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STREE MANORAKSCHA



NEWSLETTER

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'ORANGE THE WORLD': LET'S TALK ABOUT MENTAL
HEALTH AND VIOLENCE AGAINST WOMEN



Project Stree Manoraksha, NIMHANS commemorated
International Day for Elimination of Violence Against
Women, November 25, 2021



To commemorate the International Day for Elimination of Violence against Women, Project Stree Manoraksha organized a one-day online conference. The conference adopted the slogan 'Orange the World' (UNESCO, 2020). The theme of the conference was 'Let's Talk About Mental Health & Violence Against Women'.

The conference began with two keynote speeches delivered by Dr. Madhuri H.N and Dr. Kimneihat Vaiphei who spoke about 'what do mental health practitioners need to know about Gender-Based Violence' and 'what do professionals working in the field of Gender-Based Violence need to know about mental health'.

Thereafter, Dr. Pratima Murthy, Director NIMHANS, launched the Stree Manoraksha official website [nimhansstreemanoraksha.in] which will serve as a pool of resources to be used by mental health practitioners, trainees, researchers, and advocates in the area of women's mental health and violence against women.

Moving ahead, the conference opened up a panel discussion on Mental Health and Domestic Violence- Challenges on the Ground. The panelists were Ms. Devika Gupta, Sangath, Goa, Dr. Aparna Joshi, TISS, Mumbai, Dr. Nayreen Daruwalla, SNEHA Mumbai, Vidushi Asthana, Aweksha, Bangalore with Dr. Prabha S. Chandra, Project Lead, Stree Manoraksha as the moderator.

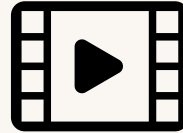
The floor was opened for a BLITZ paper presentation with Dr. Veena Satyanarayana as the chairperson. 12 early-career professionals working on mental health presented their work with a focus on Gender-Based Violence against women, and its subsequent impact on mental health.

Later, OSC staff who had already received training under Project Stree Manoraksha shared their insights about the training and what they aspire to do for women facing violence in their respective fields of work to create a trauma-informed-care environment. This session was chaired by Dr. Aravind Raj.

The conference saw very humble and active participation with valuable responses, insights, and experiences exchanged among everyone. The conference was made a success by all the team members of Project Stree Manoraksha.



PANEL DISCUSSION ON MENTAL HEALTH AND DOMESTIC VIOLENCE: CHALLENGES ON THE GROUND



Panelists: Dr. Nayreen Daruwalla, Dr. Aparna Joshi, Devika Gupta, Vidushi Asthana

PANEL DISCUSSION HIGHLIGHTS

Shift focus from intent of violence towards the impact of violence

Need to look beyond economic recovery as an intervention to Violence against Women (VAW)

Important to consider intersectionality while dealing with cases of violence impacting mental health

Need for targeted support system for survivors of VAW

Need for ongoing training and supervision for VAW service providers

Moving from a non-judgmental approach to affirmative action approach in the process of therapy

Providing safe and inclusive spaces for women facing violence

Need for reflective practices for Gender based Violence

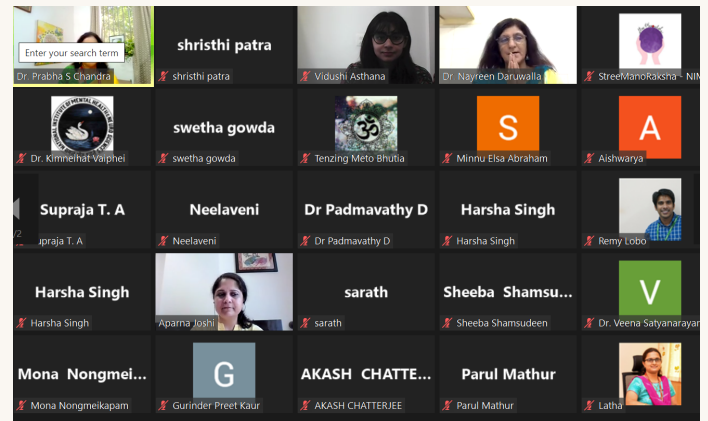
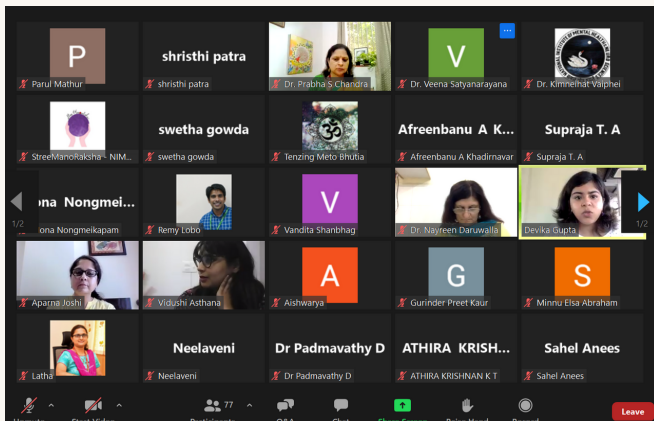
Need for targeted support systems for survivor of GBV

Identifying and bridging the gaps between survivor's needs and mental health aid provided for GBV

Sensitizing the service providers about layers of oppression

De-centralize mental health services

PICTORIAL HIGHLIGHTS FROM THE CONFERENCE



BLITZ PRESENTATIONS

**Gender based violence during the COVID-19 pandemic:
Experience of One Stop Centre service providers**

Vandita Shanbhag¹, Afreen Khadimavar², É Aravind Raj³, Veena Satyanarayana¹, Prabha Chandra¹

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ORANGE THE WORLD

PATRIARCHAL MINDSET AS AN OFFSET AGAINST FEMINISM

AKASH CHATTERJEE
AMITY UNIVERSITY

"Chenba"!

