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PROJECT STREE MANORAKSHA NEWSLETTER



National Institute of Mental Health and Neuro Sciences(NIMHANS)

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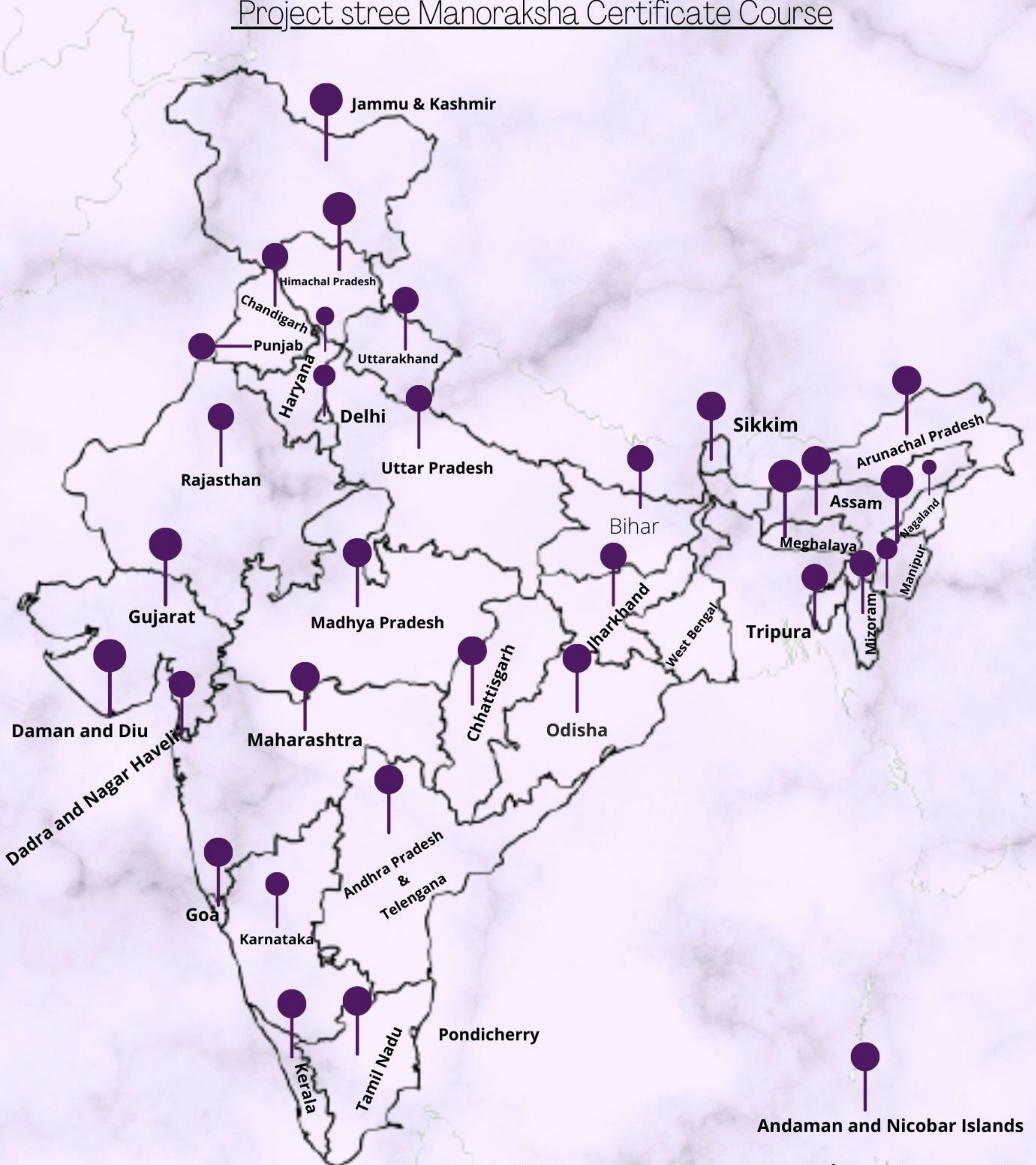
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On the map:

Project stree Manoraksha Certificate Course



TOTAL NO. OF STATES AND UT'S TRAINED: 31

TOTAL NO. OF PARTICIPANTS TRAINED: 1109

TOTAL NO. OF OSC'S TRAINED: 623

TOTAL NO. OF TRAINING HOURS: 840

STRENGTH-BASED APPROACH TO SUPPORT WOMEN FACING VIOLENCE

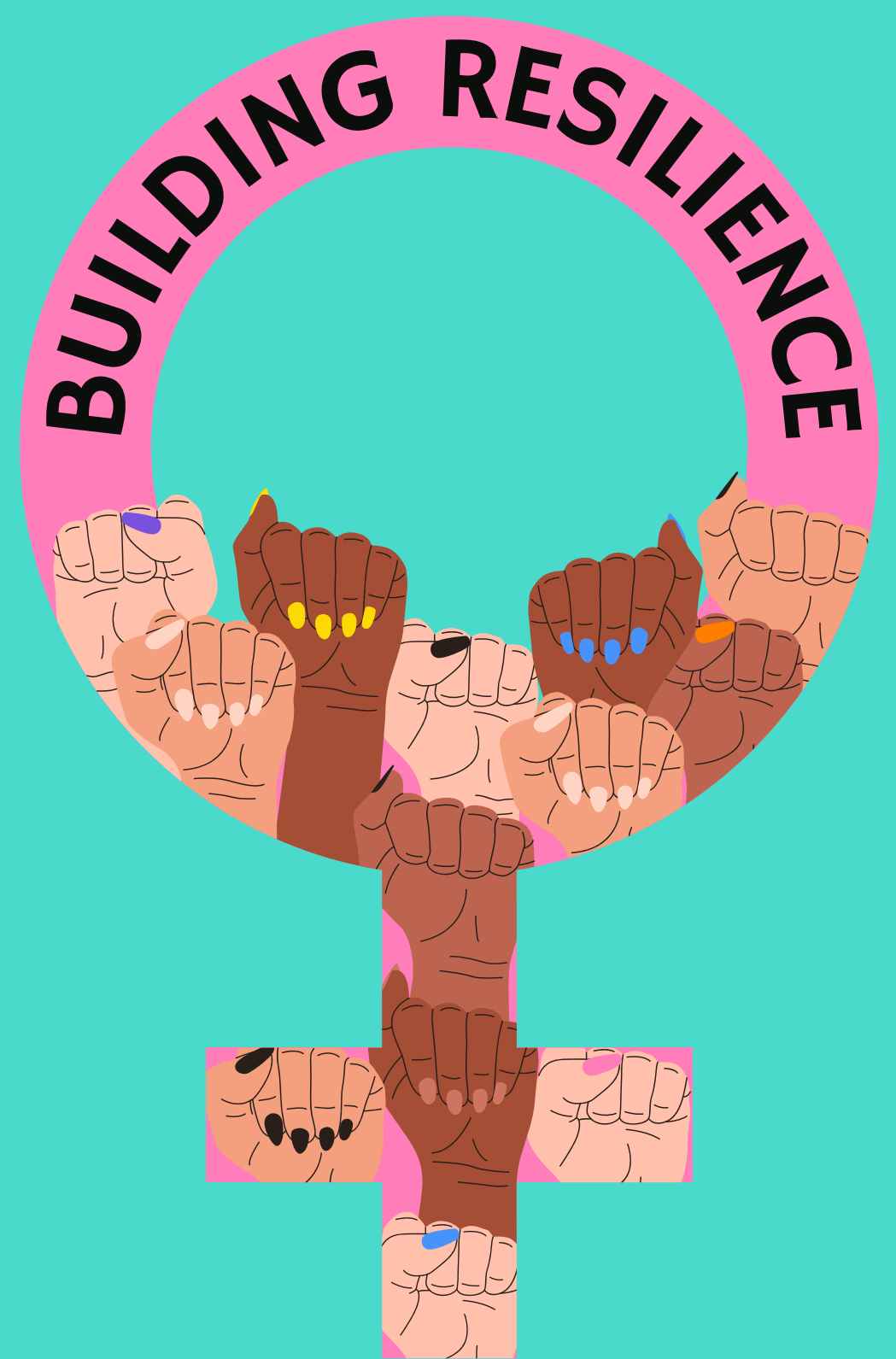
BY PALLERLA SRIKANTH

Violence against women is a significant public health problem and a violation of women's human rights. violence can negatively affect women's physical, mental, sexual, and reproductive health. Often advocacy-based approach is followed to support survivors of gender-based violence. Women's fragile psychological state hinders them from focusing on their strengths which challenges their recovery from the traumatic experience of violence. Strength-based approach gives a woman control over what happens to her when she is accessing support services. Assessment, safety planning processes and tools are adapted to self-identify needs, experiences, and the complexities of a woman's situation. This article will help women facing violence to learn how to handle their psychosocial challenges related to violence by tapping into their strengths.



Strength is the ability of a person to rise above difficult situations in life, and this ability is dynamic, i.e., every individual can learn, grow, and change. A woman affected by any form of violence (physical, sexual, emotional, psychological, stalking, and cyberstalking) visibly has severe psycho-social issues that need attention. However, every woman has inherent strengths that can be built upon to learn skills and bring about change in their life situations. Different strengths across individuals, families and communities can be harnessed for holistic change and empowerment.

Look within: At the individual level, it is essential to look at the woman's resilience, capacity to map and effectively use resources, and skills related to problem-solving, coping and help-seeking. Education, a secure job, and financial stability are examples of strengths. Positive attributes such as being honest, trustworthy, genuine, self-confident, courageous, empathetic, supportive, kind and forgiving are also strengths. Skills, either natural talents, learned or practiced skills, can also be considered strengths. A woman's well-being is almost exclusively reliant on her strengths and the availability and accessibility of her support systems (family and their immediate community) during a crisis such as violence. The biggest strength is empowerment, building autonomy and confidence to bring about change and make way for a better future.



Look: A supportive family is an enormous strength for a woman. A family that is cohesive and committed to helping. Positive family dynamics with healthy boundaries, rituals, and effective communication enables women to trust and confide about their difficult life situations and seek help.

Look around: At times, families (from parents or/and in-laws) may not be supportive of you, and you may be left all alone in the struggle. Worry not and look around; there is a community of resources (sakhi one-stop centres, women and child welfare organizations, shelter homes, NGOs, government schemes, hospitals, and helpline numbers) to help women deal with their struggle/s.



