

AWARENESS FOR COMMUNITY TRANSFORMATION CLINIC

NEWSLETTER

VOLUME 1 | ISSUE 2 | SPRING 2025

JIBS & ACT CLINIC

The UN's 2030 Agenda sets health-related Sustainable Development Goals (SDGs) to tackle global well-being. Specific reference is made to mental health and substance abuse under goal 3. Target 3.4 on premature mortality from non-communicable diseases aims for a reduction by “one third through prevention and treatment and promotion of mental health and wellbeing”, and target 3.5 addresses prevention and treatment of substance abuse.

However, in India, the picture is concerning. The National Mental Health Survey reveals a staggering number – **approximately 150 million people require active mental health interventions**. Nearly 10% of the population suffers from common mental disorders (CMDs) like **depression, anxiety, and substance use**.

Adding to these challenges, recent data from 2023 to 2025 reveals that **crimes against women have continued to rise across India**. Telangana reported over 22,000 cases in 2023, **marking a 6% increase from the previous year and recording a crime rate of 117 per 100,000 women**. Delhi, maintaining the highest crime rate among metro cities, saw a slight decline in rape cases, from **2,141 in 2023 to 2,076 in 2024, but remains critically high**. Incidents like the Dhing gang rape of a 14-year-old in Assam (August 2024) underscore the severity of the situation, especially for minors.

Beyond physical and mental health, a society's development hinges on social and systemic factors. These include citizen safety, protection from abuse and gender-based violence, the well-being of minorities and vulnerable communities, low crime rates, a fair justice system, and widespread awareness of legal protections.

The ACT Clinic at JIBS is dedicated to advancing social justice and equity by offering psycho-social support and legal representation to individuals and communities confronting systemic barriers and injustices. Our initiatives encompass **community outreach, wellness support, and research and policy advocacy**, all aimed at fostering a more equitable society.

This **Spring**, the clinic deepened its commitment to inclusive change, equity, and psychosocial justice through dynamic initiatives across education, mental health, legal aid, and advocacy. From sessions on maternal mental health and mindful breathing to career counselling and grassroots collaborations, the clinic's footprint expanded meaningfully. Campaigns like CHHAYA and RANG amplified voices around maternal and queer mental health, while Udaan'25 proudly celebrated Pride and self-expression. With enriching stories under Voices of Change, impactful collaborations, and a growing outreach network, this issue captures the lived spirit of ACT: rooted in empathy, driven by action.

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- Session on “Using Reinforcement Techniques” to facilitate learning among pre-schoolers
- Session on “Mindful Breathing” on the occasion of International Day of Happiness at S.O.S. Children’s Village Bawana
- “Maternal Mental Health” awareness session at Anganwadi Centre, Rai
- “Maternal Mental Health” awareness session at Kharkhoda

SCHOLARLY ENGAGEMENT:

- Career counselling session at UMANG Democratic School

EVENT(S):

- UDAAN’25 JGU Pride Event

FROM THE RESEARCH DESK:

- Menopause in Indian Women

WELLNESS SUPPORT:

- About the psychosocial AID number and services

VOICES OF CHANGE:

- Mr. Anand Kumar (Founder, SKSS Old Age Home)
- Mr. Mukesh Digani (Secretary, UMANG Democratic School)
- Mr. Srikrishna Nandagiri (Director, S.O.S. Children’s Village, Bawana)
- Ms. Jinisha (Counsellor, SOS Children’s Village, Bawana)
- Mr. Mithlesh Shyam (Gond Artist)

SOCIAL MEDIA CAMPAIGNS:

