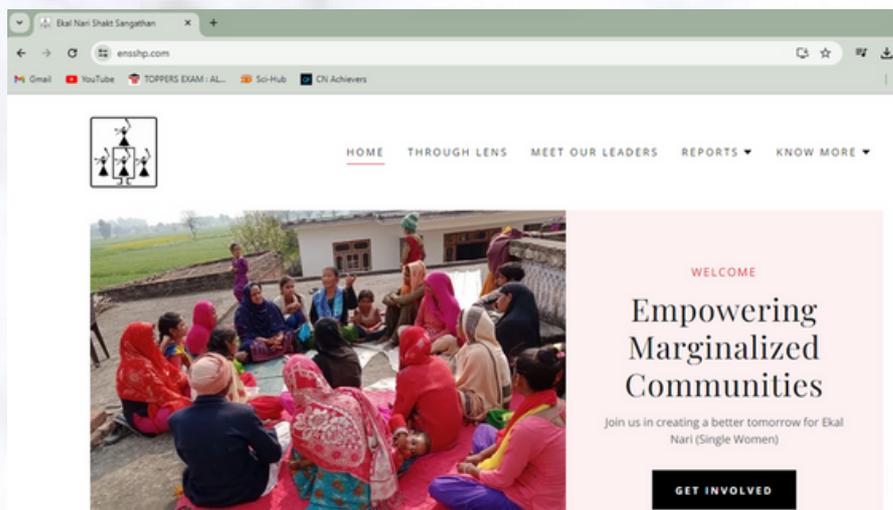
meetings.

One sister said that my mental condition was not good and my memory had

diminished and my mind was heavy. I considered myself a burden.

But now I attend meetings. I came out through the organization and now my mind has become lighter.

- The ENSS website, <https://ensshp.com>, has been created, and we regularly update it. We post all our programs on the website.
- The Himachal Government has launched the Health Himcare Card Scheme for single woman Its period has been extended for three years . Previously, Rs 365/- had to be paid every year. Now, we only have to pay Rs 365/- once in three years. We have also benefited from this scheme.

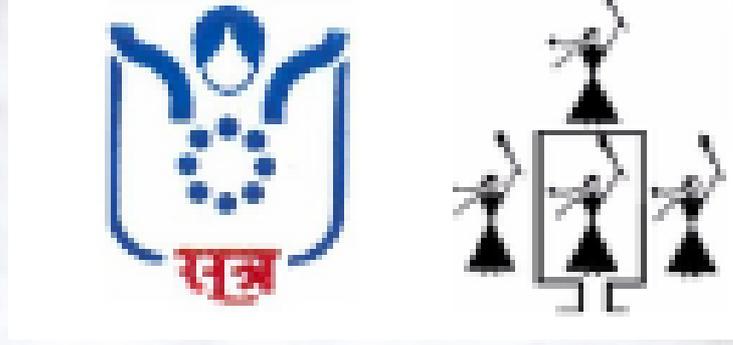


<https://ensshp.com/>

Our moment of pride

Santosh Devi, a 58-year-old single woman from Gram Panchayat Anji Matla, faced a severe leg infection due to high sugar levels. Admitted to Maharishi Markdeeth Hospital (M.M.U.), her daughter Kavita, also single, struggled to afford her treatment. With the assistance of single women field workers and an organization, Santosh Devi obtained a Himcare Card, offering up to Rs 5 lakh of free treatment. Although the card faced issues in November 2023, the MLA intervened, ensuring Santosh Devi received necessary treatment without financial constraints. After exhausting the card's limit on three operations and leg surgery, Santosh Devi is on the path to recovery. Despite financial challenges and being single mothers, both Santosh Devi and Kavita found support and guidance from the organization. Kavita's daughter benefits from a scholarship, and Santosh Devi receives pension. Inspired by the Ekal Mahila Sangathan, they continue to strive for betterment, seeking land assistance through governmental channels.





Looking forward to continue the journey of development

<http://www.sutrahp.org/>

<https://ensshp.com/>

