



An Year of Courage, Care and Continuity

Parvatiya Mahila Vikas Trust (PMVT), Himachal Pradesh

(November 2024 – October 2025)

The winter of 2024 came softly to the hills — mist over the terraced fields, frost on the tin roofs, and smoke rising from small kitchen fires. Life moved slowly but firmly. In many homes, women began their days before sunrise, walking to fetch water or feed animals, their shawls heavy with dew. This year carried both calm and challenge. The scars from last year's rains were still visible — broken paths, unstable slopes, families who had rebuilt their homes with their own hands. Yet, in every village, there was a quiet determination to move forward. Women continued their meetings under open skies, children returned to schools, and community groups gathered to discuss how to make their villages stronger and safer.



Structural Development of the Trust and Steps Towards Creating a Gender-Justice Society

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INTRODUCTION

Parvatiya Mahila Vikas Trust is an organisation located in Himachal Pradesh which is working from 17 years on gender-justice in society, fighting against various harassments being faced by women like domestic violence, workplace harassment, gender and patriarchy. Most of the women of this organisation belong to Dalit community. They have gone through such harassments and have fought bravely. The organisation is working with rural women and in addition to this, a safe environment is created for the victims.

It was started on 8 march 2007 on the occasion of International women day with an event held for female panchayat representatives from the five districts of Himachal Pradesh (Kangra, Chamba, Bilaspur, Mandi, and Kullu). These women had been elected to local Panchayats. The event focused on raising awareness against all forms of violence against women, such as physical, emotional, sexual, economic, and caste-based violence, as well as various forms of discrimination.

In 2014 the Parvatiya Mahila Adhikar Manch was established to ensure trust reached a state level, the organization has always been active in establishing connections with other state organizations with a positive mindset. In 2022, the trust was officially recognized as the Parvatiya Mahila Vikas Trust.

It is clear that the Parvatiya Mahila Vikas Trust is an organization for women from Dalit community. Dalit women are at the bottom of the social hierarchy. They face caste discrimination, domestic violence, inequalities of the patriarchal society, oppression, and untouchability by men and women from the dominant class. The Trust believes that empowering Dalit women is essential to fight with these social injustices.

Currently, more than 3000 women are members of the Parvatiya Mahila Vikas Trust. In addition, the Trust creates the safe space for the people who are victims of domestic violence, and discrimination encouraging them to lead a dignified life and taking steps to build their self-confidence.

DESCRIPTION

Parvatiya Mahila Vikas Trust was formed by women who had faced discrimination and violence, but who also had the strength to dream of equality and justice. Many of them came from Dalit and marginalized communities in the Himachal hills. Their lives taught them that true change begins when those who are most affected lead the process themselves.

Since 2007, and formally since 2014, PMVT has worked to create safe, supportive, and equal spaces for women and families. The organization's work focuses on five main areas:

- Gender equality and legal awareness
- Mental health and emotional well-being
- Livelihood creation and financial independence
- Creative expression through theatre and art
- Advocacy for social and caste justice

The team reaches people in villages, schools, and Panchayats — often walking long distances to hold meetings, listen to voices, and share information about rights and support systems.

PMVT's work is community-led. The women themselves identify problems, plan solutions, and take part in implementation. The Trust acts as a bridge — connecting communities to government schemes, and other institutions.

During this period, PMVT continued to focus on strengthening self-help groups, building awareness about the Domestic Violence Act, supporting children through mental health sessions, and promoting livelihood opportunities through pine needle craft training.

These activities were carried out with the support of local Panchayats, schools, volunteers, and organizations. The goal was simple — to make every woman and child feel seen, heard, and valued.

PMVT believes that every small step counts. A meeting in a remote village, a craft made by a woman's hand, or a child's smile during a session — each is part of a larger process of building confidence and equality.

Rooted in Reflection

Strengthening Our Work Through Regular Meetings

Every month, the PMVT team came together for review and planning meetings. These meetings were an important part of the Trust's work. They gave the team time to pause, reflect, and plan the way forward.

These meetings were held in the hall at Tharu and Kandbari Palampur. Whether it was cold winter mornings or rainy afternoons, the team gathered with notebooks, charts, and tea — ready to talk about their experiences in the field.

In **planning meetings**, the team listed all upcoming activities. They discussed which Panchayats would be visited, which schools needed follow-up for children's sessions, and where pine needle craft trainings or theatre workshops were scheduled. Each team member shared ideas and suggestions for improvement.

In **review meetings**, they looked back at the previous month. Team members shared what they had seen and learned. Some spoke about women who had opened up for the first time in village meetings. Others talked about children who expressed their feelings through drawing or play.

These discussions were also emotional. The team often talked about how to manage the stress of working with survivors of violence. They encouraged one another to rest and take care of their own well-being.

Through these meetings, the team built a strong sense of unity. They learned that listening to each other was just as important as listening to the community. Every review helped PMVT improve its work and stay connected to its purpose — building a life of dignity for every woman and child they serve.



ENGAGEMENT ON PANCHAYAT LEVEL

This year, **Parvatiya Mahila Vikas Trust (PMVT)** has deepened its connection with communities across the hills, taking its work from meetings to real movement. Through regular village and Panchayat-level engagements, the team-built partnerships that turned discussions into action. Panchayat representatives joined hands with PMVT to plan collective programmes on **gender equality, mental health, and the prevention of domestic violence**, making these issues part of everyday village conversations.

Street theatre performances brought messages of awareness to life in open courtyards and marketplaces, while livelihood trainings offered women new skills and confidence to earn independently. The Trust also strengthened its outreach by launching new communication materials — including the annual calendar, awareness posters, and the second edition of the “*HIMMAT*” booklet — each reflecting the courage and spirit of rural women.

A major highlight of this period was the successful completion of a **survey on women’s land rights** across four blocks of Kangra district. The study received appreciation and support from the **District Panchayat Officer**, recognising PMVT’s commitment to ensuring women’s equal access to land and resources. Now we are moving forward to analysing the data that we have collected in 300 families of district Kangra.

By the end of the year, the Trust had conducted **42 sessions** on various topics e.g. *Understanding Patriarchy and Gender, Domestic Violence Act 2005, Sessions with children for their mental wellbeing*, across different Panchayats — every session adding a voice, a story, and a step forward in PMVT’s ongoing journey to build an inclusive, safe, and empowered society.

❖ LIST OF MEETINGS WITH PANCHAYAT REPRESENTATIVES:

S. NO.	Name of panchayat	Total members	Date of meeting
1.	kunsal	8	11/12/2024
2.	sakdi	9	11/12/2024
3.	Panjala	7	23 /12/2024
4.	Sehal	9	23/12/2024
5.	Bhattu	8	23/12/2024
6.	Sansal	7	24 /12/2024
7.	Dhaang	9	24/ 12/2024
8.	rakkad	7	25/12/2024

9.	Averi	13	11/01/2025
10.	Kukena	7	17/01/2025
11.	Godhpith	4	24/01/2025
12.	Tikkari Duhki	9	26/01/2025
13.	Jhikli Bheeth	5	11/01/2025
14.	Dhared	5	23/01/2025
15.	Madhonagar Utarala	8	23/01/2025
16.	Gadiyada	4	23/01/2025
17.	Talkehar	12	24/12/2024
18.	Jandpur	10	21/12/2024
19.	Nauri	13	21/12/2024
20.	Kyor	11	11/12/2024
21.	Mandhed	11	11/12/2024
22.	Matru	12	11/12/2024
23.	Speru	12	23/12/2024
24.	Nain	18	23/12/2024
25.	Nanahar	13	23/12/2024
26.	Ehzu	14	24/12/2024
TOTAL		241	



VILLAGE-LEVEL MEETINGS

The village-level meetings were the heart of PMVT’s work during this year. From **November 2024 to October 2025**, the team conducted **166 village meetings** in different Panchayats, reaching more than **4000 women**. These meetings were simple gatherings — often held in Mahila Mandal Bhavan, under trees, or in community halls. Women came with their children, sometimes walking long distances from nearby hamlets. The meetings began with greetings and introductions, followed by discussions about the issues women face in their daily lives.

Common topics included:

- Domestic violence and emotional abuse
- Alcohol and drug use among men and youth
- Women’s work, wages, and MNREGA entitlements
- Girls’ education and safety
- Caste-based discrimination and social exclusion
- The importance of unity and collective action

The PMVT team explained government schemes and shared information about the Domestic Violence Act and women’s rights. They encouraged women to speak about their own experiences and to support one another.

In many places, women expressed that they had never spoken about such matters before. They said that the meetings gave them courage and a feeling of belonging. Team members observed that, over time, women started taking leadership roles in discussions.

Some Panchayats requested PMVT to hold regular sessions and to include men and youth in future meetings. In a few villages, new self-help groups were formed, and existing ones became more active.

Details of Village Meetings Number

Total Meetings 166

Details of Village Meetings	Number
Villages Covered	More than 40
Women Participated	Around 4,278
New Members Joined	Around 427

These meetings showed that when people have safe spaces to talk, learning and healing begin. Every meeting ended with shared plans and a sense of hope that even small steps could lead to change.