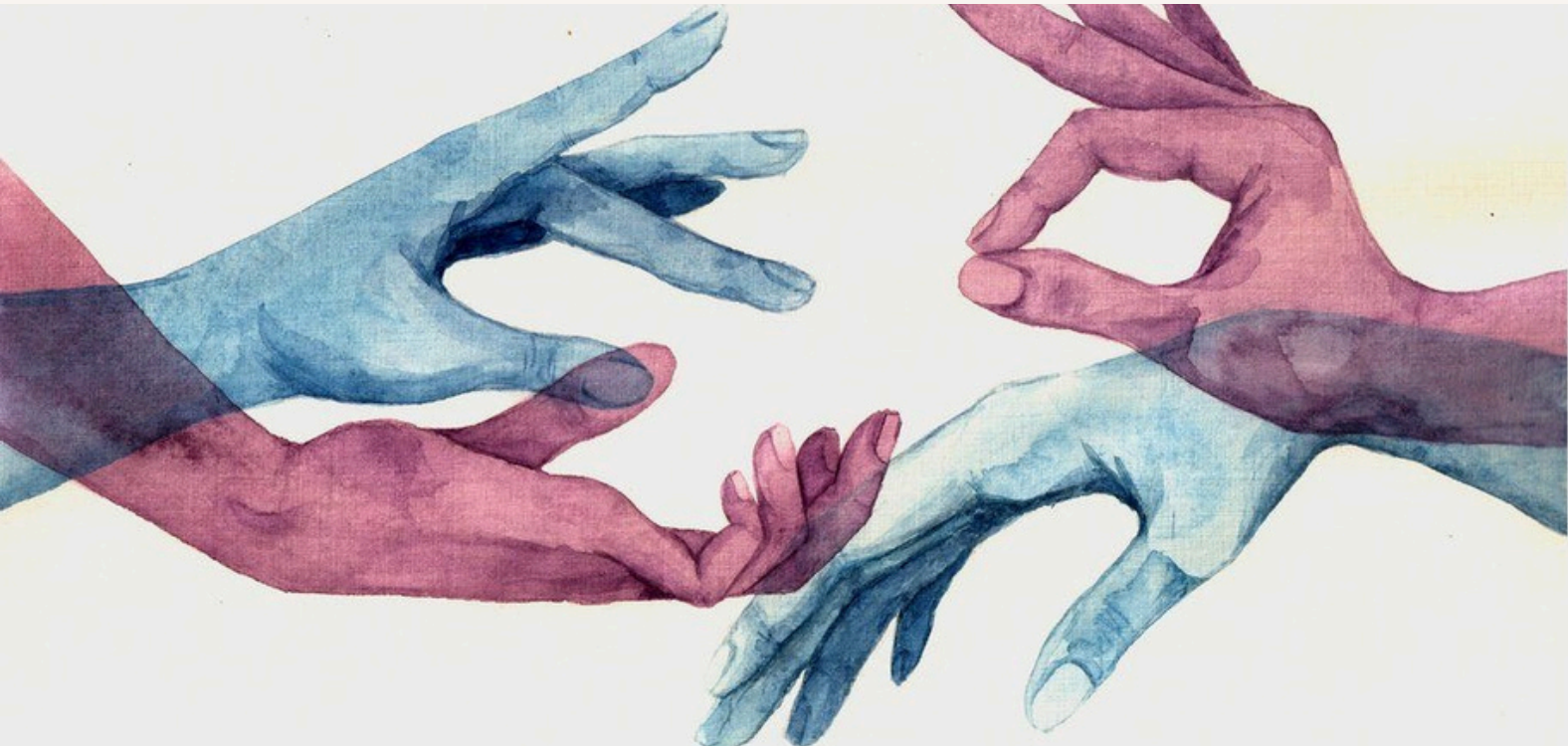
- CHHAYA: Maternal Mental Health Social Media Campaign
- RANG: Queer Mental Health Social Media Campaign

PATHWAYS TO PARTICIPATE:

- SKSS Old Age Home
- SOS Children’s Village
- UMANG Democratic School

MEET THE TEAM:

- JIBS Faculty Lead
 - JIBS Student Team
-



Session on Using Reinforcement Techniques to facilitate learning among pre-schoolers

The ACT Clinic, in collaboration with NGO Rocket Learning, conducted a training session on December 18th, 2024, at the Anganwadi Centre in Dewra, Sonipat. Led by Dr. Amrita Roy and Dr. Dahunlyne Shylla, the session aimed to equip Anganwadi workers and parents with practical skills in using reinforcement techniques to support preschoolers' learning and behavior. Through discussions and demonstrations of strategies like praise, star charts, and immediate feedback, the session highlighted how positive reinforcement and delayed gratification can effectively address behavioral challenges and promote healthy development both at home and in learning centers.