AUTHORS:

- Dr. Mona Nongmeikapam, Consultant Psychiatrist, Shija Hospitals and Research Institute
- Dr. Heramani Ningombam, Consultant Psychiatrist and Head of Department, Psychiatry, Shija Hospitals and Research Institute
- Dr. Chaoba Seram, Consultant Psychiatrist, Shija Hospitals and Research Institute

Domestic violence among women with perinatal mental illness

Gurinder Preet Kaur¹, Dr. Kinnehat Vaiphei², Dr. Geetha Desai³, Dr. Prabha S. Chandra⁴, Dr. Harish Thippeswamy⁵, Dr. Sundarnag Ganjekar⁶, Dr. Rashmi Arasappa⁷

LAUNCH OF THE STREE MANORAKSHA WEBSITE AND NEWSLETTER, ISSUE 1

NIMHANS STREE MANORAKSHA PROJECT

Training in Psychosocial Issues and Mental Health Care to Support Women Facing Gender - Based Violence

Funded by Ministry of Women & Child Development, Government of India

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Brief Project Facts
Basic Training (Since 15th September 2021)

| | | |
|--------------------------------------|---------------------------------------|-----------------------------|
| 19 Number of states & UTs covered | 749 Number of participants trained | 136 Total training hours |
|--------------------------------------|---------------------------------------|-----------------------------|

Advanced Course

| | | |
|-------------------------------|-------------------------------------|---------------------------|
| 0 Number of states covered | 0 Number of participants trained | 0 Total training hours |
|-------------------------------|-------------------------------------|---------------------------|

STREE MANORAKSHA NEWSLETTER

NOVEMBER 2021 - ISSUE 1

An Initiative by NIMHANS
Funded by the Ministry of Women and Child Development, Government of India

WHAT YOU'LL FIND INSIDE:

- INTRODUCTORY STATEMENT BY DR. PRABHA S. CHANDRA
- STREE MANORAKSHA: OUR REACH ON THE MAP
- TRENDS INFORMED CARE BY DR. MANORINI B.N.
- STREE MANORAKSHA PICTURE WALL
- VOICES OF CHANGE: CONTRIBUTION BY OUR STAFF
- STREE MANORAKSHA TRAINERS SPEAK

INTRODUCTORY STATEMENT BY DR. PRABHA S. CHANDRA

The experience of violence is against all human rights. Each person in this world has the right to live in a safe space free from psychological, physical, and sexual violence and also from coercive experiences. A woman facing violence deals with huge emotional challenges in addition to physical and reproductive challenges. She may often not seek help, may not know where to seek help, and may feel the dual stigma of a mental health problem and that of facing gender-based violence. Those of us working in the field know the impact that long-term trauma can have on one's self-confidence, ability to manage emotions, trust in others, and ability to manage relationships.

aspirations by OSC staff.



Tenzing Meto Bhutia, IT coordinator, Sikkim: The sessions over and above the PPT's contained video-based learning aids that further broadened our understanding of PTSD and its ramifications. The learnings not only necessarily need to be implemented only when a person undergoes assault, violence and stress but can also be implemented for a healthy mind and haste-free decision-making ability. The sessions taught self-care is a priority. Lastly, I have realized that my attitude and words have the power to either open somebody up or break the person.



Ajeena R. Sivan, Caseworker, Kerala: Good counseling should reduce the client's confusion allowing them to make effective decisions. We all know sexual violence victims are going through not only physical abuse but also mental abuse. So a good counsellor can give mental support and motivation for the future. By attending this session I hope in the future I can provide better help to the survivors by being more empathetic and understanding.



Deepak Negi, Paralegal personnel, Himachal Pradesh: It made a difference in thought, emotions, and experiences in the activities we undertook over the four-day training. The style, knowledge and technique of the trainers were totally amazing and helped me get over some of the difficulties in on-field counselling at OSC. I learned hands-on skills which I will use throughout my life with friends, family and especially my clients.



Ishrat Sultana, Caseworker, Maharashtra: I was able to distinguish between common mental health disorders like anxiety, depression, PTSD, suicide, self-harm and severe mental health disorders and approach women who have faced sexual assault with more empathy and no judgment. I learnt effective ways of couple counselling and tele-counselling. I practice self-care which has improved our team's performance by complementing each other's responsibilities.



Purnima Sahu, Caseworker, Chhattisgarh: Through the 4 day training we have learnt how to identify different symptoms of PTSD, panic disorder and then plan our help and support. The training has boost up confidence levels for us and the survivors who now feel comfortable to open up about their issues. The knowledge of grounding techniques and LIVES model enables us to hear, understand and offer support better.



Meera Singh, Paralegal volunteer, Jharkhand: Initially when survivors would come into the OSC with their problems, I would have trouble sleeping at night. After attending the training, I realized I cannot allow my work to impact mental and physical health. I realized the value of empathy and patience to hear out the survivor who wants to come out of the trauma and begin over.