Voices Unheard: Narratives of Gender and Power

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During this period, PMVT organized **11 special sessions** on gender and patriarchy across 10 Panchayats such as **Averi, Bhattu, Matru, Sunpur, Gunehar, Sakri, Anganbari Circles Baijnath and Paprola**. Around **505 participants** joined these sessions, including women, men, Anganwadi and ASHA workers, and young people.

The main goal was to help participants understand how gender roles are formed and how patriarchy affects both women and men.

The sessions began with simple conversations about daily life — what girls and boys are taught to do, who makes decisions at home, and how social expectations shape behaviour. Participants shared that they had never thought deeply about these issues before. Some expressed that such discussions helped them see inequality in new ways.

PMVT used participatory methods like role plays and small group activities. Through these, participants discussed how they could bring fairness and respect into their homes and

communities. The team noticed that many men and young boys listened carefully and shared their own thoughts.

Session Objective:

1. To explain the meaning and impact of **patriarchy**.
 2. To listen to the experiences of participants.
 3. To discuss possible **ways to bring change**.
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Key Points:

1. Storytelling and Reflection

The session began with a story — the story of a boy and a girl. When the girl turned 17, her education was stopped, and she was married off. The boy, on the other hand, was allowed to continue his studies and build his career.

Later, the girl faced domestic violence and deep emotional distress. After the story, the facilitator asked participants whether they had seen such incidents around them. Many women began to speak on their own, sharing similar experiences from their communities.

2. Understanding Patriarchy

Participants were then encouraged to understand the meaning of patriarchy — how it works and how it affects women’s lives every day.

3. Examples of Patriarchy

The team shared examples and stories to make the idea clear:

- Women who are denied education and employment opportunities.
- Women who are not allowed to make decisions even for themselves.
- Unequal rights in family property.
- More responsibilities but fewer rights.
- Heavy workload at home and no recognition or payment.
- Expectations that even working women must handle all household chores — a double burden.
- No right to make decisions about their own health and reproduction.
- Social customs, sayings, and stories that often target or limit women.

4. Discussion on Impact

Participants discussed how these inequalities affect their daily lives — emotionally, physically, and socially.

5. Finding Paths to Change

When asked how patriarchal thinking can be reduced or changed, participants from **Panchayat Sunpur, Dhanag**, and **Anganwadi workers from Baijnath** shared their thoughts and ideas.

Beginning of the Session through Activities:

1. **Introductions through Pair Activity**

The session began with a short activity where participants introduced each other in pairs. This helped create a comfortable environment. Many women shared that they often hesitate to speak the names of elder women in their families (such as mothers-in-law or sisters-in-law), and this activity helped break that hesitation. The introduction of PMVT's work was also shared so participants could learn more about the organization and its different programmes.

2. **Exploring Equality, Power, Rights, and Responsibilities**

Through small exercises, participants reflected on the difference between having rights and carrying burdens, and how inequality shapes both.

3. **Using Theatre to Open Discussion**

The team used theatre as a method to make the session lively and participatory.

4. **Follow-up Discussions after Theatre Performances**

In **Gram Panchayat Gunehar, Sunpur**, and **Dhanag**, theatre performances were held first, followed by discussions on gender and patriarchy.

Participant Reflections:

During the group discussions, several important points emerged from the participants:

1. Many said that responsibilities, work, and serving the family are seen as their duty or religion.
2. They shared that giving birth to and raising children is accepted as a natural responsibility rather than a shared role.
3. Women mentioned that their opinions are not considered in household decisions — even when those decisions directly affect them.
4. Participants suggested that equality should begin at home, within families.
5. They emphasized that girls and boys should have **equal opportunities for education and growth**.
6. They concluded that women must be included in **everyday household decisions** to make equality a lived reality.

Details of Gender & Patriarchy Sessions	Number / Description
Sessions Conducted	11
Participants	Around 505
Panchayats Covered	10 (Averi, Bhattu, Matru, Sunpur, Gunehar, Sakri, Paprola)

Details of Gender & Patriarchy Sessions

Number / Description

Outcome

Increased awareness, community interest in more sessions

The sessions proved that when people talk about fairness and equality in simple words, understanding begins to grow. Real change takes time, but these conversations opened important doors for it to happen.



Empowering through Knowledge *Understanding the Domestic Violence Act, 2005*

Many women in the villages have faced some form of violence in their lives, but only a few know that there are laws made to protect them. During this reporting period, PMVT organised **12 awareness sessions** to help women understand their rights under the **Protection of Women from Domestic Violence Act, 2005**.

These sessions were held in different Panchayats — **Sansal, Bhattu, Baijnath, Averi, Thural, Sunpur**, and others — reaching around **500 people**. The discussions covered what counts as violence, what legal help is available, and how women can access services like helplines or the local Protection Officer.

Major Activities Conducted

◇ **Law Made Simple – Understanding the Act Through Stories**

The *Protection of Women from Domestic Violence Act (2005)* was explained through real-life

examples and relatable stories. This helped participants connect the law with everyday experiences, making legal rights easier to understand and remember.

◇ **Know Your Rights – Learning and Sharing Together**

Women sat in knowledge-sharing circles where they discussed common myths, real facts, and the protections offered by the law. These conversations built clarity and confidence, helping participants see that seeking help is a right, not a favour.

◇ **Mapping Safe Spaces – Finding Strength in the Community**

Participants drew visual maps of their villages, marking the people and places they could turn to in times of crisis — such as Panchayat offices, Anganwadi centres, and supportive neighbours. This simple exercise helped them recognise that safety and solidarity already exist within their communities.

◇ **Quizzes and Role Plays – Learning Through Action**

Interactive activities like short quizzes and role plays helped women understand the difference between *control* and *violence*, and how to assert personal boundaries. Through these exercises, participants practiced what it means to recognise abuse and take steps toward safety.

◇ **Group Reflection Circles – Voices of Courage and Care**

In the final part of the workshop, women shared personal or observed stories of courage, survival, and mutual support. These reflections reminded everyone that change begins when silence ends — and that healing is possible when women stand together.

- An organisation named Parvaz invited Seema Awasthi to facilitate a special discussion on **Domestic Violence at Thural**. During the session the Anganbari workers were told that domestic violence does not only mean physical assault, but also includes any form of **mental, emotional, economic, or sexual abuse** that takes place within the home.

Through a participatory activity, the group explored **how violence happens and in what different forms it affects women's lives**.

The main types of domestic violence discussed were:

1. **Verbal and Emotional Violence:**
When a person is repeatedly insulted, threatened, or made to feel worthless.
2. **Physical Violence:**
When a person is beaten, pushed, or physically hurt in any way.
3. **Economic Violence:**
When a woman is denied access to money, essential items, or her rightful share of resources.
4. **Sexual Violence:**
When a woman is forced into sexual acts against her will or faces sexual pressure and harassment.

Participants spoke openly during the session and shared their experiences. They expressed that many women do not talk about violence because of **fear, shame, or social pressure**.

The group agreed that it is important to make women aware of their rights and ensure that they receive **proper guidance and support** when they need it.

At the end of each session, participants were given information brochure with important contacts of PMVT team and local resource persons. In some areas, women's groups decided to hold follow-up meetings to spread this knowledge further.

Details of DV Act Awareness Sessions	Numbers / Notes
Total Sessions	12
Women Reached	500
Panchayats Covered	Sansal, Bhattu, Baijnath, Averi, Thural, Sunpur, etc.
Key Focus	Legal rights, helplines, role of Protection Officers
Outcomes	Increased awareness, requests for more sessions

These sessions reminded everyone that knowledge is power. Once women understood that the law was on their side, they began to see possibilities for change that once felt impossible.



❁ **Healing Through Hope**

A Mental Health Initiative for Children of Domestic Violence Survivors

❁ **Voices Unlocked**

Safe Sharing Circles for Children in Distress (18 sessions with children in various locations)

- 👤 **Total Participants:** 2047
- 🗨️ **Sessions Conducted:** 18
- 📍 **Locations:** Baijnath & Palampur

OVERVIEW

Children often carry the pain that adults try to hide. Many of them have seen violence at home or felt fear without words to describe it. PMVT’s team worked carefully with these children, creating safe spaces where they could express their thoughts and feelings. Over the year, **Parvatiya Mahila Vikas Trust (PMVT)** has worked closely with children who live with the unseen weight of fear, silence, and neglect — many of them children of domestic violence survivors.

From **November 2024 to October 2025**, **18 sessions** were held across schools and community spaces, reaching around **2,047 children**. These were not only in classroom but open, creative gatherings where children painted, drew, played games, and talked about emotions like anger, sadness, and happiness.

