

# Director's Report 2018-2019



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## About Us:

SHB (Saathi Haath Badhana) Social Foundation is a community organization in the psycho-social space of mental wellness within the community. We believe in working through collaborative efforts and run various support programs at our Community Center in Aundh and other spaces. We work with community work partners (*individuals/institutions*) to create a space for wellbeing that **nurtures compassion** and **happiness** and helps develop the **competencies to cope with social changes**. We run our activities purely with trained volunteers and are publicly funded.

We work with social community leaders, schools, colleges and corporate organizations to identify the life-skills required to get to the levels of competence that help us engage better. This happens through various means, but primarily through raising awareness, providing support to different community segments, training and designing systems and mechanisms to institutionalize support services.

Our reach-out programs for adolescents, young adults, women, senior citizens, and everyone in the community are designed with the focus on:

### 1. Compassion

A supportive, caring space works wonders for our souls and helps us bridge the difficult times. Support groups for the most vulnerable sections of our society is now a necessity and we aim to enable each one of us and the community to effectively cope and embrace change with a compassionate approach. We run activities and programs that help build compassion and empathy towards one another.

### 2. Gender

Empathy for other genders is not really taught to us. Often, we lack the understanding to bridge this empathy gap which then leads to gender issues. We attempt to raise awareness and provide support for gender sensitivity at personal as well as institutional level. We also offer workshops to institutes and corporates on gender sensitivity and awareness as well as Prevention of Sexual Harassment Act 2013 & ICC training.

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### 3. Life-skills

Managing change requires malleability, a willingness to cross over into new areas of thinking and working. We provide support for accepting, internalizing and managing change to create new life choices in a constantly evolving world.

We collaborate with other social organizations and committed professionals towards sustainable glocal inclusive compassionate communities.



## 2018-'19 At a Glance

SHB Social Foundation would like to take this opportunity to thank all the volunteers, partners, well-wishers and donors for their invaluable support. We continued our efforts of providing social wellness spaces for communities through our various reach-out programs in the year 2018-'19, and are happy sharing the results of the same.

# SHB IN 2018-19



## SAATHI HAATH BADHANA

A community organization in psycho-social space of mental wellness within the community focusing on:

- \* Compassion
- \* Gender
- \* Life-skills

## 5+ COMMUNITY REACH-OUT PROGRAMS

Volunteer-driven support programs to provide a nurturing space filled with compassion and happiness through collaborative efforts

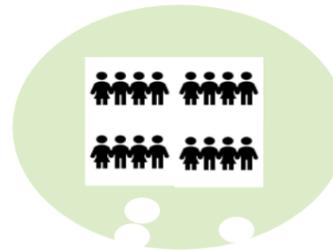


## 17+ VOLUNTEERS

Team of 17+ dedicated, innovative and compassionate volunteers, trained and committed to serve the community better

## 135 INDIVIDUALS IMPACTED

A compassionate, nurturing and caring space to 135 individuals for 320+ times in the year 2018-19 to build confidence to cope with changes through conversations and making a difference



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## ✚ What's New

- We conducted a two-day workshop with all our volunteers in January-2019 to mark five years of our presence in the community. It provided us a space to gather our thoughts and ideas, revisit our intellections and contemplate way forward. We also realized need for more listening spaces in different areas of support during the intense discussions with volunteers. This workshop indeed gave us more insights into community needs and you will find it reflected in our new program announcements for next year in mental well-being and senior citizen wellness space.
- Everyone has a different way of healing. We introduced AAT – Animal Assisted Therapy in collaboration with Animal Angels Foundation (a non-profit organization) with the theme of “Animals for human wellness”. We intend to provide a non-judgmental space to all, with animals as agents of physical, mental and emotional healing. The AAT program has catered to 45 individuals so far, since its introduction this year.



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## Our Community Reach-out Programs

Ever since our first walk-in for Listening Post happened in February-2014, we have come a long way in the psycho-social space with introduction of more reach-out programs for the community identifying and addressing various needs.



Our flagship program Listening Post received a warm response. We were able to provide a safe, non-judgmental listening space to around 34 individuals this year. It also underlines the need for such empathetic listening spaces within the community.



Our Smartphone assistance to senior citizens program will soon be completing its 3 years with the community. We were able to help 29+ senior citizens with their smartphone and other technical queries through multiple sessions. It does provide a fun-filled, sharing space to the senior citizens.



