

मैत्री मंथन संस्थान

Maitri Manthan sansthan est 2013

Activity *Report*

What we have done over the years with the rural, tribal and urban-poor communities of southern Rajasthan: healthcare, children's education, women's empowerment, village development, and the tribal arts and livelihoods those communities depend on.

01 Healthcare & wellbeing	02 Children's education	03 Women's empowerment	04 Rural & community development
05 Tribal arts & heritage	06 Handicrafts & artisans	07 Sustainable livelihoods	08 Forest & wildlife conservation

एक कदम, सुधार की ओर

ONE STEP, TOWARDS BETTERMENT

Registered society, Rajasthan Societies Registration Act, 1958
Regd. No. 98/Udaipur/2013-14
maitrimanthan.org

ABOUT US

Who *we are* हमारा परिचय

Maitri Manthan Sansthan is a non-profit society based in Udaipur, founded by Monika Sharma, its Founder and Secretary. Over the years it has worked with rural, tribal, remote and urban-poor communities across southern Rajasthan, wherever families had the least access to care, schooling and opportunity.

The name is our method. **Maitri** means goodwill and genuine friendship with the community. **Manthan** is the churning: patient reflection that turns ideas into solutions that last. We do not hand out aid and leave. We work alongside communities so that change outlives any single project.

Our founding work was in healthcare, children's education, women's empowerment and rural development, and it continues today. Living and working in these villages also showed us what else was at stake: tribal art traditions slipping away, skilled artisans paid the least for their craft, and forests and wildlife under pressure. Our work has widened to take these on too.

How we work

- **Start from strengths.** Every community has skills, people and resources. We build on what is already there instead of only cataloguing problems.
- **Let the community lead.** Village learning spaces, volunteers and local knowledge come from the community itself, which is why programmes keep running.
- **Meet urgent needs.** Where people cannot reach a doctor or a school, we bring the service to them, or bring them to it.
- **Work in partnership.** Hospitals, schools, companies, universities and other non-profits multiply what a small team can do.

OUR MISSION

To address health, education, women's empowerment and rural development, and to protect the tribal arts, handicrafts, livelihoods and natural resources rural communities depend on, working alongside the rural, tribal and remote communities of Rajasthan.

OUR VISION

To improve the lives of those in need within our society, becoming easily accessible to them, and spreading positive thinking amongst them.

OUR GOAL

To help carry the government's initiatives for betterment into rural areas, by informing citizens and supporting the implementation of its policies.

WHERE WE WORK

Across Rajasthan, mainly in Udaipur and the surrounding districts of southern Rajasthan, such as Pratapgarh, Dungarpur and Rajsamand, as well as Jodhpur, etc.

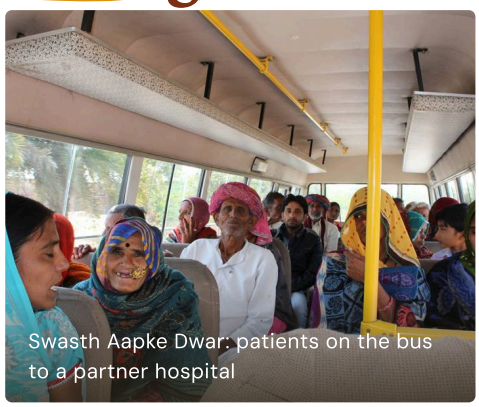
AT A GLANCE

1,00,000+	400+	2,300+	1,100+
people supported through medical camps and healthcare assistance	villages reached across Rajasthan	children reached through learning centres, toy libraries and school programmes	women trained in skills or counselled on health and rights

01 · FOUNDING PROGRAMME

Healthcare & community *wellbeing* स्वास्थ्य

Healthcare is where Maitri Manthan first earned the trust of the villages around Udaipur. In rural Rajasthan a sick person usually goes first to a traditional healer, then to an unqualified local provider, and reaches a qualified doctor only when the illness has become an emergency. Our health work exists to shorten that journey.



Swasth Aapke Dwar: patients on the bus to a partner hospital



A school health check-up camp



The mobile medical van at a village camp

Swasth Aapke Dwar: health at your doorstep

Our flagship health programme. On camp days a bus collects patients from their villages and brings them to a partner hospital, where our team walks each person through registration, consultation, tests, treatment and medicines, all free of charge. The evening before, the team drives through the next day's villages calling out *"Kal bas aayegi!"* ("The bus comes tomorrow!") so no one misses it. Many patients cannot read their own prescriptions; our staff stay with them until they understand their diagnosis and treatment.