Themes That Emerged

The sessions were intentionally flexible and child-led, allowing emotions to guide the flow rather than rigid plans. Over time, several natural themes surfaced:

- ◇ **Emotional Safety and Trust** — building confidence that feelings could be shared without fear.
 - ◇ **Naming Everyday Struggles** — talking openly about life at home and school.
 - ◇ **Recognizing Shared Experiences** — realising that others face similar challenges.
 - ◇ **Forming Peer Bonds** — discovering friendship through shared stories.
 - ◇ **Confidence in Expression** — finding words, colours, and gestures to express feelings.
 - ◇ **Feeling Seen and Heard** — knowing that their emotions matter and are respected.
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Processes and Visible Outcomes

1. **Voluntary Sharing:**
Children were encouraged, but never forced, to speak. Some shared through drawings or short stories, while others used play and movement. This gentle approach helped replace fear with trust.
 2. **Listening Spaces:**
The facilitators and children practiced active listening — no judgment, no interruption. This created an environment of empathy and mutual respect.
 3. **Peer Support and Friendship:**
As trust grew, children comforting peers who were sad or encouraging shy friends to participate. These small gestures became the foundation of a natural support network.
 4. **Visible Emotional Relief:**
Many children expressed that they felt calmer, happier, and “lighter” after each session.
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Children's Reflections

- They shared that expressing their feelings made them feel peaceful and relieved.
- They especially enjoyed creative activities like painting, acting games, and story-building.
- Many said they learned that stress and sadness can be shared, and that sharing helps in healing.

PMVT team members observed that, at first, many children were shy and silent. But once they began to paint or talk about their drawings, their comfort slowly returned. Teachers and parents later shared that these sessions helped children communicate better and manage their stress.

The sessions also helped PMVT understand how emotional well-being connects to safety at home and school. In some villages, follow-up meetings were planned to support teachers in recognising children who might need extra help.

Case Study — “Sejal” (Fictional Name)

Sejal (fictional name) is a **13-year-old girl** studying in **Class 10**. She lives in **Averi village** with her parents and two younger sisters. Her father works as a daily wage labourer, and her mother is a homemaker.

Sejal shared that when she was younger, there were frequent fights at home. Her father often drank alcohol and would shout at or hit her mother. During those times, her mother would take the children to their maternal uncle's home for safety. Witnessing this violence left Sejal deeply afraid and silent — she never felt able to talk about it with anyone.

Things began to change when the **Parvatiya Mahila Vikas Trust (PMVT)** team started conducting sessions in her village. In their first meeting with children, they spoke about **mental stress** and explained that even children can feel stress when there is conflict at home. When the team returned for another session, Sejal felt comfortable enough to share her own experience for the first time.

Later, during a larger children's event organised by PMVT, Sejal participated in songs, games, and creative activities. She said that she felt emotional while singing “*Babul ka Bera Chhoot Gaya*”, but the experience helped her release the pain she had carried inside for years. Through the sessions, she began to understand that it is normal to feel fear and sadness — and that expressing these feelings brings relief.

Sejal describes herself as someone who loves **flowers, seasonal fruits, singing, and painting**. She enjoys school and wants to continue her education before taking up any job. She dreams of **learning tailoring** and **joining the police** when she grows up.

She shared that her parents now show her more love and care, though occasional fights still make her anxious and disturb her studies. Her greatest wish is to have **peace and equality at home**, where everyone is treated with respect.

Sejal says,

“Take such steps that leave a mark, and do such work that builds your identity.”

She reflected that she used to be very shy, but after participating in PMVT’s children’s programme, she feels stronger and more confident. The sessions have given her courage, hope, and the ability to look at her future with positivity — leaving behind the painful memories of her early years.

Impact Summary

Indicator	Result
Total Sessions Held	18
Total Children Participated	2047
Peer Support Emerged	Yes
Emotional Themes Identified	Family stress, school pressure,
Primary Approach Used	Trust-building, open sharing circles,

We identified **19 children** of women survivors of domestic violence this year.

- Children shared that after going home, they told their mothers that **domestic violence affects their mental health badly**. They realized that to stay healthy, fights must be reduced.

Children’s Voices & Experiences

- **A girl from Rajpur (10th class):**
Her father drinks daily, fights with her mother, and also beats the children. She became sad, withdrawn, and even faced issues in school due to mistakes in her documents. After the session, she spoke openly to her parents about her problems, which helped solve some issues.
- **A boy in a school session:**
His father spends all money on alcohol, fights with his mother, and he feels insecure and poor compared to others. People’s taunts made him avoid friendships. After the session, he started focusing on **sports** as a way to improve his mental health.
- **Another child:**
Said that whenever there are fights at home, he feels scared.
- **Another student:**
Shared that constant fights at home give him **headaches** and confusion.

Through art, play, and conversation, the children found small ways to rebuild trust and confidence. For the team, these sessions became reminders that healing does not always begin with words — sometimes it starts with colour, laughter, and listening.

❖ List of sessions

S.NO.	PANCHAYAT/SCHOOL	TOTAL STUDENTS	DATE
1	Avaeri	59	12/01/2025
2	Jhikhli beth	41	12/01/2025
3	Rajpur Tanda	68	15/01/2025
4	Shaheed Major Sudhir Kumar Walia Government Senior Secondary School, Banuri	266	22/01/2025
5	Government High School, Jikhli Bheth	79	24/01/2025
6	Priyadarshini Public Senior Secondary School, Patti	70	25/01/2025
7	Tharu, Pantehar	36	12/02/2025
8	Bhattu	55	12/02/2025
9	GSSS Sansal	257	13/02/2025
10	GSSS Utrala, Madhonagar	110	14/02/2025
11	Sansal Bharag	47	16/02/2025
12	ITI Thakurdwara	80	07/03/2025
13	Govt. Primary School Kukena	30	16/06/2025
14	Govt. Girl's Sr. Sec. School	44	25/06/2025

	Paprola		
15	Govt. Girl's Sr. Sec. School Palampur	240	28/06/2025
16	G.S.S.S. Tanda	54	28/06/2025
17	Government Sr. Sec. School, Bir, Baijnath	300	28/06/2025
18	Pandit Santram Govt. Degree College Baijnath	211	29/07/2025
TOTAL	18	2047	

List Of Domestic Violence Survivors' Children 2024-2025

Sr. No.	Name	Gender	Age	Class	School/Institution	Income source of the family	Village	Panchayat	Contact
1	Ishita Bharti	Female	8	2 nd	Govt.	Labour	Tharu Pantehar	Tharu Pantehar	
2	Prem Bharti Bhatia	Female	13	8 th	Govt.	Labour	Tharu Pantehar	Tharu Pantehar	
3	Srijan Thakur	Female	12	7 th	Govt.	Labour	Sansal	Sansal	
4	Yashav Dheer	Female	14	10 th	Private	Thekedar	Patti	Patti	9805262256
5	Arnav	Male	10	5 th	Private	Thekedar	Patti	Patti	9805262256
7	Manvi	Female	9	3 rd	Govt.	Labour	Rakkar	Rakkar	9816126443
8	Advik	Male	9	3 rd	Govt.	Labour	Rakkar	Rakkar	9816126443
9	Priyanshu	Male	14	10 th	Private	Labour	Rajpur Tanda	Rajpur Tanda	9418363692
10	Kaniksha	Female	18	12 th Pass	Not pursuing further education	Labour	Rajpur Tanda	Rajpur Tanda	9418363692
11	Aayesha	Female	14	10 th	Govt.	Labour	Rajpur	Rajpur	7876911687
12	Alisha	Female	11	7 th	Govt.	Labour	Rajpur	Rajpur	7876911687

13	Ishan	Male	9	3 rd	Govt.	Labour	Rajpur	Rajpur	7876911687
14	Garima	Female	10	5 th	Govt.	Private Job	Bandiya Nad	Bandiya	8894832966
15	Rishika	Female	9	4 th	Govt.	Private Job	Bandiya Nad	Bandiya	8894832966
16	Manya	Male	6	1 st	Govt.	Private Job	Bandiya Nad	Bandiya	8894832966
17	Daksh	Male	8	2 nd	Private	Private Job	Averi	Averi	8626899485
18	Priyanshu	Male	14	10 th	Private	Labour	Rajpur Tanda	Rajpur Tanda	9418363692
19	Kaniksha	Female	18	12 th Pass	Not pursuing further education	Labour	Rajpur Tanda	Rajpur Tanda	9418363692
20	Ruhani	Female	8	5 th	Govt.	Labour	Paprola	Paprola	6230761011
21	Arshneet Singh	Male	9	4 th	Govt.	Private Job	Ghugarnal a	Ghugarnal a	9317079659
22	Abhiyansh	Male	8	3 rd	Private	Private Job	talkehar	Talkehar	
23	riddham	Male	9	5 th	Govt.	Labour	Jasu	Raipur Sulah	
24	Anshika	Female	7	2 nd	Govt.	Labour	Jasu	Raipur Sulah	



THEATRE TRAINING PROGRAMMES

Theatre has become one of PMVT’s most meaningful tools for learning, healing, and collective reflection. It helps participants express experiences that are often too heavy to describe in words. During this reporting period, the Trust organised **two intensive theatre training workshops**, both designed to bring together women, youth, and community leaders from different Panchayats.