Clinic members interacting with teachers at Anganwadi Centre, Dewra, Sonipat

Mindful Breathing Session on International Happiness Day

On March 20, 2025, the ACT Clinic team visited SOS Children's Village in Bawana, Delhi, to celebrate International Happiness Day with a mindfulness-based activity. Through an interactive session titled Mindful Breathing with a Happy Balloon, children engaged in exercises to support emotional regulation, self-awareness, and stress release. The initiative fostered resilience and well-being using visualization, breathing, and affirmations, while emphasizing the importance of community-based mental health support.



Clinic members interacting with the children at SOS Children's Village, Bhawana.

Session on maternal mental health at Anganwadi Centre, Rai

As part of the ACT Clinic's outreach initiative, a Maternal Mental Health Awareness Session was held on March 28 at Rai Anganwadi Centre, engaging with 30 pregnant and lactating women. Through interactive activities and expert discussion by Dr. Amrita Roy, the session addressed myths, sleep challenges, and the importance of emotional well-being during and after pregnancy. Emphasising early recognition of symptoms, timely support, and accessible mental health resources, the event aimed to empower mothers with knowledge, tools, and helpline access to support both their mental health and that of their children.



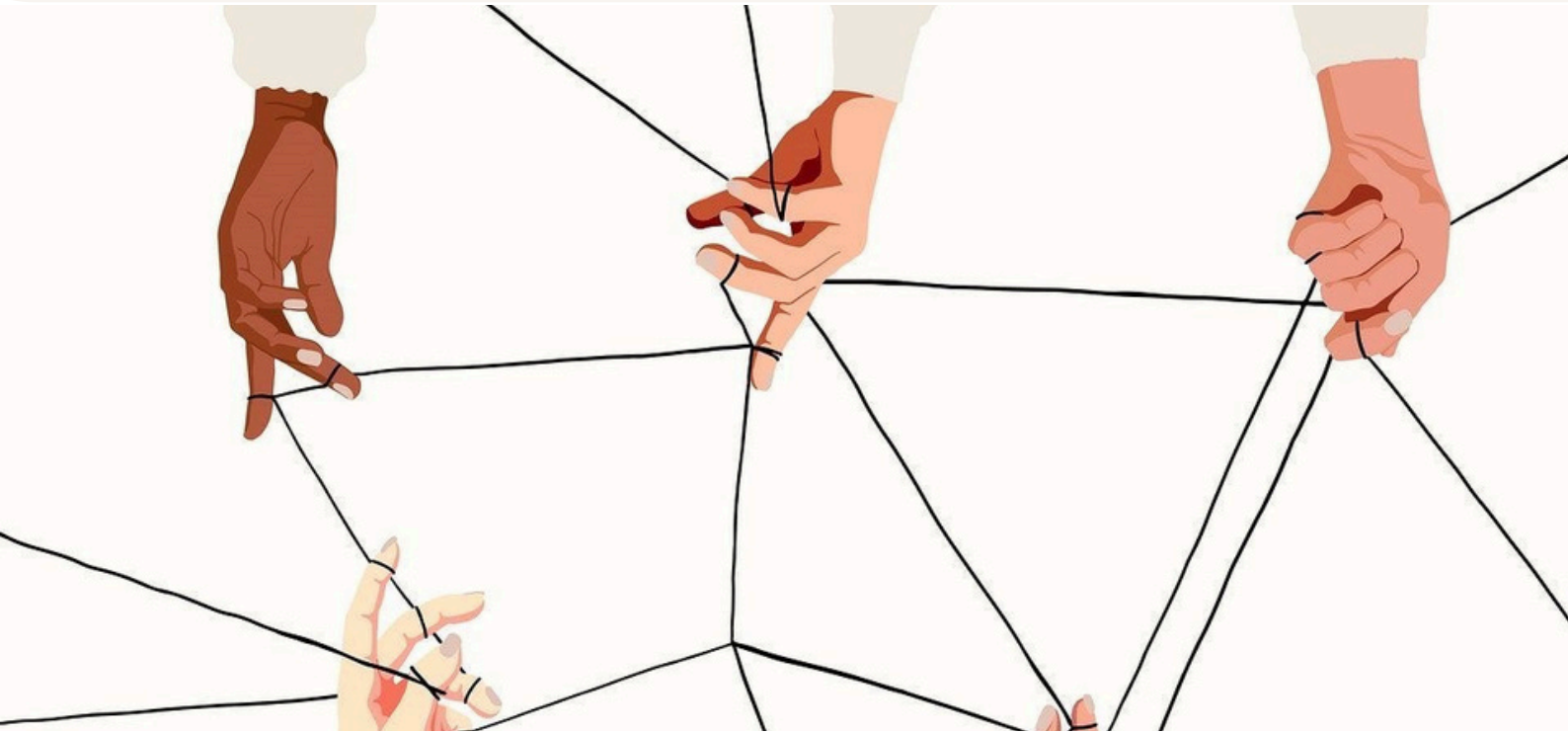
Clinic members interacting with the women in Anganwadi Centre, Rai