Medical camps in the villages

With partner hospitals and specialist doctors, we hold free camps in villages across Udaipur and Jodhpur districts: general check-ups, dental and eye check-ups, blood sugar and blood pressure screening, skin-disease camps and HIV testing, with medicines given on the spot. A mobile medical van takes the camp to hamlets that have no clinic at all.

Awareness, blood donation and care for those left out

- Tobacco-addiction and breast-cancer awareness drives, school health rallies and village health meetings.
- Voluntary blood donation camps run with student and youth volunteers.
- Surgery and treatment support for patients who could not afford it, including kidney-stone operations for women from the villages.
- Check-ups and treatment for children from an orphanage, and for children rescued from child labour (with Aasra Vikas Sansthan).
- Health camps for 1,500 adolescent girls at 50 centres in Udaipur and Pratapgarh districts, with Gayatri Seva Sansthan under its *Sakhiyon ki Baadi* project.

ONE STORY

Sunder Lal of Kotda was close to death from a severe infection when our team reached him. We arranged and supported his treatment until he recovered. Dainik Bhaskar reported his story, and we documented it on film.

02 · FOUNDING PROGRAMME

Children's *education* शिक्षा

Education was our founder's first commitment, from walking to villages to persuade families that school was worth the trip. Children in the poorest pockets often stay in school for years without learning much, because poverty, child labour, distance and an unwelcoming classroom wear them down. Our programmes make learning something children want to come back to.

Khushiyan: the toy library

In rural schools a toy library is a distant dream. Khushiyan collects unused toys, games, books and sports equipment from families and schools in the city and puts them in community toy libraries, where children come to play, draw, read and learn through play. We set them up after noticing that when toys were handed out in schools and anganwadis, boys and girls were given "separate" toys. In a Khushiyan library every child can pick up any toy or game, and children learn to play together, share, negotiate and lead.

We have run toy libraries at Charbhuja (Rajsamand), in the slum settlement by Udaipur railway station, in Bilakh village near Rishabhdeo, and in Mandesar village near Dabok.



A Khushiyan toy library session

Village learning centres

Our education centre at Charbhuja began with space and helpers offered by the community itself. Centres at Bilakh and Mandesar give children supportive learning after school, refresher and English classes, painting and games competitions, and a safe place to do homework. One of our teachers put it simply: *"I want to prepare them so that in the future they have options."*


Learning through play

Beyond the village

- Exposure visits that widen children's horizons, including International Yoga Day at IIM Udaipur and visits to The Leela Palace and The Oberoi Udaivilas, where children were presented with bicycles.
- Drawing competitions with ICICI Foundation, which brought 356 children from nearby schools to our Bilakh centre.
- Computer training and general-knowledge tests for students in Dungarpur district, and prizes for top students at village schools.
- Our children ran their own stall of handmade bookmarks at the "Clean Udaipur, Green Udaipur" carnival to raise money for their toy library.


Drawing competition at the Bilakh centre

2,300+
children reached

1,300+
children in toy libraries

10,000+
toys put back into play

03 · FOUNDING PROGRAMME

Women's *empowerment* महिला सशक्तिकरण

Women in rural Rajasthan carry the household, the fields and the children, often with little say in decisions and little knowledge of their own health or rights. We believe empowerment means greater access to knowledge and resources, and more control over the circumstances that shape a woman's life. A literate, skilled, informed woman lifts the health, nutrition and education of her whole family.



A village women's awareness meeting



Village women after an awareness camp

Skills and income

Training in tailoring, computer literacy and other skills, so that women can earn in or near their own village. Women have also learned crafts such as rakhi and festive-decoration making.

Counselling and health

Counselling on women's health, menstrual hygiene, family planning, breastfeeding, domestic violence and the rights of women at work. Health education on personal hygiene and preventing illness.

Groups and voice

Self-help groups that bring women together to solve problems through mutual help and to access government schemes. Village chaupal meetings where women discuss their entitlements.

Honouring women who lead

Around International Women's Day we have honoured women who have done outstanding work in their fields. Our *Chingari* programme, held with a city restaurant partner and covered by Dainik Bhaskar, recognised women from many walks of life. Women's Day events with Pacific Institute of Management & Technology celebrated rural and urban women side by side.