Workshop 1 — “Sukho Ka Jungle” (January 2025)

This ten-day workshop explored **creative writing, body movement, and satire** as ways to express everyday struggles. Participants developed short performances based on real-life experiences of gender, caste, and resilience. Through humour and storytelling, the plays allowed them to question social norms in simple but powerful ways.

Participants also created short handwritten magazines and zines as part of the training. The process of writing and performing gave many women a new sense of confidence — for some, it was their first time speaking publicly about their own experiences.

Workshop 2 — “Ecstasy, Anger and Stillness” (April 2025)

The second workshop focused on **emotions, physical expression, and teamwork**. It encouraged participants to use theatre as a way to release stress and connect with their inner strength. Exercises in breathing, silence, and storytelling helped participants explore what equality and care mean in daily life.

A Stage for Change: Theatre of the Oppressed

Community Engagement Through Street Theatre

the group moved from rehearsal rooms to public spaces — staging **theatre performances across villages and institutions**. These performances became living conversations on caste, mental health, and domestic violence — turning art into dialogue.

Highlights of the Performances

First Performance – Paprola

The debut performance, “*Gande Pani Ki Chai*”, was staged at **Paprola**, attended by **Panchayat representatives, Mahila Mandals, and members of Avaazein Foundation**. The play used a *chat-show format* to explore **caste discrimination through women’s voices**.

Audience members came forward afterward, sharing personal experiences and inviting the team to their homes. This connection showed how deeply the performance resonated with local realities. Representatives from Avaazein Foundation appreciated PMVT’s efforts, calling the initiative a strong example of how **community theatre can spark reflection and dialogue**.

Expanding Reach Across Panchayats, Colleges, and Schools

After the first show, the team performed in **multiple Panchayats and colleges**, addressing **mental health and domestic violence in rural households**. Each performance was locally adapted — with themes decided through prior discussions with community members.

Many Panchayat leaders and Mahila Mandals **requested specific themes**, showing how the community began to take ownership of the process. The increasing recognition of the programme led to **six invitations from universities and schools in Baijnath block** to host performances on social issues, expanding the outreach to young audiences.

National Workshop Showcase at Ambedkar Bhavan, Baijnath

PMVT Chairperson **Bimla Vishwapremi** invited participants from a **national caste workshop** organised by *Sambhaavna Institute* to attend a special theatre performance at **Ambedkar Bhavan, Baijnath**. The audience included students, professors, and activists from **Delhi University, JNU, Uttar Pradesh, Jharkhand**, and other states.

The play opened deep conversations about caste-based discrimination and its links with daily life.

Many audience members related the stories to their own experiences, reflecting on **how art can cross boundaries and connect struggles across regions**.

MAJOR ACHIEVEMENTS

On **24th September 2025**, the **Parvatiya Mahila Vikas Trust (PMVT)** theatre team was invited by the **Rural Technology and Development Center (RTDC)** to perform at the **Millet Festival** in **Sakri Panchayat, Baijnath block**. The festival was organised to promote

awareness about the **importance of millets** in daily life and their value for both health and the environment.

Before the performance, the PMVT theatre team spent **two days in preparation and rehearsal**, developing the play's **script, storyline, and character structure**. The team worked collectively — writing dialogues, experimenting with movements, and shaping the performance through group discussions and improvisations.

During this creative process, participants also composed a **theme song dedicated to millets**, celebrating their cultural and nutritional significance. The song became a lively part of the performance and was well received by the audience.

The play combined humour, rhythm, and storytelling to highlight how millets contribute to sustainable farming, food security, and rural livelihoods. It also connected the theme to local experiences, reminding the audience of traditional food practices that are slowly disappearing.

The performance drew an enthusiastic response from community members, Panchayat representatives, and visitors. **Deputy Commissioner (DC) Kangra** and other dignitaries attending the event appreciated the team's effort, calling it a creative way to link art with agricultural awareness.

The event not only showcased PMVT's theatre skills but also demonstrated how community art can promote **local knowledge, environmental awareness, and healthy living practices**.

On **4th October 2025**, the **Parvatiya Mahila Vikas Trust (PMVT)** theatre team was invited to perform at the **Dawat Meeting Hall** before a distinguished audience that included the **Chief Medical Officer (CMO) Kangra**, officials from the **Health**

Department, ICDS, and the Department of Women and Child Welfare, along with **Anganwadi workers** and representatives of **Mahila Mandals and Self-Help Groups (SHGs)**.

The performance focused on three interlinked social themes — **mental well-being of children, gender discrimination, and domestic violence**. The play aimed to highlight how family conflict, societal expectations, and lack of emotional support affect the growth and mental health of both women and children.

A day before the performance, the PMVT team gathered at the **PMVT office in Tharu** for rehearsal. The performance at Dawat Hall was received with deep appreciation. The play's simplicity, emotional honesty, and local language made it relatable to everyone present. The **Hon'ble CMO Kangra** commended PMVT for its creative and socially relevant work and



expressed interest in **collaborating on future initiatives**, especially around mental health awareness and community well-being.

This performance became another strong example of how **community theatre can bridge the gap between grassroots experiences and institutional understanding**, turning art into a platform for dialogue between people and policymakers.

Community Voices

“Seeing our own realities reflected on stage gave us courage to talk about them openly.” – *Student from Jharkhand*

“This method reaches people easily and helps us become more sensitive to these issues.” – *Panchayat Representative*

Impact Summary

Indicator	Details
Training Sessions Conducted	2 (10 days each)
Performance Period	May – October 2025 (13 Performances)
Locations Reached	Panchayats, Colleges, Ambedkar Bhavan, Schools
Themes Addressed	Caste Discrimination, Mental Health, Domestic Violence
Invitations Received	6 (Universities and Schools, Baijnath Block)
Special Audience	National Workshop Delegates (multi-state) & Hon’ble CMO Kangra

Key Learnings and Reflections

- **Theatre as Dialogue:** Performances became starting points for deeper community conversations.
- **Community-Led Themes:** Local requests shaped content, ensuring cultural and social relevance.
- **Breaking Barriers:** Informal, interactive formats encouraged even hesitant participants to speak.
- **Potential for Scale:** Interest from national and academic audiences showed scope for future expansion beyond Kangra district.

“In the quiet after each performance, stories emerged that had been buried for generations — proof that when a community sees itself on stage, it finds the courage to speak.”

Village-Level Performances and Discussions

In **Panjala village**, a play on **domestic violence** encouraged women to reflect on the characters and discuss **girls' education, property rights, and marital violence**.

The space became safe and open — two women requested private meetings to talk about their struggles, and others invited PMVT to stage the play in their own Panchayats.

Similarly, in **Bir Panchayat**, a performance on **domestic violence, substance abuse, and mental health** drew **57 participants**.

The **Panchayat head** praised theatre as a more effective awareness tool than speeches and invited PMVT for **school and community follow-up sessions**.

During a discussion in **Bir Panchayat**, one participant asked,

“We all know these problems exist, but what is the solution?”

A PMVT team member responded,

“Solutions come from all of us — change begins when the community takes shared responsibility.”

This exchange underlined the purpose of the programme — that **collective action must follow awareness**.

Discussion Highlights (Sehal Panchayat)

1 Right to Education for Girls

Question: Why don't parents allow girls to study?

Answer (Mamta Devi): “Our elders think girls' education benefits only their in-laws, not their parents. That's why many stop daughters from studying further.”

2 Property Rights for Women

Question: Why are girls excluded from inheritance?

Answer (vinita Devi-Fictional Name): “They think if a young widow remarries, her property will go to another family. So, it's given to the younger son instead. This happened in my own family.”

Special Notes and Follow-Up Actions

- Sehal Panchayat women asked to host the theatre in their own village.
- Bir Panchayat Pradhan asked to host the theatre performance in the school premises of their school.

- The Panchayat head proposed a play on **alcohol addiction** at **Panjala Sr. Sc. School** post-summer vacation.

Overall Outcomes

- Increased awareness about **mental health and domestic violence** among participants.
- Women spoke openly for the first time about **addiction and family violence** as community issues.
- Local leaders recognised theatre as a **powerful educational tool** and expressed interest in expanding it to schools and larger gatherings.
- Requests for repeat performances came from other villages and institutions.

Theatre has thus evolved into a **bridge between awareness and action** — a living platform where voices once silenced now find space, courage, and connection.




From Dependence to Empowerment

Women's Journey of Entrepreneurship through Pine Needle Making Products

 **Locations:** Kangra District, Himachal Pradesh

 **Collaborating Institutions:** Agriculture University, Palampur and Baijnath College

 **Participants:** Women from 12 Panchayats (over 300 participants)

Overview

The **Pine Needle Making Programme** has emerged as one of PMVT's most creative and sustainable livelihood initiatives. Designed to connect women's economic empowerment with environmental care, the programme trains participants to transform **pine needles**, a common forest waste material, into useful and marketable handicraft products.

From **November 2024 to October 2025**, PMVT conducted a series of workshops across various Panchayats in Kangra district. More than **300 women** took part, learning new craft techniques and gaining awareness about entrepreneurship, teamwork, and ecological balance.