Session on Maternal Mental Health at Kharkhoda

On April 21st, the ACT Clinic conducted a maternal mental health awareness session at Kharkhoda Government Primary School, reaching around 35–40 pregnant and lactating women. Facilitated by Dr. Vasundharaa Nair and Prachi Misra, the session spotlighted emotional well-being during and after pregnancy an often neglected area. Through interactive segments like "Myth vs. Fact" and "One Step Forward," participants challenged misconceptions, shared personal experiences, and gained practical tools for emotional resilience. The space fostered inclusivity, validation, and support, with helpline resources provided for continued care and connection.



Clinic members interacting with the women in Kharkhoda



Career Counselling session at UMANG Democratic School

As part of its ongoing outreach, the ACT Clinic at JIBS conducted a career counseling session at Umang, A Democratic School in Sonipat, Haryana, for students from grades 8 to 11. Led by Dr. Irfan Fayaz, the session focused on helping students explore academic and professional opportunities aligned with their strengths and aspirations. Through engaging discussions on career paths, higher education, and skill-building, the session highlighted the importance of informed decision-making. Emphasizing the link between academic goals and mental well-being, the initiative empowered students to pursue their futures with clarity and confidence.



Clinic members with the students of
UMANG Democratic School



UDAAN'25: The Pride FEST

On May 3rd and 4th, 2025, the ACT Clinic at JIBS, in collaboration with Parinde: The Queer Soc, hosted Udaan, a powerful two-day Pride celebration rooted in inclusivity, expression, and healing. Through art, dialogue, history, and vibrant community participation, Udaan created a safe, joyful, and affirming space for queer students, allies, and faculty. From emotionally resonant poster-making to an inspiring Pride Parade and historical tributes to LGBTQIA+ heroes, the celebration fostered solidarity and resistance through creative engagement. Udaan wasn't just about celebration, it was a reminder that pride is a lived, ongoing journey. It highlighted the transformative power of safe spaces, the strength found in vulnerability, and the need for continued conversations around equity and mental well-being. As stories were shared and identities honored, Udaan became a collective act of healing and empowerment. It reminded us all: when people are seen, heard, and held in community, they rise.



Menopause in Indian Women **Anoushka Nair**

Despite being a common biological transition that women go through, menopause is still taboo in India. Menopause remains underrepresented, misunderstood, and medically ignored, whereas menstruation and birth receive some attention in health education and public debate. This disparity is caused by a disjointed healthcare system, cultural taboos, and entrenched patriarchy, which leaves millions of women unaware and unsupported during a crucial stage of their lives. A mixed-methods study on menopause in Indian women was performed integrating literature evaluation and analysis with primary data gathered from 43 individuals using a survey method. In addition to documenting lived experiences, assessing awareness, and investigating healthcare-seeking behaviours, this project also examined how education, patriarchy, environmental exposures, and public health policy intersect (Tiwari & Sharma, 2017).

