

Anju Uppal

Founder-Partner, Vikalp Kriya



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Portfolio Resume

Anju's passion lies in designing facilitation tools that kindle a process of critical thinking and encourages groups and communities to reimagine a sustainable future. Together, with Prabir, she explores the scope and possibilities of participatory theatre for cultural action.

She is an undergraduate in English literature and an MA in social work from Mumbai University. She has worked with Nirmitee, Youth for Unity and Voluntary Action (YUVA) and Aga Khan Education Services (India). She was the Founder-Director of Media Matters for 14 years. Her experience of working with indigenous communities and the urban poor has rooted her belief in social and environmental justice.

At present, Anju is putting together a series of creative nonfiction short stories.

Personal Details

Present Work	Founder-Partner Vikalp Kriya (www.vikalpkriya.in)
Academic Qualification	Master in Social Work, University of Mumbai, 1989 Bachelor in English Literature, University of Mumbai, 1987
Date of Birth	December 14, 1966
Nationality	Indian
Languages known	Native/Bilingual Proficiency in English, Hindi and Marathi Elementary Proficiency in Punjabi, Sindhi, Gujarati

Films

Schooled (Working Title)	Co-directing a documentary on issues around schooling in India (work in progress) - Vikalp Kriya
Our Rights, Our Entitlements Vimeo	Co-directed a series of five video spots on child participation, through a workshop process with children and adolescents from 14 states across the country - UNICEF ICO Media Matters
Right to Act! Vimeo	Co-directed and co-edited the documentation of a four-day workshop in Bangalore exploring participatory theatre to advocate for rights and entitlements of children and young people. The film documents narratives of the participants as they journey through the four-day workshop process - UNICEF ICO Media Matters

Our Dreams... Chained [Vimeo](#)

Co-directed a documentary on issues and concerns of adolescent girls in Maharashtra
- UNICEF Maharashtra | Media Matters

Suno, Sunate Hain

Co-directed a documentary about consultations with children and young people on their rights and entitlements across 11 states over a period of one year
- UNICEF ICO | Media Matters

Refuse to Let Lie

Co-directed a documentary on solid waste management initiative in a slum community of Mumbai, a field project of SNDT University
- Grassroot Communications

Participatory Theatre

Theatre on Streets

Initiated as a year-long theatre process with a group of young people and Media Matters, a not-for-profit trust was formed in the process. The play *Chhi!* was about the struggle of a theatre group to evolve a socially relevant play which performed at over 50 locations. The theatre processes continued as a collective initiative with women, youth, children and activists. *Geeta Ek Glass Pani* was a play devised by the community volunteers and staff members from organisations working on the issue of child labour. It was performed in over 20 community spaces. *Mulichya Jatila He Shobat Nahi!* A journey of an image of a girl was used as a tool while facilitating sessions with adolescent girls in an urban poor community. The interactions transformed into enactments and later into a play that the girls' group performed to provoke a dialogue with their parents and adults in the communities. Around 20 performances later, the play was adapted as a short film. *Kataar*, a satire on governance scripted and performed with group of young theatre artists was

performed in over 40 locations.

- Media Matters

Participatory Theatre Workshops

Designed and facilitated a theatre campaign with *Sahyoginis* (Community Animators) on gender, violence and male participation as part of a process wherein participants build an understanding of gender; develop a play and perform across different districts as part of a theatre campaign

- Mahila Arthik Vikas Mahamandal (MAVIM) | UNFPA Maharashtra

Participatory Theatre for Development

Co-facilitated a week-long theatre course for second year management students for the past eight years

- Indian Institute of Management Ahmedabad

Sanjha Manch

Co-facilitated a five-day theatre and communication workshop for participants from across the country

- Sambhaavnaa Institute of Public Policy

Right to Act!