The initiative not only provided income-generation opportunities but also encouraged collective reflection on the role of women in sustaining natural resources and rural livelihoods.

Between **November 2024 and October 2025**, PMVT conducted **24 village-level meetings** across **12 Panchayats** of Kangra district, reaching a total of **193 community members**. The meetings were designed to:

- Create awareness about women's empowerment and livelihood opportunities.
- Introduce **Pine Needle Handicraft Training** as a new skill development initiative.
- Identify local interest groups and potential trainees.
- Encourage discussion around environmental issues, self-reliance, and gender equality.

Each meeting began with an **interactive introduction round**, where women shared their personal backgrounds, challenges, and expectations. Facilitators explained the **objectives and usefulness of the Pine Needle Training**, emphasising how it could become both a creative outlet and a sustainable income source for women.

Village Level Meetings

Sr. No.	Panchayat	Village	Meetings	Participants
01	Matru	Baggi Suja	2	32
02	Majhairna	Chakol Vedu	2	18+22
03	Kyori	Kyori	1	23

04	Sakri	Sakri, Ghari	1	15
05	Jhilki Bheth	Gajiyabad Tamrelu, Mandyal, Kothi Samod	4	26+19
06	Harer	Lower Harer	2	34
07	Kharanal	Nagan Kharanal, Pambaru, Nagan	5	32+57
08	Bhattu	Bhattu	1	8
09	Gunehar	Gunehar	2	24
10	Sunpur	Sunpur	2	28
11	Kunsal	Uppar Kunsal	1	15
12	Dhanag	Lower Dhanag	1	20
Total	12		24	373

Reflections and Observations

- Women's enthusiasm remained high despite household and agricultural work.
- Discussions revealed strong motivation to become self-reliant.
- The presence of interested male participants indicated growing acceptance of women-led livelihood activities.
- The initiative also began shifting mindsets — from dependency to shared responsibility for economic stability.

Programme Phases and Learning Process (Training part)

The first phase introduced basic skills such as **collection, cleaning, and preparation of pine needles**, followed by training in crafting small products like baskets, coasters, and trays. Participants also learned safe handling and waste-management practices.

The second phase deepened product design skills and introduced finishing techniques. Exposure visits to **Agriculture University Palampur** and **Bajjnath College** gave participants a chance to interact with experts and learn about quality control, costing, and market linkages.

Key Events and Exposure

◇ Orientation Program at Tharu Office

A one-day orientation program was held where:

- Four groups of women attended along with the PMVT team.
- **Dr. Anjali Sood** from Agriculture University, Palampur, joined as a resource person.
- She explained product-making in detail, from **basic crafting to marketing**.
- Dr. Sood highlighted that when women earn their own livelihood, the chances of **domestic violence and other abuses reduce**, as women gain respect in the household.

The women left inspired and eager to take the training forward.

◇ Pine Needle Craft at Baijnath Degree College

When PMVT showcased pine needle products at Baijnath College:

- The **Principal** appreciated the work and promised to encourage students, especially those weak in academics, to learn pine needle craft as a livelihood option.
- **Professors of Arts and Craft** agreed to share this skill with their students and collaborate with PMVT for training.
- A **product catalogue with rates** was also prepared for marketing support.

◇ 5 days training workshop in Uttarakhand

- PMVT pine needle trainer team were invited to train Mahila Mandals/SHGs of Uttarakhand.
- Trainers gave basic training of product making to the women groups
- Trainers were asked for the advance training workshop.

◇ One day training at Kendriya Vidyalaya Hamirpur

- PMVT team was invited by KV Hamirpur to teach children about the pine needle products making.
 - After 2 3 days of the training, some children shared the pictures of their products to PMVT
-

Women's Reflections

Participants shared that the workshops offered more than technical training — they became **spaces for confidence, friendship, and emotional sharing.**

“Earlier we thought only men could earn,” said one participant. “Now, by making things from pine needles, we realise we can also contribute to our family income.”

Many women said they had never imagined that forest waste could become an income source. The process of creating something beautiful with their hands brought a sense of pride and self-reliance.

Our Trainer’s Voices and Experiences

Swarna Devi – Gram Panchayat Jhikli Bheth

“I live in Jhikli Bheth Panchayat. I have two children and come from a good, supportive family. My husband is caring and helps in my work. But earlier, I found it difficult to step out of the house. I wanted to do something on my own, but I didn’t know how. Joining the pine needle training gave me a reason to leave home with purpose. Now I participate freely and feel confident working in groups.”



Maya Devi – Gram Panchayat Jhikli Bheth



“My life was very tough earlier. I worked all day, but no one valued my effort. There was domestic violence too, but I faced it all. After joining PMVT, my life changed completely. I attended pine needle training sessions and began making products. This improved our financial condition, and now my children and family support me. Today we live with happiness and mutual respect.”

Products Developed

The workshops produced a growing range of eco-friendly handicrafts including:

- Baskets and trays
- Wall décor and utility boxes
- Table mats and coasters
- Festive gift hampers

Some groups have already begun selling these items within local markets and exhibitions, marking the first step toward sustainable enterprise.

Impact and Observations

- **Skill Development:** Women learned practical craft and design techniques.
- **Economic Empowerment:** New opportunities for small-scale income generation emerged.
- **Environmental Sensitisation:** Use of forest waste promoted cleaner surroundings and reduced fire risk.
- **Community Solidarity:** Working together strengthened local women’s networks and support systems.

Facilitators observed that the workshops often became informal counselling spaces — women spoke about household challenges, shared laughter, and encouraged one another. In this way, **economic learning also became emotional healing.**

Details of Pine Needle Programme	Information
Total Women Trained	300+
Panchayats Covered	12
Collaborations (Exhibitions)	Agriculture University Palampur, Bir, Sambhavana Institute Bajnath College, RTDC
Products Developed	Baskets, Trays, Coasters, Wall Décor
Key Impacts	Skill Building, Income Generation, Environmental Awareness, Confidence Building

Key Outcomes and Future Directions

1. **Community Interest:**

After seeing the exhibitions, several **Panchayat representatives, Ward Members, Mahila Mandal leaders, and SHG heads** requested PMVT to conduct **pine needle trainings** in their own Panchayats.

From **three Panchayats in Baijnath block**, around **40 women submitted written applications** expressing their desire to join the next round of training. Their message was clear —

“We want to learn, earn, and work with Parvatiya Mahila Vikas Trust.”

2. Inclusive Training Requests:

- Two institutions approached PMVT to provide **pine needle training for differently-abled (handicapped) children.**
- **Bajnath Degree College** expressed interest in introducing **pine needle product training** for its students.

🌿 Newly Developed Products (August–October 2025)




During this period, several **new designs** were created and showcased:

- **Dining Table Mats**
- **Dry Fruit Baskets**
- **Table Lamps**
- **Decorative Trays**

These new designs helped expand the product range and attracted interest from both local buyers and institutions.

[Our Catalogue](#)

Parvatiya Mahila Vikas Trust Presents
CHALAARU
OUR PRODUCTS



 WINE TRAY SET PRICE: 1200	 SNACKS TRAY PRICE: 900	 FRUIT BASKET PRICE: 850	 8 INCH BREAD BOX PRICE: 800
 MAKE UP BOX PRICE: 800	 MATKA JEWELRY BOX PRICE: 550	 JEWELRY MATKA PRICE: 650	 JEWELRY BOX PRICE: 1100
 9.5 INCH ROTI BOX PRICE: 1200	 7 & 7.5 FIRST AID BOX PRICE: 1100 & 1250	 10.3 DECORATIVE BASKET PRICE: 250	 10 INCH DECORATIVE BASKET PRICE: 1700
 STAR FLOWER BASKET PRICE: 850	 STAR FRUIT BASKET PRICE: 850	 9.5 INCH ROTI BOX PRICE: 1200	 17CM OVEN BASKET PRICE: 650

Crafted by hand, inspired by nature.

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SCAN US TO PAY



Exhibition Details

Sr. No.	Date	Number of Products	Amount	Place
01	18-05-2025	11	4220	Bir Colony
02	14-06-2025	2	600	Bir
03	18-06-2025	5	1030	Ambedkar Bhavan
04	20-06-2025	0	0	Sambhaavna Institute
05	24-09-2025		2200	Sakri Panchayat
06	04-10-2925			Davat Hall
	Total	18	5850	

Purchased and sale products

Sr. No.	Month	Purchased orders	Sale	Profit/Loss
01	May	0	7,570	7,570
02	June	14,550	1,630	-12,920
03	July	1150	6900	5,750
	August	10910	8490	-2,420
	September	2800	22450	19,650
	October	0	7350	7350
04	Total	29,410	54,390	

Conclusion

The Pine Needle Programme has become more than a skill-building project — it is now a symbol of women’s creativity, self-reliance, and environmental care, growing stronger with every exhibition, sale and shared story.