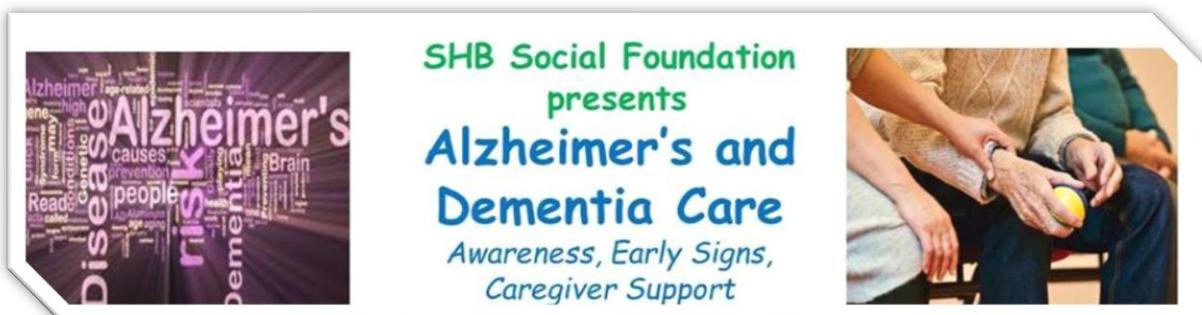
Our Legal Cell clinic continued serving the women in need this year as well. It was started last year in response to a need felt through our listening post conversations. Our lawyer volunteers have catered to 42 women who were seeking legal information. This program aims to extend in-depth, sustainable support by acknowledging complex intertwining of emotions and dispute situations by pairing our listening champions and law experts together for comprehensive support.



We acknowledge the need for a deeper support for persons in distress and suffering from mental health issues. We help patients and their family members to deal with the issues through our PMILs with the help of a trained therapist. In the past year, we worked with 6 individuals and overall 26 individuals so far who sought help.

## Other Initiatives

- Earlier SHB ran a support group for the members of LGBTQi community and their families which was concluded in March-2018. Still since we felt the need to dive deeper into this topic, this year, SHB conducted a two-month study and developed a report putting together and analysing perceptions of middle-class societies towards the LGBTQi community. The report is now available on our website. This study has enabled us to understand the spaces for intervention and advocacy following the judgement, that will help the integration of the LGBTQi community into our societies more smoothly.
- We conducted 2 workshops for community this year. We organized a session on Alzheimer's and Dementia Care by a specialist Geriatric physician covering topics like – awareness, early signs and caregiver support. Another workshop was organized which talked about personal laws in India covering women. It aimed to create awareness in women about their rights as well as provisions in the law. Both the workshops were well received by the community. It has encouraged us to conduct more such workshops on diverse topics this year.
- Training programs for setting up and working of the Internal Complaint Committees were also conducted for the employees of few Mumbai based organizations.



## Our Participants

We work with individuals from all walks of life, across age-groups through caring conversations which help build their confidence to cope with the change. Over the years we have introduced various reach-out programs to provide safe, nurturing spaces to the community.

Our Program Reach since introduction:

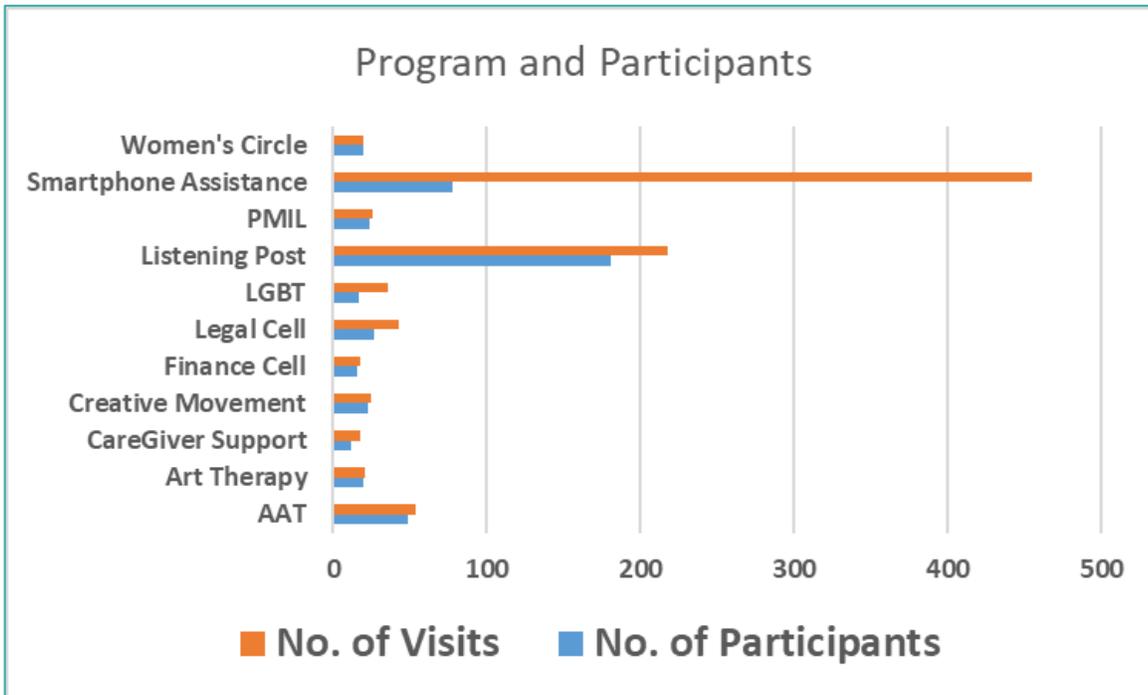
Year	No. of Programs	No. of Participants
2014-15	1	69
2015-16	1	21
2016-17	4	87
2017-18	9	200
2018-19	5	135
<b>Total Participants</b>		<b>512</b>

