

FEBRUARY
2025

OFFICIAL NEWSLETTER “XVIII” EDITION

U D G A M

Empowering Youth: Consent and Respect Education Session

December 7, 2025 | Pub Kalgachia, Barpeta 📍

As part of the campaign 16 Days of Activism Against Gender-Based Violence, we conducted an insightful session on Consent and Respect Education with the girls' and boys' collectives from the Balaipathar, Balapathar, and Pub Kalgachia villages of Barpeta.



The session aimed at:

- Empowering participants to understand the importance of consent in their daily lives.
- Foster a culture of mutual respect and equality.
- Encourage the young voices to advocate for gender justice within their communities.



A total of 30 young girls and boys participated and shared their perspectives. We hope that the engaging with youth will help in breaking stereotypes, challenging harmful norms, and reduce violence and inequality.

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Equal Pay for Equal Work: Workshop on Equal Remuneration Act

December 7, 2025 | Hatigaon, Guwahati 📍

Recently we organized a capacity building workshop on the Equal Remuneration Act of 1976 for the women collectives of the Hatigaon area of Guwahati. About 32 women participated. They were informed in various aspects of Equal Remuneration Act. Ms Pooja Nirala was the resource person for this workshop. We also explored crucial concepts like equality and equity through engaging activities, helping participants envision a more just and inclusive society.



Program on National Girl Child Day

January 24, 2025 | Kalgachia, Barpeta 📍

We organized a transformative program in Kalgachia, bringing together 58 parents from 10 villages and our courageous girl leaders on National Girl Child Day.

Through engaging short animation movies, we discussed critical issues like gender disparity, early marriage, and WASH (Water, Sanitation, and Hygiene). These visual stories resonated deeply with our audience, sparking meaningful conversations and reflections.



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Empowering Girl Leaders: Financial and Digital Literacy Workshop

Decemeber 20, 2025 | Barpeta



On 26th Decemeber we conducted the first phase of our workshop on Financial and Digital Literacy in Barpeta, organized for our girl leaders and team in collaboration with Credit Rating Information Services of India Limited Foundation (CRISIL).

A total of 17 participants attended the session, where Area Manager Gautam Sarma, Centre Block Officer Mintu Das, and Centre Manager Feddus Khan led insightful sessions on digital and financial literacy.

This initiative is a crucial step in empowering our young leaders with the knowledge and skills to navigate the modern financial and digital landscape.



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Empowering Women Farmers in Thamlai Village

February 5, 2025 | Thamlai Village, Manipur 📍

As part of our Project Khutlang, we recently conducted a training session on natural pesticides preparation for women farmers in Thamlai village in Manipur. Thirty-three women participated in the session, and a remarkable twist was that one of the community's own women farmers facilitated the entire session!



The training focused on promoting sustainable farming practices, and the women eagerly shared their experiences of using natural pesticides in their fields. The results were impressive, with many reporting a positive impact on their crops. This activity is a part of project Khutlang which aims to empower local women farmers by promoting sustainable farming practices.

Empowering Adolescent Girls: Exposure Visit to Purva Bharati Educational Trust

Decemeber 26, 2025 | Jorhat 📍



The first session focused on menstrual health and the female reproductive system, providing essential knowledge to the participants. In the second half, the group engaged in a thought-provoking discussion on the importance of education for adolescent boys and girls, highlighting how education can shape a brighter future for all.

Eight of our girl leaders had the incredible opportunity to visit the Purva Bharati Educational Trust (PBET) in Jorhat for an exposure visit on 27th December. The day was filled with valuable learning experiences aimed at empowering the young generation.

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Session on Responsible Tourism

February 5, 2025 | Laitmawsiang, Meghalaya 📍

We conducted a training session on Responsible Tourism at Laitmawsiang, Meghalaya. Our resource person, Gerald Samuel Duia, led the session, which involved 43 community members from the area.



During the training, we covered essential topics such as the definition of tourism, why tourists visit the area and the importance of responsible tourism practices. The community members engaged enthusiastically in discussions, sharing their valuable insights and concerns.

One of the key takeaways from the session was the identification of challenges faced by the community, including greediness, lack of unity, and non-cooperation. These issues underscore the need for collective efforts to promote sustainable tourism practices that benefit the community as a whole.



Building Capacity, Enhancing Impact: FST's Monitoring and Evaluation Training

January 30 – February 1, 2025 | Guwahati 📍

In our ongoing effort to enhance the skills and expertise of our team members, FST conducted a comprehensive three-day capacity-building training on Monitoring and Evaluation (M&E).

The training, led by expert Khilesh Chaturvedi, brought together staff members from our Guwahati, Shillong, and Barpeta offices. This intensive training session aimed to equip our team with the knowledge and skills necessary to develop and implement effective M&E frameworks, a crucial aspect of our project management. By strengthening our capacity in M&E, we aim to improve the quality and impact of our projects, ultimately benefiting the communities we serve.

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From Homemaker to Entrepreneur: Seemashree's Journey to Empowerment

“ During the COVID-19 pandemic, I realized my family needed my financial support. But I lacked the courage to take the first step. The Awahan project meetings gave me the confidence to pursue my dreams. ”



Seemashree Goswami, a resident of Kharguli, Guwahati, had always been passionate about stitching clothes. However, as a homemaker, she never thought she could turn her hobby into a profession.

Everything changed when Seemashree started attending meetings conducted by FST under the Awahan project. For three years, she actively participated in the meetings, gaining confidence and encouragement from fellow members.

The FST team recognized Seemashree's potential and provided her with a double sewing stitching machine. This marked the beginning of Seema's journey from a homemaker to a professional woman.

With determination and hard work, Seemashree captured a loyal customer base in her area. Her big break came when she landed a job as a professional tailor with North East Network, a renowned organization. Seemashree credits FST and the Awahan project for empowering her to take control of her life.

Today, Seemashree is not only a successful entrepreneur but also an active union member of women collectives in her area. She has inspired her neighbors to join her in fulfilling orders, creating a ripple effect of economic empowerment.

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A Harvest of Change: Abeda's Story

Abeda, a 40-year-old farmer from Kakching, Imphal, has witnessed a remarkable transformation in her farming practices. After attending various trainings under the Khutlang project, she discovered the power of sustainable farming.

“ I used to rely on chemical pesticides, unaware of the harm they caused to my soil and crops, Abeda admits. But now, I prepare natural pesticides at home. It's easy, affordable, and effective!

”

With her newfound knowledge, Abeda has seen a significant improvement in her harvest. **"My crops are healthier, and I've noticed a substantial increase in yield,"** she shares.



Abeda's story is a testament to the impact of sustainable farming practices. Furthermore, she thanked team FST and the training which empowered her to create a healthier and more prosperous farm. She now wishes to share her knowledge with other women farmers, hoping to empower them towards a better and sustainable life.