CASE WORK

The main objective of the Parvatiya Mahila Vikas Trust is to ensure the safety of women suffering from domestic violence, investigate cases related to violence, and work towards resolving these matters. Through its awareness and outreach efforts, the 'Trust' is raising awareness about violence-related issues at the village level, through personal conversations, panchayat houses, self-help groups, women's organizations, and groups of young girls in various schools. The 'Trust' continuously strives to create a large-scale network of women, where issues related to violence can be taken to marginalized and minority communities.

- This year (2024-25) 37 domestic violence cases registered in the office. From total 162 cases, PMVT has successfully solved 74 cases.
- PMVT has provided temporary financial and legal help to five survivors.

Follow-up and Fact Finding:

The Parvatiya Mahila Vikas Trust understands that behind every type of violence against women lies a patriarchal, feudal, and caste-based society. Women and their children are forced to carry the trauma of such violence throughout their lives. Based on this understanding, the Trust has conducted follow-ups on all the cases it has handled, ensuring regular updates and support. The women who chose to restart their lives separately from their husbands and in-laws were met personally at their homes. The trust reviewed their experiences, their family's treatment of them, and the mental health of both the victims and their families. The team worked to ensure that the environment at their homes was harmonious and supportive.

The process involved:

1. **Initial Contact & Listening** – Survivors were encouraged to share their experiences at their own pace, either in person or via telephone.
2. **Written Complaint** – Once ready, survivors provided written statements that became the basis for further action.
3. **Fact Verification** – The team conducted follow-up visits, engaging with both survivors and involved parties to understand the full situation.
4. **Coordination with Authorities** – PMVT engaged with panchayat representatives, police stations, and legal aid services as needed.
5. **Mediation** – When possible, PMVT facilitated dialogue to resolve disputes without escalation.
6. **Legal Guidance** – Survivors requiring court action were guided step-by-step through legal procedures.
7. **Ongoing Follow-up** – Telephone calls and home visits were conducted to ensure survivors' safety, mental health, and continued access to support.

Confidentiality Statement:

All survivor and respondent identities remain undisclosed in compliance with PMVT's confidentiality policy. Any names mentioned in case documentation are fictional and used only when required for clarity.

We received a case from a woman who submitted a written complaint against her husband, stating that he was involved with another woman and was not providing any financial support to her or their children. She requested that our team visit her home to verify the situation and speak with the concerned people. Following her request, our team visited her house, conducted a fact-finding inquiry, and spoke with the neighbours to understand the circumstances. Considering the seriousness of the issue, we suggested that she meet with the SDM for further support. She was then taken to the SDM's

office, where her concerns were formally presented to ensure she received proper assistance and justice.

TOTAL CASES CAME IN LEGAL RESOURCE CENTRE

Sr. No.	Total cases of Domestic Violence	DV Cases of women victims	DV Cases of men victims	DV Cases received telephonically	SC	ST	OB C	GE N	Cases resolved by the Trust (including telephonically)	Cases resolved by the Court	Cases under the process	Total Cases on hold
Total cases	162	138	24	45	104	22	22	14	74	23	43	22

JOURNEY FROM PAIN TO HOPE

In a small village of Baijnath Block, Rekha Devi once lived a simple and peaceful life. She has been married for 32 years. Her husband, a government employee, treated the family well during his years of service, but everything changed after he retired.

After retirement, Rekha Devi's husband became involved with another woman, and from that moment, the lives of Rekha and her son turned into a constant struggle. For the past three years, both mother and son have been facing continuous violence, insult, and financial hardship. Her husband stopped giving any household expenses and completely neglected their well-being.

Rekha Devi's son suffers from paralysis, and his medicines alone cost nearly ₹4,000 every month. Their daughter is married, but she is the one who now supports her mother and brother. Rekha herself suffers from severe knee pain, yet she tries her best to manage the household in whatever way she can.

The behaviour of her husband and the other woman caused deep mental and physical distress. Whenever she tried to seek help from the police, her husband used his influence to turn the officers in his favour. Every attempt for justice ended in disappointment.

But as they say — when all hope seems lost, a new path often emerges.

One day, an acquaintance gave her the contact number of Parvatiya Mahila Vikas Trust. Gathering all her courage, Rekha Devi called the number. The Trust members invited her to their office, patiently listened to her story, and registered her complaint in writing.

The PMVT team assured her that they would take her case to the DSP, SDM, and all concerned departments to help her receive her legal right to maintenance. They provided not only legal support but also emotional strength.

Slowly, Rekha Devi's life began to change. Where she once felt alone and helpless, she now found confidence and support. She realised that there are people who genuinely stand by women in their most difficult times.

Today, Rekha Devi says:

“If Parvatiya Mahila Vikas Trust had not held my hand, I might have given up. They not only showed me the path to justice but also gave me a new reason to live.”

Rekha Devi has now become an inspiration for many other women — a reminder that no matter how difficult the circumstances, with courage and the right support, even the deepest pain can transform into a new beginning.

RESEARCH STUDY ON WOMEN'S LAND RIGHTS IN DISTRICT KANGRA

From the past 17 years Parvatiya Mahila Vikas Trust has worked on the ground level with the rural women of Himachal Pradesh under the Banner of Parvatiya Mahila Adhikar Manch. PMVT has observed closely about caste discrimination, Gender Inequality, Domestic Violence, Sexual Violence in the society through various research studies with Govt. departments and independent research. In PMVTs understanding of these 17 years is that economic dependence and absence of their land/property right is one of the main factors of these inequalities, violence and discrimination.



Therefore, the organisation has decided to conduct a pilot research study on Women's Land Rights in District Kangra of Himachal Pradesh to observe the awareness of this constitutional

right among women and their families, their thoughts on the property rights, and also to observe the gaps in implementing the law in rural settings. After the data collection PMVT will approach Government of Himachal Pradesh for the advocacy in this matter in a collaborative way. For that a research team has hired by PMVT for developing a questionnaire, testing questionnaire and data collection in the ten Panchayats of four blocks of district Kangra Himachal Pradesh. PMVT team also involved in the process, e.g. taking permissions in various govt. officials regarding the study (District Panchayat Officer, Block Development Office and Panchayat Representatives). They also participated actively in the data collection when needed.

Therefore, team has successfully collected total 300 forms has collected from these 10 panchayats of District Kangra.



OTHER MAIN HIGHLIGHTS OF THE YEAR

👤 SAVITRIBAI PHULE JAYANTI

The Savitribai Phule Jayanti held on January 3, 2025, celebrated her role as a pioneer in women's education and social reform. The event stressed that education is key to achieving gender equality and that the fight against patriarchy must involve both women and men, following the example of Savitribai and Jyotiba Phule.

Speakers also highlighted the layered discrimination faced by Dalit women and the need for solutions that address both caste and gender. The program called for fair land rights and better resources for marginalized communities. The core message was clear: women should draw inspiration from Savitribai, and men must walk with the spirit of Jyotiba to build a truly equal and inclusive society.



INTERNATIONAL WOMEN'S DAY

On International Women's Day, the Parvatiya Mahila Vikas Trust (PMVT) team took part in a special event organized by the Gram Panchayat of Ghodpeeth, who invited them in recognition of their strong work for women's empowerment and justice. PMVT members shared their ongoing efforts to promote social and economic equality for women and marginalized communities in Himachal Pradesh.

The team also led a creative activity focused on reducing mental stress. The women enjoyed it deeply and said it reminded them of the joy they often forget to feel in their daily routines. The team also sang the song "मत सहना मेरी बहना, सहने से जुल्म बढ़ता है", encouraging women to stand against injustice.

The Panchayat Pradhan emphasized the importance of Sustainable Development Goal 5 (Gender Equality) and appreciated the partnership between PMVT and the local Panchayat in building women-friendly spaces. PMVT was honored with a memento for its contribution. Additionally, PMVT members were invited by various organizations across Kangra district to join multiple events, helping spread the message of empowerment, equality, and solidarity.

BABA SAHEB BHIMRAO AMBEDKAR JAYANTI

On 14 April 2025, the Parvatiya Mahila Vikas Trust (PMVT) took part in Dr. B.R. Ambedkar Jayanti celebrations across Kangra district. PMVT was invited by various local organizations and community groups to join the events. The PMVT team, along with its theatre group, divided into two groups and visited Tharu Paprola, Bir, and Baijnath to connect with different communities.



At each place, the team spoke about PMVT's ongoing work and highlighted the SC/ST Sub-Plan in Himachal Pradesh. They also reflected on Dr. Ambedkar's lifelong fight for equality, justice, and social reform.

Cultural performances added strength to the celebrations. The songs "कैसा ये कर्म है कैसा ये धर्म है" by Sheetal Sathe and "मत सहना मेरी बहना" by Kabir Kala Manch expressed powerful messages of resistance, dignity, and justice.