Organised and co-facilitated a national workshop exploring participatory theatre to advocate for rights and entitlements of children and young people

- Media Matters | UNICEF ICO

Participatory Theatre

Facilitated a nine-month long participatory theatre process with 20 urban community groups. The process involved residential workshops, community performances and negotiating with duty bearers for improved quality of life

- Nanded-Waghela Municipal Corporation | Media Matters

Research & Process Documentation

Participatory Theatre Action Research

Documented the Participatory Theatre process with urban communities for improved quality of life as part of the Basic

	<p>Services for Urban Poor (BSUP) programme</p> <p>- Nanded Waghala Municipal Corporation Media Matters</p>
Best Practices with PRIs	<p>Documentation of best practice case stories as part of capacity building workshops for PRIs from District Tonk Rajasthan</p> <p>- UNICEF Rajasthan</p>
Health Sector Response to VAW	<p>Designed, conducted and documented a qualitative study covering three districts to understand views of women and adolescent girls on violence as also their experience with health department's response to cases of violence; preparedness and challenges of the health department to addressing cases of VAW; experiences and challenges of local women's organisations on VAW and health sector response</p> <p>- UNFPA Maharashtra</p>
Sex Selection & PCPNDT Act	<p>Documentation (print) of nine colloquia on sex selection and PCPNDT Act with Judicial Officers from across Maharashtra</p> <p>- State Health Systems Resource Centre (SHSRC) UNFPA Maharashtra</p>
Improved RH services for women	<p>Documentation (print) - case stories, learning and achievements of three-year project "Capacity building of SHG members to increase demand for RH services" Maharashtra. The documentation covered project activities - training of trainers, sessions with SHGs at the community level, linkages with health department, theatre campaign and publication of newsletter</p> <p>- Mahila Arthik Vikas Mahamandal (MAVIM) UNFPA Maharashtra</p>
Girls Gaining Ground	<p>Documentation (print) of field level process, success stories and bringing forth key learning from a two-year long capacity building intervention with adolescent girls on life skills with eight partners from four districts of Maharashtra</p> <p>- Bhavishya Alliance Media Matters</p>

Child Centred Community Theatre	Documentation (print) of capacity building workshops, refresher trainings and community processes of a year long process intervention with children's groups from Dibrugarh, Assam as part of an initiative Child-Centred Community Theatre (CCCT) - UNICEF Assam
<i>Nanhe Sayane</i>	Coordinated process documentation (print) of a four-year project demonstrating participation of children in bringing issues of children especially children in domestic work to focus on the community and corporation in Thane city. The project various activities that included setting up Child Rights Resources Centres in 12 communities, building capacity of nanhe sayane children's groups, designing of communication resources and advocacy with police, health, education, labour and other departments of the Corporation - Save the Children Canada Media Matters
Participatory Learning & Action	Facilitated a research process using Participatory Learning & Action (PLA) methods with women SHGs to understand their preferences in terms of access and information to different contraceptive methods - Media Matters
Participatory Communication & Action	Facilitated a research process using Participatory Communication and Action (PC&A) methods with women's groups to assess their understanding of reproductive health and reproductive rights the findings were depicted as an exhibition - Media Matters

Designing Communication Resources

Communication Strategy on RH	Conducted need assessment and designed communication strategy plan through a workshop process with health & PRI
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	<p>functionaries on importance of safe institutional deliveries</p> <p>- State Institute of Health and Family Welfare, Rajasthan UNICEF Rajasthan</p>
<i>Kyun? Kyun?</i>	<p>Conceptualised, facilitated and designed set of 200 questions asked by children from across the country related to education, health, housing, environment, entitlements, rights, participation</p> <p>- UNICEF ICO Media Matters</p>
<i>Samajhdar Jodidar</i>	<p>Conceptualised and designing interactive exhibition, flipbook and game on male participation and gender for men from rural Maharashtra</p> <p>- Centre for Health and Social Justice Media Matters</p>
<i>Suno Sunate Hai!</i>	<p>Coordinated the photo-documentation of a city level campaign to promote rights of the child, organized by nanhe sayane, child rights programme</p> <p>- Save the Children Canada Media Matters</p>
<i>Sakhi Sajni</i>	<p>Conceptualised, coordinated and copy writer for an interactive exhibition on adolescent life skills developed through a participatory process engaging adolescent girls and their mothers</p> <p>- Media Matters</p>
<i>Chuppi Todein, Khulkar Bolein</i>	<p>Conceptualised, coordinated and copy writer for an interactive exhibition of 10 panels on youth and HIV & AIDS covering issues related rights, life skills, gender, coming together, correct information and communication</p> <p>- World Vision India Media Matters</p>
<i>Gajra</i>	<p>Conceptualised, coordinated and copy writer for a series of interactive posters developed through sessions and active engagement with women from urban slums on reproductive health, reproductive rights and related issues</p>