According to the analysis of the 43 survey responses, 44% of respondents were between ages 50 and 55, and 26% were between ages 55 and 60. These results are consistent with evidence from around the world, which indicates that Indian women often go through menopause earlier than their Western counterparts (average age of 46–49 years) (50–52 years). Premature menopause was not common in our population, but it was nevertheless noteworthy, as only 18% of women under 50 reported experiencing menopause. Interestingly, 42% of respondents said there was little knowledge of menopause in their communities despite 63% having post-graduate degrees. This runs counter to the notion that health literacy is ensured by education alone and supports the one that most women are ill-prepared due to the systematic omission of menopause from official education, medical curricula, and workplace wellness initiatives. Sixty-seven per cent of women had hot flashes, which were followed by mood fluctuations (44%), weight increase (58%), joint discomfort (40%), hair thinning (42%), and sleep difficulties (37%). Menopause's effects on emotional and physical health, which are frequently minimized or misattributed, are reflected in these symptoms in addition to the hormonal and metabolic changes that occur during this time. Despite this discomfort, only 7% of women sought regular medical assistance, and 42% of women never sought medical advice on their menopausal symptoms.

Among the causes of this are:

- Not knowing where to look for assistance
- The idea that menopause is a "natural" stage that does not need help
- Fear of being judged or of expensive medical bills

These results indicate the need for skilled gynaecological and endocrinological support at the primary care level and a notable gap in organized menopausal treatment. 42% of respondents agreed that there is not enough understanding of menopause, and 23% specifically identified menopause as a taboo topic, indicating that menopause is still culturally ignored. This silence exacerbates issues with physical and mental health by discouraging candid discussions and delaying medical assistance. Just 9% of women reported feeling entirely supported by their relationships, while 18% said their families provided considerable support. The fact that most people felt little to no support, or none at all, emphasizes how menopause is still hidden inside social and familial systems, which furthers emotional isolation.

New environmental elements and structural and cultural impediments are increasing the menopausal burden. According to research referenced in this paper, oxidative stress, accelerated ovarian ageing and disturbed estrogen regulation are all associated with micro- and nano-plastics (MNPs) found in food, water, cosmetics, and the air. Mainly in tropical and humid areas like India, climate change is thought to exacerbate menopausal symptoms. Women from lower socioeconomic backgrounds are likely disproportionately affected because they do not have access to healthcare or cooling infrastructure (RE et al., 2023) (Chauhan and Rahma, 2024).

Where Do We Go From Here?

- Menopause must be discussed in clinics and households, as well as in national health plans, legislative frameworks, and school curricula. Here are some crucial suggestions based on the findings:
- Include instruction on menopause in school and college curricula on reproductive health.
- Educate medical personnel on menopause care, particularly for primary care providers.
- Create menopausal clinics in community health centres and government hospitals.
- Make sure midlife women have flexibility and knowledge in the workplace.
- Funding and research on menopause-related topics should be increased, especially for Indian women.
- Encourage eco-friendly behaviours to lower environmental hazards such as MNPs and the stress of climate change.

This research is about visibility, not merely menopause. It's about recognizing that women's health, particularly after reproductive years, merits equal, if not more, care. Women have been taught to endure, to be quiet, and to minimize their discomfort for decades. However, there is a need to move from endurance to empowerment. In addition to the gender gap, centuries of discrimination have also produced gaps in status, priorities, and access to even the most basic medical treatment. Hence, this study is a testament to the continued widespread negligence of menopausal health, for it is not only a woman's concern but also a human rights and public health crisis.