OUR WORK AND OUR LEISURE

HMARA KAM AUR AARAM

At Parvatiya Mahila Vikas Trust (PMVT), we value the small moments that strengthen our bond a, we celebrated the birthdays of our team members with surprise plans filled with love, Odance, and joy. Everyone took part—some arranged the cake, others decorated the meeting hall, prepared music, or handled the food. The birthday person was always welcomed with cheers and warm smiles, often feeling deeply touched. Stepping away from daily work, we spent time enjoying each other’s company over delicious food. We listened to each person’s life journey, celebrating their happy memories and supporting them through their challenges. The day was filled with singing, laughter, and meaningful conversations.

For PMVT, these celebrations are more than just birthday parties—they are a way to care for our emotional and mental well-being. They remind us that joy, togetherness, and mutual support help us stay strong and grounded, so we can continue building healthier communities.

As we often say:

“We love, we dance, we fight, we do crazy things—but we all do it together.”



 **‘SUKH CHAIN DE DHYADE’**

As we shared earlier, building on last year’s success, PMVT is expanding the “**Sukh Chain De Dhyade**” program to reach more elderly people in rural areas. The aim is to have meaningful conversations with senior citizens, learn about their life experiences, understand the traditions they followed, and help preserve their cultural wisdom. As part of this effort, the PMVT team met with eight elderly women from different parts of District Kangra.

The core purpose of the “Sukh Chain Se Dhyade” program is to listen to the concerns of older adults, understand their situation, and provide emotional comfort and mental peace. This year, the team visited several villages and panchayats, spending quality time with elders. During these visits, they openly shared their struggles and life journeys.

Their happiness was clearly visible. Many said, “It feels so good that someone came just to meet us, talk to us, and spend time with us. These days, who really has the time? And even when someone comes, it’s usually to give advice or make fun of us—very few people actually listen to our hearts or ask how we truly feel.”

Through this program, we learned that elders need much more than medicine, food, or physical support. What matters most to them is emotional care—someone who listens, understands, and values their presence. At this stage of life, it is essential that families treat them with love, attention, and respect.

Meera Devi shared her story, saying that she was married in 1961 at the age of just 13. In her maternal home, she had only one sibling, but in her in-laws’ house, there were 16 family members. In those days, husbands and wives rarely spoke to each other openly in front of the family.

Her husband behaved well only for the first 1–2 years. After that, his behavior began to change. He started sexually harassing her, which was extremely unbearable for her. Because of this constant torture, even managing daily household responsibilities became very difficult. Soon, he also started beating her.

Time passed, and after three years, she gave birth to twins—a boy and a girl. With both infants crying together, she too would cry, as no one in the family came forward to help her. Over time, even her in-laws—mother-in-law, father-in-law, and brother-in-law—began beating her.

Gradually, the cruelty increased. Earlier, it was only verbal abuse, but soon severe physical violence became routine. Many times, she was thrown out of the house in the middle of the night, and although the children would cry, they were not allowed to come to her.

In the beginning, she didn’t share any of this with her parents, but the situation eventually became unbearable. She finally opened up to her mother. Her mother, father, grandfather, and three people from the village came to see her. That day, her husband ran away from the house and refused to return even when called. She was forced to leave with her family.

For an entire year, her husband didn’t come to take her back. Then one day, her in-laws came and took her home on their own responsibility. But even after returning, neither her husband nor her in-laws treated her any better. The atrocities continued and became even more brutal. She often found herself wondering: “*How long will this continue? Why only me?*”

A turning point came in 1977, when the government formed *Mahila Mandals* (women’s groups). Because she was one of the most educated women in her village—up to 8th class—she was made the

president of her Mahila Mandal. This gave her the courage to finally raise her voice against the violence she had been enduring for so many years. With the support of the women in the group, she began to feel stronger.

By then, both of her children were around 18–19 years old. She raised them single-handedly by doing daily wage labour. She educated them, supported them through professional courses, and proudly shared that today her daughter is a teacher and her son works in agriculture.

Meera Devi says she finally feels some peace knowing that, despite everything, she was able to give her children a good and successful life.

Sr. No.	Panchayat	Village	Members	PMVT Team
01.	Matru	Matru Khas	1	Madhu Devi, Nanki Bhardwaj
02.	Matru	Lower Juru	1	Nanki Bhardwaj, Seema Awasthi, Seema Devi, Matmta Devi
03.	Nagar Panchayat Paprola	Pantehar	1	Seema Awasthi, Mamta Devi
04.	Nagar Panchayat Paprola	Ustehar	1	Seema Awasthi, Mamta Devi
05.	Malaan	Uppar Malaan	1	Seema Awasthi
06.	Panjala	Thatharna	1	Mamta Devi, Madhu Devi
07.	Sansal	Bag	1	Madhu Devi
08.	Sansal	Sansal	1	Mamta Devi, Madhu Devi



UNDERSTANDING SC/ST (POA) ACT 1989

In March and September 2025, Parvatiya Mahila Vikas Trust (PMVT) held a two-day training workshop on the Scheduled Castes and Scheduled Tribes (Prevention of Atrocities) Act, 1989 for human rights defenders and PMVT team members, led by Aruna Jyoti Kornana and Advocate Satish Kumar. The workshop aimed to strengthen participants' understanding of legal protections available to victims of caste-based discrimination. It covered the evolution of related laws—from the Untouchability Offences Act of 1955 and the Protection of Civil Rights Act of 1976 to the stronger SC/ST POA Act of 1989 and the SC/ST Rules of 1995—which expanded definitions of atrocities, increased punishments, introduced Special Courts, and ensured compensation, relief, and protection for victims. Participants learned about compensation amounts, support such as medical care, shelter, education, livelihood assistance, and the responsibilities of officials like the SP, District Magistrate, and Special Public Prosecutor. The session also explained key atrocity offences under Section 3 and the role of national commissions in safeguarding the rights of SCs and STs. Sharing field experiences, human rights defender Bimla Vishwapremi spoke about handling fifteen atrocity cases, while Advocate Satish Kumar discussed how Dalits are often accused of filing false FIRs or pressured into compromises due to landlessness, economic dependence on dominant castes, and social constraints—highlighting the ongoing need for strong legal awareness and support.



Colours of the River: Painting Our Emotions

NADI AUR MAIN (नदी और मैं) On April 18, 2025, the Parvatiya Mahila Vikas Trust organized a one-day workshop titled “**Nadi aur Main (नदी और मैं)**” at Kandbari Hill under the guidance of resource person Ms. Pooja Ratnakar. This event aimed to help children of domestic violence survivors find relief from mental stress through fun and creative activities. The event began with a warm welcome by Seema Devi, followed by an outdoor game called “Zip Zep Zoom” to make the children feel happy and focused. Later, the children dipped their hands in colorful paints and made handprints on a white cloth, which brought them joy. Inside the hall, they saw a big drawing of a river on the wall. They wrote their feelings on paper “stones” and stuck them onto the river, imagining they were releasing their emotions into the water. The resource person, Ms. Pooja Ratnakar, guided them through this process and explained how rivers, especially the Ganga, flow from the Himalayas and are important in our lives. The children also received a “Ganga River Journey” DIY kit, which included colouring and craft activities to learn more about the river’s path.



ZINDAGI NA MILEGI DOBARA

One-Day Training Workshop with Survivor Women

On 20th September 2025, Parvatiya Mahila Vikas Trust (PMVT) organized a one-day workshop titled “*Zindagi Na Milegi Dobara*” for survivor women, centered on creativity, healing, and skill-building. The day began with warm preparations at the Davat Meeting Hall, followed by lively icebreakers, surprise welcomes, roses, music, dance, and even a special cake-cutting that coincided with a participant’s birthday. After fun games led by the PMVT team, Chairperson Bimla Vishwapremi introduced resource person Ms. Pooja Ratnakar, a renowned entrepreneur known for her brand POTLI. Ms. Ratnakar conducted an engaging block painting session, explaining techniques, colors, and the history of the craft before guiding participants through hands-on practice. In the afternoon, she encouraged women showing creativity to lead group work, where two teams transformed plain white dupattas into beautiful, colorful artwork. The workshop ended with a heartfelt vote of thanks and a group photograph capturing the joy and pride of the participants. More than a skill-training event, the workshop became a celebration of confidence, creativity, resilience, and togetherness, with many women expressing a desire to continue block painting in the future.



GENDER-BENDER 2024

In 2024, after the success of PMVT's earlier theatre performances, Parvatiya Mahila Vikas Trust (PMVT) and Kahani ki Dukan Foundation worked together in the **Gender-Bender 2024** project to spark conversations on caste discrimination, gender inequality, and the silencing of women in rural Himachal Pradesh. Based on extensive field research and community interviews, the teams created three powerful plays—one on caste discrimination and sexual violence in a feudal setting, another titled *Bindu Nillu* portraying a courageous love story between two women, and the third, *Nachnaug*, boldly exploring women's sexuality and freedom when freed from male control. Performed between 27–30 November 2024, these plays received overwhelming appreciation, as audiences deeply resonated with their themes. The project challenged harmful cultural narratives such as the normalization of the tragic “Dhoban” story, highlighted same-sex love as valid and deserving of respect, and opened rare conversations about women's sexual autonomy. By addressing sensitive topics often avoided in rural communities, Gender-Bender 2024 succeeded in breaking silence, shifting mindsets, and empowering people—especially women—to question discrimination, claim their rights, and envision a more just and equal society.



