



Community Development Project in Chakkarpur, Gurugram in Haryana, India



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Introduction

Humana People to People India (HPPI) partnered with the Sanni Foundation on 22 January 2024, to launch a Community Development Project (CDP) in Chakkarpur village, Gurugram, Haryana. This project is working towards improving the lives of women and children in the community by focusing on education, health and empowerment.

Rapid migration from rural areas has led to overcrowded urban settlements where families often lack access to basic services such as clean water, sanitation, healthcare, welfare schemes, and quality education. India also carries the world's highest burden of tuberculosis, with millions of new cases each year, particularly affecting underserved urban communities with limited access to proper care and awareness. Adolescent girls are especially vulnerable to dropping out of school due to financial hardship and lack of academic support, while migrant women in urban slums face social neglect, low literacy, and limited financial independence. Recognising that education is a powerful pathway to empowerment, this project addressed these interconnected challenges through education, health awareness, and financial literacy initiatives for women and girls.

The goals of the project included empowering women by raising awareness among women in urban communities about their rights, gender issues, health, family planning and nutrition; fighting tuberculosis by supporting India's National Tuberculosis Elimination Programme (NTEP) and Prime Minister's TB-Free India Campaign to expand TB awareness, improve healthcare access, and involve the community in prevention efforts; supporting girls to stay in school by providing extra academic support to girls in grades 6 to 10 to help them succeed and prevent dropouts; and building literacy and financial skills by teaching women to read and write, understand their rights, access government schemes, and manage money better, including using online payments.

Through this project, Humana People to People India and the Sanni Foundation endeavored to create lasting change by empowering women, strengthening education and improving healthcare in the community. Here is a glimpse of the project's impact through stories from the field.



Driven by Hope, Powered by Education



Kapil Kumar Arya

Gurugram, Haryana

Kapil Kumar Arya is 19 years old and has been living in Gurugram with his two sisters for the past five years. Reflecting on his journey, Kapil shares, “When we came here, I was only 14 years old. My elder sister was 21, and my youngest sister was just 11. Both my parents passed away when we were very young. I don’t speak much about it, but it is part of my life, and it made me grow up early. From that time, we learned to depend on each other. My sisters are my family, my strength, and my reason to keep moving forward. We came from the Northeast of India.”

Before joining the computer classes under the Community Development Project in Chakkarpur, Gurugram, Kapil did not know how to use a computer. “Everything was new to me. Yet, I was very happy to get the chance to learn. During the three months of computer classes, I attended every single day. I did not miss even one class. I believe consistency is the key, and I wanted to give my best,” he says.

A staff member at the computer centre reflects, “We know Kapil beyond the classroom. Whenever we reach out, Kapil is there—for learning and for tree planting. This reflects not only his commitment to learning but also his strong sense of belonging to the community.”



Speaking about the changes in his life, Kapil explains, “Because of these computer classes, something very important happened. I got accepted into a college in the Commerce stream through an Open Learning programme for a three-year course. My elder sister is supporting my education by paying the fees she earns through her hard work. I still can’t believe; I am a college student now!”

Recognising the transformative power of education, Kapil has also enrolled in a course at a private university. “My days are busy, but meaningful. After my studies, I help with cooking at home. Even though the computer classes at the centre are over, I like to visit often. The camaraderie built there has had a positive influence on my life. I still work on the computer there and sometimes discuss my doubts. I continue to enjoy learning here. I have felt seen and appreciated, without any burden to prove myself. Sometimes I visit just to say hello. Due to these classes, I gained admission to college and the confidence to continue my studies. This centre is an important part of my journey, and I will always carry it with me.”

Inspired by this pivotal phase in Kapil’s life, his younger sister also joined the computer classes. Kapil concludes, “Sometimes I feel tired with my hectic schedule, but most of the time I feel proud of myself. The atmosphere at the centre gives me strength. It motivates me to keep going. I truly believe that in the end, all this hard work will lead to something good. My goal is to become successful so I can support my sisters and give back what they have given me.”