570+
women trained in skills

600+
women counselled



Rakhi making



Women honoured

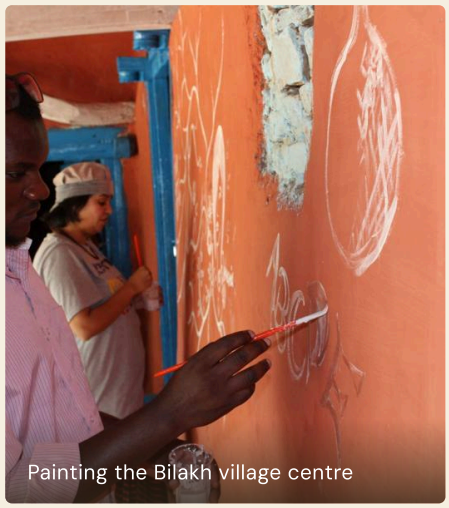
04 · FOUNDING PROGRAMME

Rural & community *development* ग्राम विकास

HOW WE CAME TO ADOPT A VILLAGE: BILAKH

One of our founder members found five boys on the pier of one of Udaipur's lakes, crying and talking of ending their lives. They had run away from home days earlier and had been mistreated and made to work as child labourers. Our team took them to the office, fed them, listened to their story, and brought them home to their families.

Their home was Bilakh, a tribal village near Rishabhdeo, about 70 km from Udaipur. The nearest school was an hour's walk away, there was no work, and people had lost hope. So Maitri Manthan adopted the village. We opened a learning centre where children received supportive learning, and it became the base for classes and workshops on hygiene, women's empowerment and entrepreneurship, community meetings and medical camps. The local newspapers reported both the rescue and the work that followed.


Painting the Bilakh village centre

Clean, green and healthy villages

- **Swachh & Swasth Bharat:** cleanliness and sanitation drives in villages and city bastis.
- **Plantation drives** around Udaipur with village women, children and volunteers, to protect the Aravalli green belt.
- Two-day awareness camps in villages such as Dhawa, Kheda and Bhutpura, and in the Udiyapole kachchi basti.

Connecting citizens with government schemes

In chaupal and *jan-chetna* (public awareness) meetings, our team explains government schemes, entitlements and how to apply for them, in line with our goal of carrying the government's initiatives for betterment into rural areas.

Relief and festivals shared

- Winter blanket distribution for people sleeping on the streets.
- **Big Dariyadili**, a clothes drive collecting clothing in the city and distributing it in tribal villages.
- Diwali, Raksha Bandhan and Independence Day celebrated with children in villages and city slums.

Volunteers in the village

University students, social-work trainees and international volunteers have worked in our villages, teaching, running camps and documenting the work. Volunteers have also served at a gaushala, a home for the elderly and government schools.


Plantation drive with village women

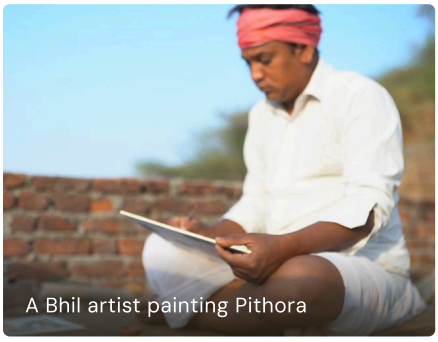

Big Dariyadili clothes drive

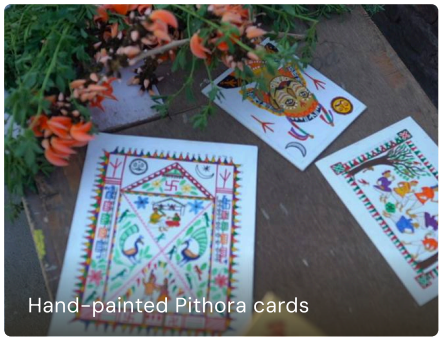

Volunteers with children at Bilakh

05 – 08 · A WIDENING MISSION

Heritage, craft & *the land* कला, संस्कृति, प्रकृति

Working in tribal villages showed us that lasting change in rural Rajasthan also runs through culture, craft and the land itself. The same communities whose health and schooling we support hold art traditions that are disappearing, craft skills that earn them too little, and forests they depend on. These four focus areas stand alongside our founding programmes.