- Media Matters

Naseeb Ke Paren kya Karen Kya Na Karen Conceptualised, coordinated and copy writer for an interactive board game with more than 50 cards covering child rights, child labour, children in domestic work and fun activities

- Media Matters

Yuvashakti

Facilitated audio documentation of Yuvashakti, a radio programme on the role of youth village volunteers in village planning, in three districts of Maharashtra

- Media Matters | UNICEF Maharashtra

Capacity Building

Facilitating Participatory Communication Designed and co-facilitated national-level workshops have been facilitating the triennial, national workshops for participants from a wide range of organisations - community-based, non-profits, donor agencies, government departments, CSRs, academic institutions, trade unions and movements

- Vikalp Kriya

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	- Vikalp Kriya
Facilitating Participatory Communication	Carried out LNA, designed and co-facilitated workshops and hand holding with the team members and representatives of Village Institutions on ecology related issues - Foundation for Ecological Security Vikalp Kriya
Facilitating Course for Field Associates	Carried out LNA, designed a framework for one-year long capacity building process for Field Associates of the organization - Foundation for Ecological Security Vikalp Kriya
Facilitating Gender Sensitisation	Carried out LNA, designed and co-facilitated gender sensitization workshop for senior management staff of the organization - Foundation for Ecological Security Vikalp Kriya
PRIs Peer Learning Workshop	Co-facilitated peer learning workshops with PRI members from District Tonk - UNICEF Rajasthan
Listening to Children & Young People	Designed and Facilitated 14 state-level consultations culminating into a national consultation to understand the priority concerns of the children and introduce the concept of rights and entitlement - UNICEF ICO Media Matters
Gender & Life Skills	Designed and co-facilitated workshops for partners of Salon-i from across the country on Gender & Life skills as part of their four month skill training initiative with women and young girls - Salon-i, a programme of Godrej Good & Green Vikalp Kriya
State Policy for Children	Designed and co-facilitated state-level consultation with children to seek their participation in drafting State Policy for Children - State Commission for Protection of Child Rights (SCPCR) Bihar

Sex Selection & PCPNDT Act	<p>Developed module along with handbook for training of Judicial Officers on Sex Selection and PCPNDT Act</p> <p>- Maharashtra Judicial Academy Indian Mediation Centre & Training Institute UNFPA Maharashtra</p>
Gender & Child Protection	<p>Designed Module & Facilitated six-day Training of Trainers (ToT) from three districts of Maharashtra on gender, child protection and education as part of IKEA project</p> <p>- UNICEF Maharashtra</p>
Gender & Life Skills	<p>Designed Module (10-days) and Facilitated ToT on gender and life skills for Deepshika project</p> <p>- UNICEF Maharashtra</p>
Adolescent Girls & Life Skills	<p>Designed Modules Part I & II (10 days each) and Facilitated ToTs and Prerika (community animators) training on gender, life skills and health as part of Girls Gaining Ground project</p> <p>- Bhavishya Alliance Media Matters</p>
Gender & Life Skills, ARSH	<p>Designed Module and Facilitated State-level ToT on gender and life skills as part of ARSH interventions with partner organisations and health functionaries</p> <p>- UNFPA Maharashtra</p>
Gender and VAW	<p>Designed Module (5-days) and facilitated ToT on gender, violence against girls and women for faculty of Nursing Institutes</p> <p>- Public Health Institute, Government of Maharashtra</p>
Gender & Adolescent Health	<p>Designed Module (5-days) and facilitated workshops on gender, adolescent health, communication and rights for ARSH Counselors</p> <p>- NRHM Maharashtra</p>

Para Professional Course

Six-month course on social development for youth that introduced participants to approaches in social development, build an understanding of the rights based approach, facilitated in depth sessions and workshops on gender, education, health, child protection, housing, food security and issues of children, adolescents and youth

- Media Matters

July 31, 2020