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Stronger Together: How a Women's Group Transformed Parvati's Life



Parvati Das

Gurugram, Haryana

Parvati Das migrated from West Bengal to Gurugram with her family 14 years ago in search of greener pastures. Now, Parvati is twenty-four years old and lives here with her husband and their two children—an eight-year-old daughter and a seven-year-old. They are studying in a government school and will soon enrol in Humana in March.

Parvati narrates, “My husband works in a pantry kitchen where he cooks, and I am a housewife. Life here is not always easy. Over the years, we have moved many times, almost five different houses, because rent is not stable. It is difficult, especially with children. When you keep moving, you don’t always feel secure enough to invest in comfort, but I always try to invest in cleanliness and health for my family. Somehow, facing difficulties and making compromises becomes the norm.”

She explains how she became part of the women’s group under the Community Development Project in Chakkarpur, Gurugram: “I first heard about the women’s group in my area and thought it sounded interesting and helpful. I did not hesitate. I asked someone about it and they connected me with the group near my home. Now I have been attending the women’s gatherings for almost two years.”

Parvati continues, “I mainly joined because I wanted to learn about seasonal diseases, especially during

the rainy season. I wanted to be aware and prevent illnesses in my family. Before joining, I had some knowledge, but it was only superficial. Through the gatherings, I have changed many habits and become much more careful in my daily life. Now I pay more attention to hygiene and food. I peel vegetables, I make sure the water my family drinks is clean and safe, and I keep the kitchen more organised. I learnt about how sugar affects our health and the importance of sanitation and cleanliness. I wash utensils immediately after use and try to maintain a clean environment at home.”

In the women’s group meetings, many topics, including hygiene, cleanliness, seasonal diseases, nutrition, family planning, water storage and sanitation, are discussed. Parvati expands, “Sometimes one topic leads to two or three hours of conversation and debate. We trust the community mobiliser and feel comfortable sharing our experiences. We also laugh and enjoy our time together.”

She further explains with an example, “I remember one place where we lived had neighbours who kept chickens that walked everywhere. It made the area dirty and difficult to keep clean. After learning more about hygiene in the gatherings, I felt confident to speak with them respectfully. I explained the problem, and they agreed to create a separate enclosed space for the chickens. It helped improve cleanliness for everyone. Furthermore, through the group, I also learned more about diseases like tuberculosis, how to prevent them and what to do if someone is affected. It is comforting to know that if I have any problem or doubt, I can ask questions and receive support. I can also go directly to the centre and receive help, even dental care if needed. We feel like a community, and it is a privilege to have access to this kind of support.”

Summarising, Parvati says, “These meetings have helped me so much. I feel more confident in taking care of my family’s health and making better decisions. My children motivate me the most. Because of them, I want to do everything better and protect their health. In the women’s group, we encourage each other, especially those of us who have children. We remind each other that small daily actions can make a big difference. I like to share what I learn with my mother, who lives nearby. I often tell her about the discussions and the useful things I discover. I encourage more women to participate, especially women who come from rural areas like me.”

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Classroom Struggles to State Level Success



Kriti

Gurugram, Haryana

Kriti is 13 years old and joined the Samarth Programme around nine months ago. “I live with my parents and my siblings. We are three sisters and one younger brother,” she shares with a smile. Her eldest sister is 17, followed by Kriti, then her 11-year-old sister, and finally their 4-year-old brother. Her younger brother is also connected to the centre conducting Samarth classes, where he attends preschool classes.

“My elder sister used to attend Green Action activities at the centre. When she heard about the Samarth Programme, she asked if I could join too. That is how my journey began,” reflects Kriti.

Although Kriti has always achieved good marks at school, she quickly noticed differences in the way teaching takes place. “At school, I do well, but there is a big difference in the way lessons are taught,” she explains. With around 200 students in one class, individual attention can be limited. “Teachers answer questions, but there is not always time for detailed explanations. I am not saying school is bad — it is just difficult to receive personal attention.”

She joined Samarth mainly because she was struggling with English. “It is still a challenge for me, but I can say with confidence that I have improved,” she says proudly. The patient explanations and

practical examples given by teachers at the centre have helped her understand concepts more clearly.