A Bhil artist painting Pithora


Hand-painted Pithora cards


Children painting a village mural

05 · Tribal arts & cultural heritage

We work to document, revive and dignify the tribal and folk art of Mewar, Bhil Pithora painting and Mewari folk forms above all. We connect master artists with new audiences, bring art into village centres and walls with children, and make sure the community, not middlemen, owns the value of its culture.

We are now documenting **Gavari**, the Bhil ritual dance-drama of Mewar, in a short film made with the consent of the performers and village elders and screened in the village before it is shared.

06 · Handicrafts & artisan upliftment

Skilled artisans are too often paid the least. We help craftspeople earn fairly through skills support, design input and links to buyers who value handmade work, such as the hand-painted Pithora cards and folk-art pieces our artisans make for institutional orders, and artist-led folk-art workshops for organisations.

07 · Sustainable livelihoods

Income that lasts, rooted in local materials and traditional skills, so families in tribal areas can earn without leaving home. Our managing committee has adopted a plan for the all-round development of the tribal area: better schooling, information on scholarship schemes, employment and self-employment, skill-development training, and the protection of tribal art, culture and tradition.

08 · Forest & wildlife conservation

The communities we serve live closest to Rajasthan's forests and wildlife, and have the most to gain from protecting them. Building on our plantation drives around the Aravalli green belt, we work on conservation with people, not against them: community awareness, habitat protection, and livelihoods that make conservation the sensible choice.

RECOGNITION & EVIDENCE

In the news, and in *good company*


हर चेहरे पर से मुस्कान : मोनिका वैष्णव (सोशल वर्कर)

कोई भी बच्चा अभावों में न जीए। सभी को पूरी शिक्षा और खेलने का अवसर मिले। मजदूरी या गलत काम में मजबूरन निकले बालिश्त हर बच्चे के चेहरे पर मुस्कान हो। मैत्री मंगन संस्थान की संस्थापक 21 वर्षीय मोनिका वैष्णव पिछले 2 सालों से इसी सोच से कार्य कर रही है। मोनिका की कॉन्सेप्ट मां किरण वैष्णव उनका प्रेरणास्रोत हैं।

वकील मोनिका, जरूरतमंद खासकर बच्चों को मदद के लिए मैत्री 2013 में संस्था स्थापित की थी। रेलवे स्टेशन स्थित कच्ची बस्ती के बच्चों के लिए टॉय लाइब्रेरी लम्बे समय तक चलाई, जहां ये बच्चे खुलकर जी और खेल सकते थे। इसके बाद ऋषभदेव के फला कलावत गांव को गोद लिया। कुछ समय पहले इस गांव के कुछ बच्चे घर छोड़कर उदयपुर आ गए थे और पुलिस ने उन्हें पकड़ा था। उन्हें संस्थान के सुपुर्द किया गया। ये उनके गांव नहीं तो पता चला कि वहां जीवन कितना संघर्षपूर्ण है। वहां स्कूल तो दूर, बिजली और सड़क की सुविधा तक नहीं थी। ऐसे में अपना केंद्र स्थापित किया, जहां बच्चे पढ़ते और खेलते हैं। करीब 89 बच्चे इस केंद्र से जुड़ चुके हैं और जो बच्चे गांव छोड़ गए थे, उनकी सोच भी बदल रही है। ये भी जीवन में कुछ बनना चाहते हैं। पॉलिफिक मेडिकल कॉलेज व हॉस्पिटल से भी मुझे पूरा सहयोग मिलता है। इसके माध्यम से बीमार बच्चों का इलाज भी कराती हूं।

Profile of our founder and the railway-station toy library


पांच दिन से भूखे घूम रहे थे पांच बच्चे

ऋषभदेव के पास माउड़ा गांव से 5 दिन पूर्व लापता हुए बच्चे गुरुवार को उदयपुर में मिले। सात से 14 उम्र के ये 5 बच्चे दूधतलाई पर नहा रहे थे। ग्रामीण माहौल से दिखने वाले बच्चों पर लेक पेट्रोलिंग टीम को शक हुआ। पूछताछ में पता चला कि वे माता-पिता की मारपीट से आहत होकर घर छोड़कर भाग आए। पुलिस ने एक एनजीओ को सुपुर्द किया, जिसने फिर से बच्चों को घर पहुंचाया। लेक पेट्रोलिंग इंचार्ज पुरुषोत्तम लीलानी ने बताया कि बच्चे ग्रामीण माहौल के हैं और दूध तलाई पर नहा रहे थे। संदेह होने पर पूछताछ की। पता चला कि वे घर छोड़कर भागे हैं। बच्चे 5 दिन पहले ट्रेन में बैठकर उदयपुर आ गए थे। इतने दिन शहर में ही इधर-उधर समय काट रहे थे, भूखे थे। उन्हें खाना खिलाकर मैत्री संस्थान को सुपुर्द किया। संस्थान संचालिका मोनिका वैष्णव ने बताया कि बच्चे एक ही स्कूल में पढ़ते हैं और सभी पारिवारिक प्रताड़ना से त्रस्त हैं। बच्चों ने बताया कि पिताजी शराब पीकर मारपीट करते हैं। पांचों बच्चों में सबसे बड़ा 14 वर्षीय