PMVT's Global Tribute: Honouring Babasaheb Ambedkar in Bahrain

Representing the Parvatiya Mahila Vikas Trust (PMVT) on an international platform for the first time was a deeply emotional and proud moment. Attending the Babasaheb Ambedkar Jayanti celebration in Bahrain felt like a dream—being invited as a guest speaker to honour such a monumental figure was both humbling and inspiring. The event was a heartfelt tribute to Dr. Ambedkar's enduring legacy of justice, equality, and fraternity. What made it even more special was witnessing how his ideals have transcended borders, uniting people globally in shared purpose and solidarity. The warmth, respect, and unity experienced during the celebration reaffirmed the universal relevance of Babasaheb's vision. For PMVT, this moment marked not just a milestone in international representation but also a re-affirmation of our commitment to his principles.



Meetings with Departments and Other Related Exposures

Sr. No.	Department	Date	Members
1.	DC Kangra	16/01/2025	Bimla Vishwapremi Nanki Bhardwaj, Seema Devi, Seema Awasthi
2.	Superintendent of Police and Deputy Superintendent of Police	16/01/2025	Bimla Vishwapremi Nanki Bhardwaj, Seema Devi, Seema Awasthi
3.	Women and Child Development Department	16/01/2025	Bimla Vishwapremi Nanki Bhardwaj, Seema Devi, Seema Awasthi
4.	Smart-city Director	16/01/2025	Bimla Vishwapremi Nanki Bhardwaj, Seema Devi, Seema Awasthi
5.	BDO Palampur		Nanki Bhardwaj, Seema Devi, Shalini Chauhan, Mamta Devi

6.	Sub-Divisional Magistrate Palampur		Bimla Vishwapremi, Nanki Bhardwaj, Seema Awasthi, Seema Devi, Mamta Devi, Madhu Devi, Sarla Kumari, Shalini Chauhan
7.	DSP Palampur and Baijnath	31/01/2025	Nanki Bhardwaj, Seema Awasthi, Seema Devi
8.	I.T.I. Thakurdwara	31/01/2025	Nanki Bhardwaj, Seema Awasthi, Seema Devi
9.	BDO Panchrukhi and Baijnath	31/01/2025	Nanki Bhardwaj, Seema Awasthi, Seema Devi
10.	CDPO Panchrukhi and Baijnath	31/01/2025	Nanki Bhardwaj, Seema Awasthi, Seema Devi
11.	Member of Women Commission Himachal Pradesh	31/01/2025	Nanki Bhardwaj, Seema Awasthi, Seema Devi
12.	National Conference on SC/ST Subplan in Hyderabad Telangana	26-31/01/2025	Bimla Vishwapremi
13.	Annual Convention of National Council of Women Leaders	8-9/12/2024	Bimla Vishwapremi
14.	Gender Bender (theatrical performance in Bengaluru)	27-30/11/2024	Bimla Vishwapremi, Mamta Devi, Shalini Chauhan
15.	Tana Bana Partner's Meet Delhi	07-09/03/2025	Bimla Vishwapremi, Shalini Chauhan
16.	Basics and Beyond Delhi	27/04/2025 to 01 May 2025	Nanki Bhardwaj, Seema Devi
17.	Advanced Training Workshp Banglore	22-26/04/2025	Nanki Bhardwaj
18.	Celebrating BR Ambedkar's Jayanti Bahrain	18-20/04/2025	Bimla Vishwapremi
19.	Women & Child Development Office	26 June 2025	PMVT Team
20.	District Court Dharamshala	2 nd June 2025	Seema Awasthi
21.	Meeting with CDPO Palampur	17 May 2025	Seema Awasthi, Seema Devi
22.	Sr.Sec. Girl School Palampur	17 May 2025	Seema Awasthi, Seema Devi
23.	SMO Palampur And SHO	17May 2025	Seema Awasthi, Seema Devi
24.	SDM Bejnath	17 Jun 2025	PMVT Team
25.	BDO Bejnath	17 June 2025	PMVT Team
26.	Shimla Mashobara	25,26 September 2025	Seema Devi
27.	Shaktishalini organisation	17 October	Seema Awasthi, Seema Devi, Nanki Bhardwaj, Akriti Dhiman



OUR ACHIEVEMENTS OF THIS YEAR

1. **Gender Bender 2024:** In November 2024, under the annual “Gender Bender” grant program by the Sandbox Collective—where 10 organizations from across India are selected—Parvatiya Mahila Vikas Trust (PMVT), in partnership with Kahani ki Dukan, prepared a proposal and brought to the national platform the hidden gender and caste-based discrimination prevalent in the mountains through theatre.
2. **Research Study on Women’s Land Rights:** Starting January 2025, PMVT began a research study on women’s land rights. A survey team was hired, questionnaires were prepared, and between March and May 2025, a total of 300 families were surveyed.
3. **Theatre of the Oppressed:** Over the past two years, PMVT has organized theatre-based trainings within the organization and participated in external training programs. Since 2024, the team has performed nukkad natak in villages, panchayats, departments, and educational institutions. This led to opportunities to perform in the college auditorium in Dharamshala, Kangra district, and in Bangalore, presenting the unheard voices of Himachal. This year alone, PMVT performed plays in about 13 different panchayats, departments, and institutions, reaching nearly 1,080 people. Their chat show “Gande Pani Ki Chai,” focused on caste discrimination from women’s perspectives, gained significant appreciation from students, professors, and others from across the country. For PMVT, theatre is not just performance—it is a medium to amplify voices and help women express themselves. This year we have made a

documentary on theatre of the oppressed and its impact. Also, Hon'ble CMO Kangra (Health Department) assured PMVT for the future collaborations.

Documentary with subtitles

https://drive.google.com/file/d/19A0nPRjWCpyYETv944fkK7GoB-Bdolj5/view?usp=drive_link

https://drive.google.com/file/d/1NRNoIDXoqI4j2fnBmf9rctfXAYNQTQsZ/view?usp=drive_link

https://drive.google.com/file/d/1EP8p5nAPylTTebUd6EzHFXs66PclLYrT/view?usp=drive_link

4. **Himmat Magazine:** Last year, PMVT launched its annual magazine *Himmat*, beginning with research and case studies on discrimination and violence faced by Dalit women. The second issue focused on what theatre means from women's perspectives. The magazine was well appreciated in schools and government departments, and PMVT received invitations for special interviews.
5. **Organizational Reach:** Through various programs, trainings, street plays, surveys, and village/panchayat-level meetings, PMVT has reached nearly 10,000 people.
6. **Domestic Violence Cases:** Out of the total 162 domestic violence cases received so far, around 74 have been resolved and 20 have been taken to court. From November 2024 to October 2025, 37 new domestic violence cases were registered.
7. **Livelihood Training for Women:** PMVT organized pine-needle product-making training programs with 18 women's groups/self-help groups. Additionally, the organization conducted a one-day workshop with children at Kendriya Vidyalaya, Hamirpur, and also received the opportunity to train women at the state level. So far, PMVT has reached about 340 women and children through these initiatives.
8. **Village-Level Meetings:** PMVT has conducted 166 village-level meetings in Baijnath Block, engaging 4,278 people, and has crossed 427 memberships of the Parvatiya Mahila Adhikar Manch.
9. **One-Day Program for Survivor Women:** PMVT organized a one-day block-printing workshop for 24 survivor women to reduce mental stress. They worked on white dupattas, and around 10 women expressed interest in advanced training in block painting.
10. **Programs for Children of Survivor Women:** PMVT has conducted 18 sessions so far to reduce mental stress among children of domestic violence survivors. A one-day program titled "Ganga Nadi ki Yatra" was organized with 24 identified children.
11. **International Recognition:** PMVT Chairperson Bimla Vishwapremi was invited to Bahrain on the occasion of Dr. B.R. Ambedkar Jayanti, where she represented the deep-rooted issues of discrimination and caste in Himachal Pradesh—regions often perceived as peaceful and free from such social realities.

OUR VOICE

Between November 2024 and October 2025, the Parvatiya Mahila Vikas Trust (PMVT) continued its journey of standing beside women, children, and communities in the hills of Himachal Pradesh. This one year brought many lessons — of strength, togetherness, and quiet change that began in small steps.

The team worked through cold winters, long walks, and heavy rains. They reached out to women who were living in silence, to children who needed space to speak, and to families who wanted to rebuild their confidence. The work was not always easy, but it carried hope in every visit, every meeting, and every conversation.

The report that follows shares this one-year journey — the efforts made in the villages, schools, and Panchayats, the stories of courage and care that grew in these spaces, and the ongoing work of healing and empowerment.

Each activity, whether a training, meeting, or awareness session, added to one simple idea — that dignity and peace are possible when people come together and believe in themselves.

This report is not just a list of events. It reflects the women, children, and team members who continue to make change possible, step by step, in the mountains they call home.