At the centre, Kriti feels the atmosphere is different. She describes it warmly: “Here, the teacher explains every topic carefully, and we can ask questions freely. That makes me feel motivated to come every day.” She enjoys the supportive environment, her classmates, and the interactive way of learning. Creative sessions such as drawing add joy to her routine — opportunities she rarely experiences at school.

“I especially love the debates,” Kriti says enthusiastically. “They give me the chance to express myself and share my thoughts.” Over time, these activities have transformed her confidence. Once shy, she now speaks in front of others with greater ease.

Mathematics is her favourite subject, and the additional classes have proven especially helpful during exam periods. “The first time I came to the centre was between two school exams, and it made everything much easier,” she recalls. Today, she stands third in her class and considers herself an active participant in lessons.

Kriti is particularly proud of qualifying, along with five other Samarth students from grade 8, in the first phase of the Haryana State Level Competition. “Now I am waiting for the results of the second exam,” she says. “It makes me feel proud and motivates me to work even harder.”

One of her happiest memories at the centre was preparing a theatre performance on a technological topic. “I enjoyed everything — the organisation, the rehearsals, and working together as a team,” she remembers. Although the performance was not presented before a large audience, the experience strengthened her confidence.

Looking ahead, Kriti holds a clear ambition. “My dream is to join the police one day. I know it requires discipline and hard work, but I am ready.” This dream is closely connected to her father’s aspirations as well. “It is not only my dream but also my father’s. If I succeed, I will fulfil both his dream and mine.”

Her father plays an active role in her education, regularly reviewing her schoolwork and closely following her progress in the Samarth programme. He attends monthly parent meetings organised by the centre and values the consistent communication from teachers. Despite the presence of many NGOs in the area, he trusts HPPI because of its experience and structured approach.

“I come from a loving family where education is very important,” Kriti reflects. “My parents want the best for us so that we can have a better future.”

Through her journey with Samarth, Kriti has grown not only academically but personally. “Here, I feel encouraged. Here, I feel capable,” she says with quiet confidence. And step by step, she is moving closer to her dream.

From Fear to Recovery: Malkhan and Indervati's Story



Malkhan Singh

Gurugram, Haryana

In April 2025, during a routine door-to-door visit, Veena, Humana's Community Mobiliser in Chakkarpur, arrived at the home of Malkhan and his wife, Indervati. What seemed like a regular screening would soon change the course of their lives.

For weeks, Malkhan had been feeling unusually weak. "I did not understand what was happening to my body," he recalls. "I just felt tired all the time."

The couple had already visited a private doctor, paying Rs 1,000 for a consultation, followed by additional expenses for blood tests and medicines that were unrelated to tuberculosis (TB). Malkhan took those medicines for over 15 days. His condition did not improve.

"When Veena came and spoke about TB, I could not believe it," Indervati says. "We had never thought of that. And I did not know treatment could be free."

Although uncertain, they agreed to visit the hospital with Veena for proper testing. When the diagnosis confirmed TB, Indervati was shocked. "I thought TB was like cancer — something impossible to cure," she admits.

Both the Humana team and TB specialists reassured them that with trust and strict adherence



to treatment, Malkhan would recover. Gradually, their fear began to turn into hope.

They were advised to maintain social distance and wear masks to protect others, without feeling ashamed or isolated. Fortunately, no one else in their family or surroundings became infected.

The financial relief was equally significant. “We only paid five rupees for registration,” Indervati explains. “After spending so much before, that felt unbelievable.”

With support from the HPPI’s project, Malkhan was registered in the Government’s TB tracking system. Veena accompanied them to the medical centre whenever medicines were needed, conducted three home visits per month, provided nutritional food supplies as advised by a nutritionist, and maintained regular phone contact to monitor his recovery.

For nine months, the family remained committed to the treatment. Eventually, Malkhan tested negative and completed his course successfully.

“It would have been very hard for me alone,” Indervati reflects. “I had to care for my husband and our three children, especially when he was too weak to work.”

Today, she speaks with relief. “At one point, I was losing hope. But slowly, he became stronger.”