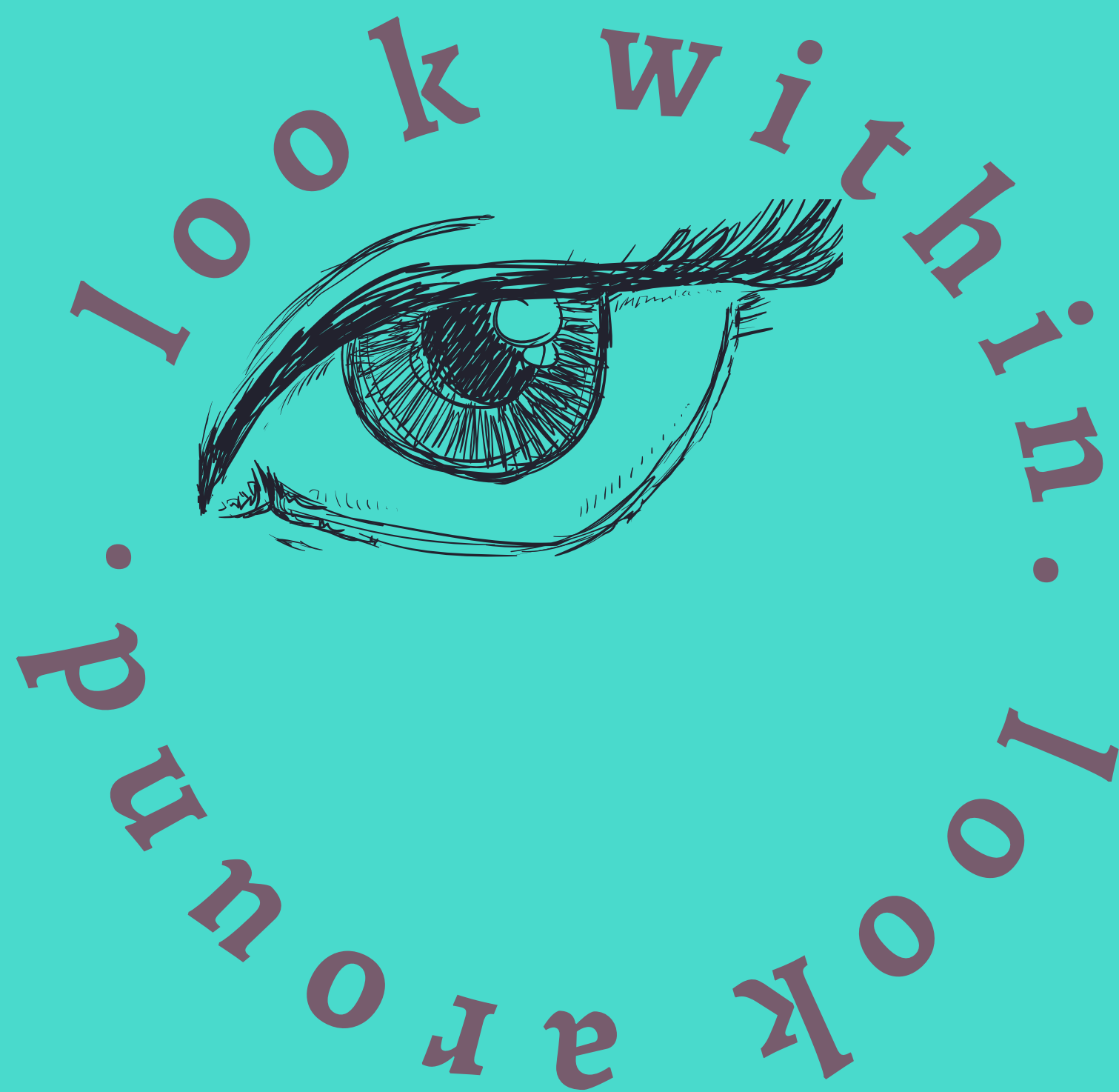
Look within, look and look around- It is essential to educate women on the possible sources of help.

One can ask themselves to identify their strengths using the below questions:

- **"What personal strengths will help you keep moving forward"?**
- **"Have there been situations where you found yourself having an upper hand over "the problem"?"**
- **"What skills, strengths or general know-how may have helped you have this upper hand over "the problem"?"**
- **"Was there any other time in the past when you have done something similar to have the upper hand over "the problem"?"**
- **"What do you think it says about you that despite the effects of "the problem" you were able to evade its invitations this time"?"**

We all have resilience, and one should find different ways of resilience. The more we exercise our resilience, the more strength we can have.

"The struggle is real, but your strengths will help you deal."
Strength lies in YOU...Strength lies in ME...Strength lies in US!



ENGAGING MEN IN GENDER-BASED VIOLENCE PREVENTION

BY REMY LOBO

As intimate partner violence and sexual violence are prevalent with their devastating effects worldwide, it has become clear that preventative measures to reduce Gender-Based Violence (GBV) must engage a broad cross-section of the male community - adults, teenagers, and children alike. Considering girls' rights are a fundamental factor of an equitable society, there is an urgent need for men to embrace their roles as advocates for women.