We also offer external training sessions on topics like Gender Sensitivity and Awareness, POSH Act 2013, and working of ICC (Internal Complaints Committee). We have conducted these trainings with many corporates and institutions in last 3 years, reaching out to 1470 individuals.

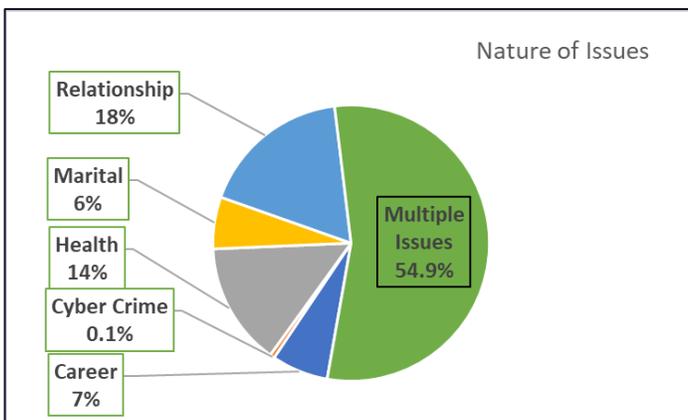
Group	Gender Sensitivity	ICC Training	Reach
Institutions	7	5	300
Schools	7	3	1170
<b>Total</b>	<b>14</b>	<b>8</b>	<b>1470</b>

One of the feedbacks of the work we do, we get in participants' repeat walk-ins and referrals. We come across participants visiting us after a span of 4 years as well.

**Participant visit summary:**



Listening post – our flagship outreach program has participants sharing about their thoughts, issues, and inner turmoil, gaining clarity in the process. They share about variety of topics – about them, their family members or friends. Some of the challenges include –



The smartphone assistance program is popular among the seniors in the community. One of our participants in this program was present for more than 90% sessions in the year 2018- '19, signifying the value she gets from these sessions.

Similarly, our other outreach programs are well received by the community highlighting the need for such safe and nurturing spaces.

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## Moving Forward

We have had clear understanding about needs yet to be addressed in the community in our 2-day workshop with volunteers as well as through our reach-out programs. We plan to work with committed professionals to cater to these needs in coming year.

With a fast-changing social environment around us, our adolescents and young adults need a newer set of life-skills to cope with change and progress towards betterment, not just the assistance for board exam related stress. There also is a need to approach skill-building in innovative ways. One of the ways that we are looking at, is “Life-skills through Reading Sessions”, - a friendly fun space where the adolescents can read, share and in the process gain better understanding. We are planning to introduce this outreach to the adolescents in near future.

This year, we are planning to take our outreach programs out of our Centre in Gaikwad Nagar, into the community. We are taking our 2 flagship programs - Listening Post and Smartphone Assistance for Seniors out to the public spaces like corporate offices, cafes and assisted living places for senior citizens to name a few. We will also be exploring more places where we can bring these reach-out programs to the individuals and community, based on our experiences and learnings.

2018-19 was a year of reflections as well as new beginnings. We believe that we all can work together towards a sustainable, nurturing space in the community for all of us.

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