Inspired by their experience, Indervati is now determined to challenge the stigma surrounding TB. She openly shares their story and reassures others that the disease is curable. She is already in contact with another patient currently undergoing treatment in Chakrapur, offering encouragement drawn from her own journey.

What began as fear and uncertainty has transformed into recovery, awareness, and advocacy — a reminder that with the right support, healing is possible.



A Journey of Learning, Confidence and Dreams



Muskan

Agra, Uttar Pradesh

Muskan is a 14-year-old girl enrolled in Humana's Samarth Programme. Originally from Agra in Uttar Pradesh, she was brought to Gurugram by her parents when she was four months old. She has lived here her entire life, only visiting her village during the summer.

"I live with my family of five," she says. "At home, I help my mother with many tasks while my father works in a restaurant."

Muskan has been attending the Samarth Programme for a year, and she speaks with joy about her experience. Many of her classmates at Humana have also become her friends at the nearby Government school she attends. She is academically strong and was recently selected to participate in a national examination, where winners receive awards. The subjects tested are the same as in her Government school: maths, Hindi, English, science, social science, Sanskrit, and more.

"At Samarth," Muskan explains, "I get two hours each day to ask questions and clear my doubts. That really helps me understand better." Her participation in these classes has strengthened not only her academic performance but also her confidence.



Now, inspired by her achievements, Muskan dreams of becoming a teacher. “I want to help children who, like me, come from economically disadvantaged backgrounds,” she says. Humana’s teachers have influenced her profoundly.


She particularly enjoys the discussions on Samarth’s Saturday theme days. “I have learnt about aspects of life that are never taught in Government schools,” she reflects. “We talk about topics like women’s health, safety, politics, law, and other regulations. I wish these subjects were discussed more at home. Now, in this comfortable environment, I feel confident asking questions about things I don’t know.”

Humana has given Muskan the opportunity to explore topics she was curious about, helping her grow both academically and personally. “I really recommend the Samarth Programme to other girls if they have a chance,” she says. “I will always remember my time here, surrounded by people who believed in my learning and hoped for my success.”

Muskan’s story shows how education, support, and a nurturing environment can inspire a young girl to dream beyond her circumstances and build the confidence to make a difference in the future.

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Teaching with Purpose, Serving with Heart