The majority of intimate partner and sexual violence resulting in severe injury, or other psychological or economic consequences is perpetrated by men. Gender transformative approaches enlist men's engagement in gender-equitable and non-violent attitudes and behaviours. Through developing new and effective strategies, they will engage as focal partners in the holistic respect for women's rights.

GENDER TRANSFORMATIVE APPROACH CAN BE TAKEN THROUGH:

COMMUNITY MOBILIZATION:

As a boy grows up, he learns the "rules of manhood", so the initial outreach can be regarding raising awareness about Gender Based Violence (GBV) and reflecting upon the traditional idea/s of masculinity to cultivate respectful and gender-equitable relationships in families and social networks. Men should be encouraged to build respectful, trusting, and egalitarian relationships with women and other men and construct positive conceptions of masculinity and self.

SOCIAL ACTIVISM:

There is a need for a comprehensive and gender-inclusive campaign to eradicate GBV inclusive of all genders.

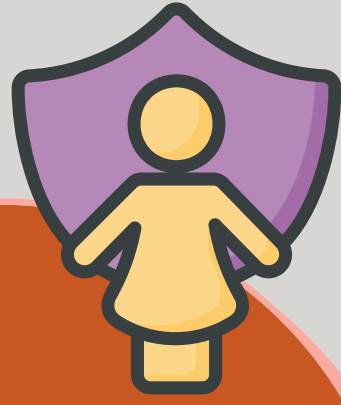
POLICY CHANGE:

Among men, there is a fear of being labelled as weak by male peers, and there is a lack of confidence in acting towards GBV. Therefore, intervention is needed to promote gender-equitable attitudes and behaviours among men. Engaging men as social change agents with skills to advocate for policy and social norm change will be crucial for the future.



EGALITARIAN
EQUITABLE
ENGAGING
INCLUSIVE

HOW CAN MEN HELP FIGHT GENDER-BASED VIOLENCE?



CREATE A SAFE ENVIRONMENT FOR WOMEN



BE ACTIVELY INVOLVED IN RAISING THEIR CHILDREN



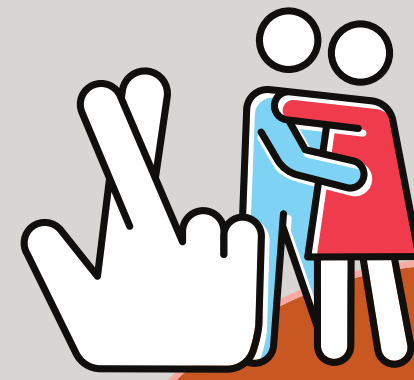
STOP HARMFUL IDEAS OF TOXIC MASCULINITY



CREATE A SAFE LISTENING SPACE FOR WOMEN



SUPPORT WOMEN'S ORGANIZATIONS AND SERVICES LOCALLY AND GLOBALLY



UNDERSTAND AND PRACTICE CONSENT



STAND AGAINST RAPE CULTURE



ADVOCACY THROUGH SOCIAL NETWORKS AND MEDIA



INVOLVE POLITICAL, CULTURAL AND RELIGIOUS LEADERS WHO CAN INFLUENCE SOCIETAL CHANGE.

WORLD MENTAL HEALTH DAY: HIGHLIGHTS

When is World Mental Health Day Celebrated?

OCTOBER 10

How and when did World Mental Health day originate?

IT WAS THE RESULT OF THE WORLD FEDERATION FOR MENTAL HEALTH STARTING A GLOBAL ADVOCACY AND AWARENESS PROGRAM IN 1992.

When was World Mental Health day first celebrated?

IT WAS FIRST CELEBRATED IN 1994 WITH THE THEME - 'IMPROVING THE QUALITY OF MENTAL HEALTH SERVICES THROUGHOUT THE WORLD'.

World Mental Health Day theme, 2022

"MAKING MENTAL HEALTH FOR ALL A GLOBAL PRIORITY"