Rajasthan Patrika: five missing boys returned home


चिंगारी कार्यक्रम में हुआ सम्मान

स्टारेट व मैत्री मंगन संस्थान द्वारा महिलाओं के सम्मान में चिंगारी कार्यक्रम आयोजि
ा। कार्यक्रम में विभिन्न क्षेत्रों में उत्कृष्ट कार्य करने वाली महिलाओं का सम्मान किय
प्रशांत जैन ने बताया कि प्रभात रूपा की आशा पालीवाल, सरोज शर्मा, उर्मीला, मोनिका
ठौड़, मयूरी जैन, ललिता गोठवाल को सम्मानित किया गया। मुख्य अतिथि नगर नि
न्द्र सिंह कोठारी तथा विशिष्ट अतिथि दीपक सुखाड़िया थे। अध्यक्षता संयोजक स्व
सेजल प्रतियोगिता में सबाना खान प्रथम और श्वेता पालीवाल द्वितीय रहीं।

Dainik Bhaskar: women honoured at *Chingari*


भास्कर | Page 5

के प्रयास से उदयपुर अस्पताल रैफर करवाया, किया जाएगा ऑपरेश

चक्कर में फैला इंफेक्शन, चलने से मोहताज

ो गया है। इसके बाद कभी कभार
इलाकवालों ने पुरी कर दी। उका मालने
ले की जानकारी स्वास्थ्यकर्मी संस्था मैत्री
था। मंगन के कार्यकर्ता मोहनलाल पारगी
इसे को हुई। वह मोहन सुंदर के घर पहुंचे
ख्या और उसकी आप बीती सुनी। मात्र दो
हुई परिजनों को उदयपुर इलाज करवाने
ही की बात कही। मां-बाप ने मनाया कि
उनके पास इतना पैसा भी नहीं है साथ
ही उदयपुर में हर जगह गए हुए भी
कर नहीं है। इसके बाद मैत्री मंगन टीम ने
ही गांव के लोगों से बात की। इसके बाद
वी। परिजन खर्चे और परेशान को देखते
अ की व्यवस्था से एम्बी हॉस्पिटल रैफर
लत किया।

फोटो टूट. इंफेक्शन के चलते चलने से मोहताज हुआ सुंदरलाल।

Dainik Bhaskar: Sunder Lal's recovery, Kotda

Awards and recognition

- NGO Leadership Award, Rajasthan NGO's Leadership Awards, Jaipur
- Samarpan Award for service and dedication, Udaipur
- Women's Livelihood Recognition, Social Media Empowerment Awards & Summit
- International Women's Day citation for women's empowerment work
- Coffee for Cause recognition, Udaipur
- Official Board of Advisors, AIESEC Udaipur
- Featured on 92.7 Big FM; covered on film by UdaipurBlog and Kotda Times

Partners and collaborators

Pacific Medical College & Hospital · Pacific Institute of Management & Technology · ICICI Foundation · IIM Udaipur · The Oberoi Udaivilas · The Leela Palace · Gayatri Seva Sansthan · IIFL Foundation · Aasra Vikas Sansthan · UPES Dehradun · DA-IICT, Gandhinagar · Swami Sajjanand College (MSW) · toolbox INDIA Foundation · AIESEC · IIMUN

Governance

Legal form	Society registered under the Rajasthan Societies Registration Act, 1958
Regd. No.	98/Udaipur/2013-14
Governing body	An elected managing committee runs the society; the general body approves the annual report and accounts
Accounts	Audited by an independent firm of chartered accountants
Policies	Written policies on child safeguarding, data privacy and record-keeping. The safeguarding and privacy policies are published at maitrimanthan.org

Contact

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एक कदम, सुधार की ओर

No step too small. No village too far. If it matters to one family, it matters to us.