Khakan

East Singhbhum, Jharkhand

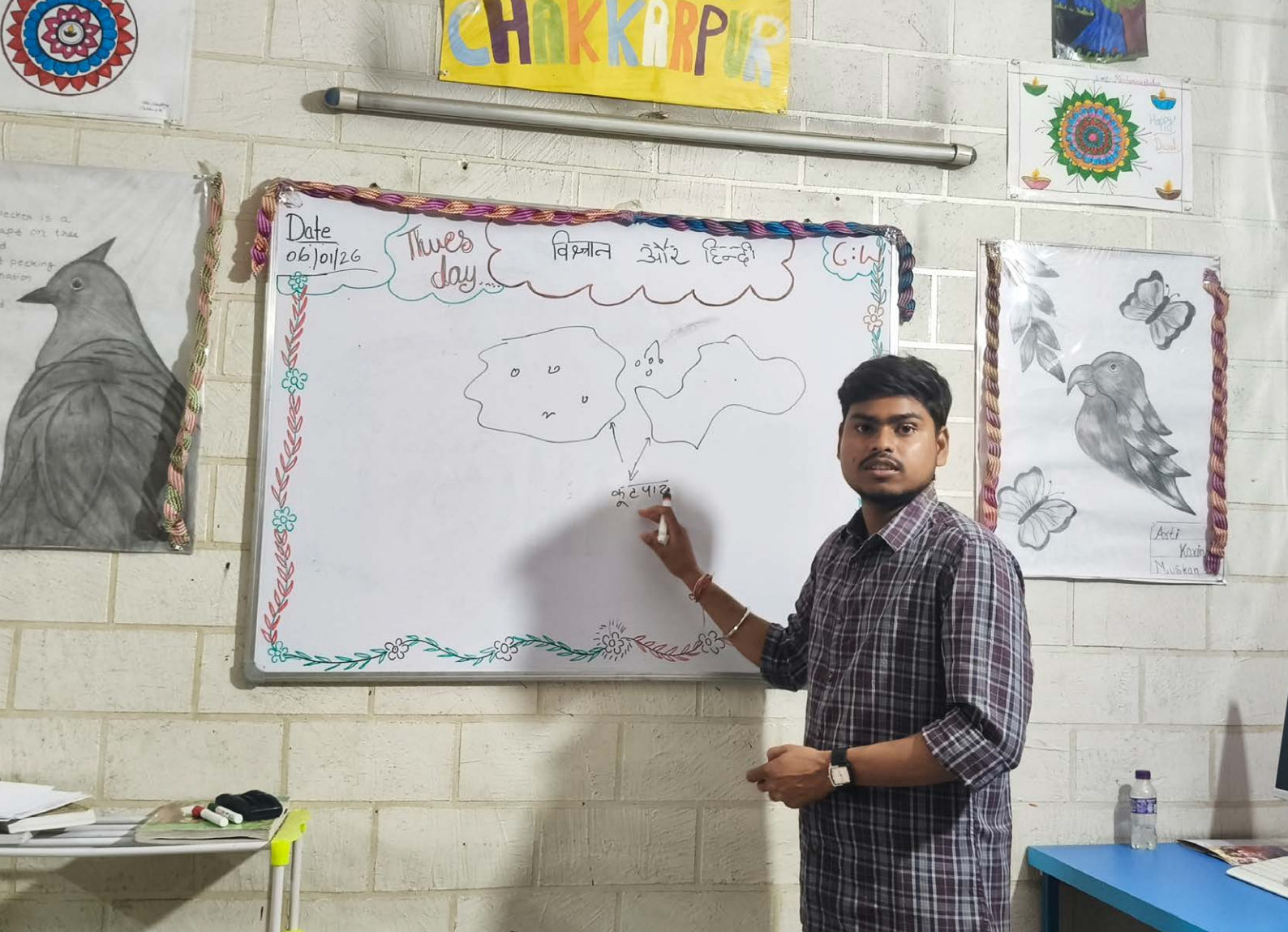
Khakan is Humana's Samarth and computer teacher in Chakkarpur, and he is deeply appreciated by his students.

Originally from Jharkhand, Khakan completed his degree in Physics in 2023. He belongs to the Kudmi Mahato tribal community. "My community is culturally rich but not economically strong," he explains. "I wanted to search for better opportunities."

Before joining Humana in 2024, he worked as a tuition teacher and volunteered in cultural festivals celebrating his tribe's traditions. He speaks seven languages and, even today, studies quantum physics in his free time.

Despite his scientific background, Khakan chose social work. "I began questioning why some people do not receive equal opportunities," he says. "That is why I prefer to call this service, not just a job."

As a migrant himself, he feels connected to the families he supports. In his classes, he focuses not only on subjects like English, Science and computers, but also on building confidence and critical thinking. "My aim is that students do not lose hope in themselves," he shares.



He also assists families beyond the classroom, helping them navigate administrative procedures such as obtaining identity documents.

When asked how he remains so positive, especially with children around him, he smiled and said, "If I smile, they smiles."

In that simple sentence lies the reason his students and the community value him so much — he serves not only with knowledge, but with heart.

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From Struggle to Strength: A Mother's Promise



Ganeshi

Gurugram, Haryana

Ganeshi is 25 years old and originally from Jalesar district in Uttar Pradesh. For the past four years, she has been living in Gurugram with her husband and her two daughters. “My name is Ganeshi,” she begins softly. “When I first came to Gurugram, I had just given birth. Everything felt new, fragile, and uncertain at the same time.”

She married in 2017, and after a few years, she and her husband decided to leave their village in search of better income and opportunities. Like many migrant families, they carried both hope and fear with them. Today, they live in a rented house. “I feel grateful that we have not had to move,” she says. “We have a good relationship with our landlord. Even small stability feels like a blessing.”

Life with two young children is not always easy, yet Ganeshi works steadily to create a secure future. She completed a tailoring course at Humana and now works from home whenever possible. “Stitch by stitch, I try to earn something while caring for my daughters,” she explains. “It is not much, but it gives me dignity and independence.”

Her belief in education is firm and deeply personal. She enrolled her younger daughter

in the POF Programme because she sees learning as the strongest foundation for a better life. “Children should begin learning when their minds are open and curious,” she says. At just four years old, her daughter can already write numbers from one to ten. Ganeshi ensures she attends regularly, maintaining around 85 per cent attendance, and she never misses a parents’ meeting.

“I am happy with the teachers, the environment, and the activities,” she adds. “There is care here. There is patience.”

On days without class, her daughter often asks, “When will I go again?”

“When I hear that,” Ganeshi says with a smile, “I feel calm inside. There is no better feeling for a mother than knowing her child feels safe and happy while learning.”

Her elder daughter will soon enroll in Humana’s Kadam Programme, and as her younger daughter grows, she hopes she will continue into the Samarth Programme. Ganeshi wants education to remain a continuous thread throughout their lives. “I want them to walk a path where education is always present, always guiding them.”

Her conviction comes from her own experience. Ganeshi studied science and graduated in Uttar Pradesh under challenging circumstances. “In my first year, I got married. In my second year, I became pregnant,” she recalls. “After my baby was born, I still completed my degree. It was not easy, but I believed education would give me strength and dignity.” That belief continues to shape her dreams.

“Today, my greatest wish is that education becomes a priority for my daughters — something stable, not something fragile. I do not want them to struggle for it the way I did.”

For now, the family plans to remain in Gurugram. Yet, as migrants, uncertainty always lingers. “When you come from another place, you carry a small doubt inside,” she reflects. “You never know if one day you will return.”

Still, wherever life may lead them, Ganeshi is clear about one thing: “Education is something no one can take away. I walked a difficult road and still finished my studies. For my daughters, I hope the road will be smoother, brighter and open.”

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Small Lessons, Big Dreams



Chanchal Mathur

Gurugram, Haryana

Chanchal Mathur is 25 years old and lives in Gurugram as a housewife, caring for her two sons, Manvic, aged five, and Gyanshu, aged three.

Her family moved to Gurugram from Agra, Uttar Pradesh, because of her husband's work. He completed his Year 12 education there and now works as a delivery rider for different companies. Each day, he leaves on his motorbike at 6 am and returns late in the afternoon.

"With him away most of the day, I take care of everything at home," Chanchal explains.

She was eager to enrol her sons in Humana's PoF Programme, especially because it is free and her children are still too young for Government school. However, when she first visited the office, she was told that the boys could not be registered without proper identity documents.

"I felt worried," she recalls. "I did not know how to complete the process."

Khakan, the Samarth and Computer teacher, stepped in to help. He accompanied the family to the administrative office and supported them in obtaining the necessary documents. Although he is not a PoF teacher, the boys know him well, and Chanchal remains deeply grateful for his support.

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Since joining the PoF programme, Chanchal has seen remarkable changes in Manvic. “I do not always have time to teach both my sons at home,” she admits, “but now Manvic comes back with so much practical knowledge.”

It is not only about new words or numbers. He now says “Good morning” at home, knows how to tie his shoes, and brushes his teeth properly. “He is learning faster than I expected,” she says proudly. “He asks questions, uses his imagination, and even teaches his little brother.”

Every day, Manvic eagerly prepares to leave for class. “He waits for the time to go,” Chanchal smiles. “That tells me he truly loves it.”

She appreciates the teaching approach and the encouragement her son receives. Inspired by the programme, she now attends parent–teacher meetings and health awareness sessions.

“I feel part of a community,” she says. “I have met other families and made friends.”

For Chanchal, the programme has not only opened doors for her children but also for herself. “I hope one day I can use this motivation to learn more, maybe even work and support my husband,” she reflects. “For now, I am happy seeing my sons grow with confidence.”

Through her children’s education, Chanchal’s own sense of possibility is beginning to grow as well.

On the Frontlines of Dignity



Veena

Gurugram, Haryana

Veena is 28 years old and lives in Gurugram. Every day, she rides her scooter across the city to reach the community where she works as Humana’s Community Mobiliser in Chakkarpur. She has been working with Humana for the past year.

“My name is Veena,” she says. “I studied Arts and Social Sciences for my bachelor’s degree, although I did not complete my graduation. Still, I always knew I wanted to work with people — helping, mobilising, supporting wherever I could. I truly love my job.”

Although she did not finish her degree, her commitment to community work has always been clear. Today, she coordinates ten women’s groups and organises monthly meetings with each of them. “My goal is simple and very personal,” she explains. “I want to help those who are in need.”

Veena understands the realities of migration. Many of the families she works with have moved from different parts of India in search of work and stability. “The government provides support in many ways,” she says, “but migrants often face greater difficulties. They are more vulnerable, more marginalised, and often unaware of their rights or the services available to them.”

She believes deeply in dignity and equality. “Everyone deserves a normal life — a good life — as easy and dignified as possible. Access to information and the possibility of a healthy life are not luxuries; they are human rights.”

Her work fulfils something much deeper within her. “I do this willingly, from the heart,” she admits. “There are nights when I cannot sleep well knowing that so many people still need help.”

Before joining Humana, Veena witnessed harsh realities in slum communities. One incident, in particular, changed her path forever. She recalls seeing a man brutally attacked and burnt. “I felt completely powerless,” she says quietly. “But that was the moment I understood that my path had to be one where I could stand close to people who suffer.”

When she learnt about Humana’s work, she felt she had found the right place. It offered her a safe and meaningful space to begin contributing in a real way — exactly what she had been searching for.

Her main responsibility now is organising monthly meetings with women from the community, where she provides information on health, prevention, hygiene, sanitation, nutrition, and seasonal illnesses. When necessary, she also helps facilitate visits to doctors or medical services. “My only aim,” she says, “is that families can live healthier and more stable lives.”

The challenges in the field are significant. Veena regularly sees families struggling to secure stable work or meet basic needs. One situation that deeply moved her involves two very young girls who long to study but lack the resources to continue their education. “They have dreams,” she says, “but daily survival pushes education aside. It is painful, because they are the future.”

Her work sometimes brings uncomfortable moments. After meetings, she collects signatures from participants. Occasionally, when husbands return home — particularly if they have been drinking — they question her intentions. “They ask why I need signatures and whether I can be trusted,” she explains. Most situations calm down after the women clarify, but there have been times when she has been asked to leave. Despite the tension, she continues her work, supported by her office team and sometimes accompanied when necessary.

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Yet amid these challenges, Veena finds immense pride in the women she works with. “Each woman is special in her own way,” she says warmly. Some have started small businesses selling snacks. Others collect recyclable waste to generate income. Conversations about environmental topics like recycling can be difficult when survival is the immediate priority. “They ask, ‘What is the benefit for us?’” she says. “And I understand that question.” Still, she continues these discussions step by step.


There are also moments of real success. One woman from the Durga group completed a beauty training course organised through the programme. When Veena heard about a vacancy in a boutique, she helped connect her. Today, the woman is employed. “She had the skills but not the opportunity,” Veena says proudly. “Moments like that remind me why this work matters.”

For Veena, the process is mutual. “It is not one-sided,” she reflects. “I am learning from them every day.” Many of the women come from different regions, and language can be a barrier. She did not previously know the Bengali language, but through daily interaction, she has picked up some of it — just as the women learn from her.

She manages ten WhatsApp groups, each with 12 to 14 women, to stay connected and share information. After formal discussions, they often remain seated together, talking about personal matters, sharing laughter, tea, fruit, or small meals. Some women bring their toddlers, who sit beside them as conversations unfold.

“These moments create belonging,” Veena says. “They create community.”

Despite the emotional and practical challenges, she remains certain about her path. “It is not always easy,” she reflects, “but it is deeply fulfilling. When I see even a small positive change — a woman becoming more confident, a family becoming more aware, a child gaining better opportunities — I feel my work has meaning.”



Beyond Survival: Women, Health, and the Power of Collective Strength



Mitu Das and Durga

Nadia, West Bengal

Mitu Das is 26 years old and originally from West Bengal. She arrived in Gurugram more than ten years ago with her parents. “I was still a teenager then, full of uncertainty but also hope,” she recalls. Later, she returned to West Bengal for her marriage, but soon after, she and her husband came back to Gurugram to build their life together.

Today, Mitu has three children. Her eldest is 13, the middle one is 10, and her youngest is 8. Like many migrant families, they moved in search of better work opportunities and a more stable income. She and her husband both work as housekeeping workers, labouring long hours each day.

When the women’s group first began forming, Mitu became interested immediately. “At that time, I wanted to learn something very simple but very important — to write my own name and make my own signature,” she explains. Hearing about the group’s activities made her feel it could be meaningful and helpful. That is how she joined the Durga Women’s Group.

Durga, 35 years old, is also from West Bengal. She and her husband moved to Gurugram about



ten years ago, when their son was just three. Like many others, they left their village in search of better opportunities. She has two children: a 17-year-old daughter who still lives in West Bengal and a 13-year-old son who lives with her in Gurugram.

“Migration is never easy,” Durga says. “Part of my heart always stays where my daughter is. But we continue working for a better future for all our children.”

She first heard about the women’s group out of curiosity. “I wanted to know what they were discussing and how it could help us improve our lives here.” Over time, the other women chose her to be their leader. They saw her as curious, engaged, and active in organising and supporting everyone. This trust means a great deal to her. The group has now been running for two years.

Both women joined mainly for prevention and awareness. In the beginning, they wanted to understand diseases, hygiene, and how to protect their children. Now, they feel that every topic discussed is important and useful. Tuberculosis prevention is one of the main subjects, but they also talk about water quality, skin infections, sanitation, seasonal diseases, and adapting to city living.

“It was our decision to come here, so we know we must adapt,” Mitu reflects. The problems in the city are often very different from those in rural areas. Adaptation feels like the price they pay for better income and opportunities for their children.

Before attending the gatherings, they were not fully aware of the health risks around them. One simple example was drinking water. They used to consume it directly from

the supplier without much thought. “Now, we always boil the water or use a filter,” Durga explains. They have learnt to take precautions and maintain better hygiene practices, especially for their children’s sake.

Children’s health is discussed often: vaccinations, prevention, hygiene, and education. Everything they learn, they try to apply at home.

In Mitu’s case, her parents live nearby. “It makes me happy that I can share everything I learn with them,” she says. She passes on information and encourages them to take care of their health as well. It gives her a sense of purpose to spread awareness within her own family.

Through the group, both women have gained confidence. They have learned to face uncomfortable situations and health problems with more knowledge and strength.

Mitu laughs shyly while recalling a common issue. “One of the major problems we used to face was diarrhea. Before, we didn’t always understand why it happened or how to prevent it. Now, we can openly discuss it in the group and receive good advice.” When necessary, they can also access medical attention without cost. This support gives them peace of mind.

Beyond health, the gatherings have created a sense of belonging and responsibility. They have also developed an interest in environmental action. “In our villages back in West Bengal, there is land where we could plant and grow,” Durga says. “One day, we would love to start gardening and environmental activities there and bring what we have learned back to our communities.”

They feel deeply grateful for the health advice, information, and support they have received. These meetings have helped them adapt to city life, understand its challenges, and protect their families.

They now encourage other women to join such groups. “It is absolutely necessary, especially for women who come from villages and must learn how to survive in the city,” Mitu insists. “Be motivated. Learn. Share what you know. If you have information, spread awareness. As women and as a community, we carry responsibility not only for our families, but also for each other.”

“Migration is never easy,” Durga says. “Part of my heart always stays where my daughter is. But we continue working for a better future for all our children.”





The purpose of the foundation is to promote the education and training of children and young people, combat extreme poverty, promote health, and empower women.



HPPI is a non-political, non-religious organisation working for the holistic development of the underprivileged and marginalised people in rural and urban India. We work through social development and poverty alleviation interventions by coordinated, strategic approaches focusing on school education and teacher education, life skills, improved livelihoods, health, women empowerment and environment protection.



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