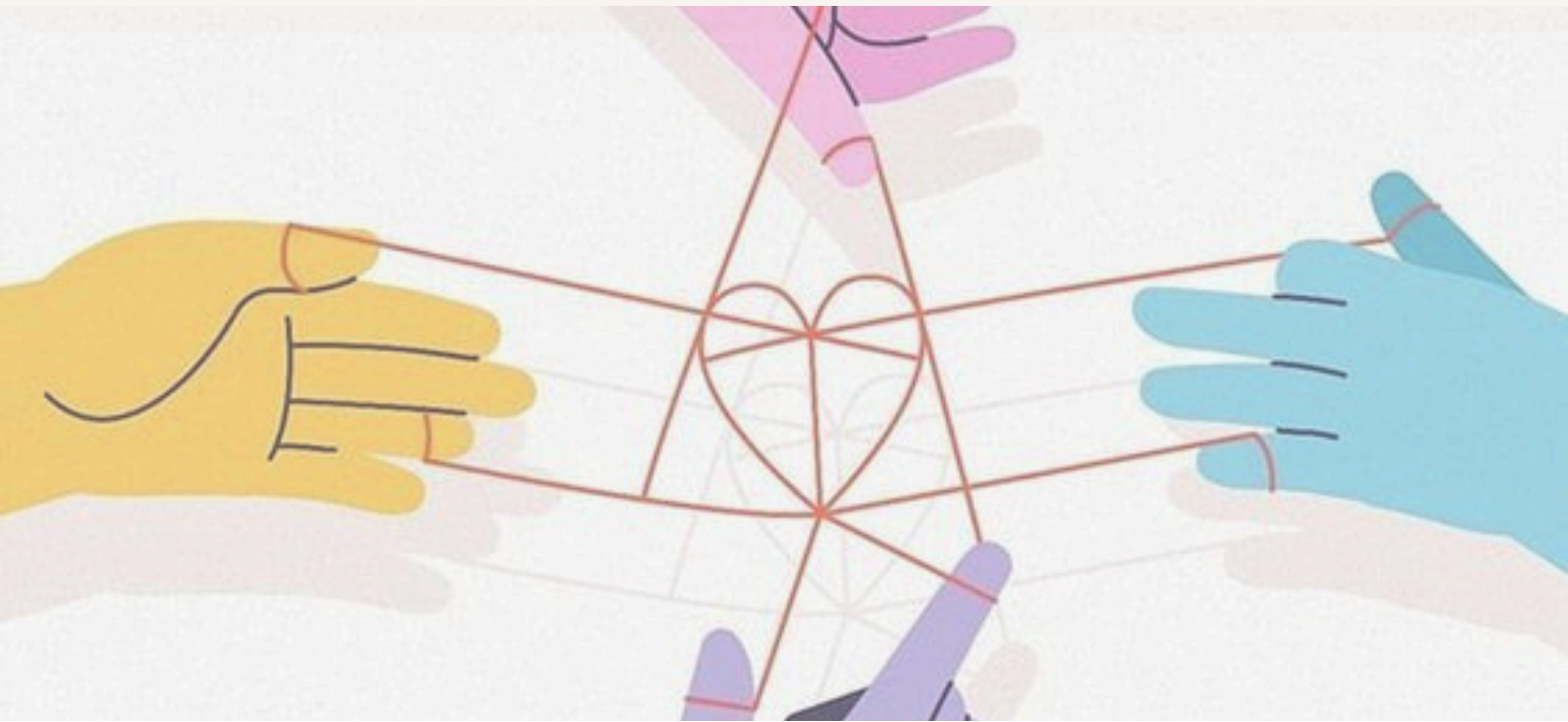
Anoushka Nair

Research Assistant

ACT (Awareness for Community Transformation) Clinic

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- Mahajan, N., Aggarwal, M., & Bagga, A. (2012, July). Health issues of menopausal women in North India. Journal of mid-life health. <https://pmc.ncbi.nlm.nih.gov/articles/PMC3555032/>
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The wellness support initiative of ACT clinic focuses to ensure mental health services are more accessible to the local communities. Trained professionals and student volunteers who can provide psycho social support to the clients are involved in the service.

The clinic operates on Mondays, Wednesdays, Thursdays, and Fridays to attend calls. The designated faculty member manages the calls, screen the cases, and refer patients to the appropriate expert based on their needs. Clients with mild difficulties, such as childhood behavioral issues, learning disabilities, and mild depression, can benefit from psychoeducation. This can help families understand and support individuals with mental health disorders, anxiety-related disorders, and other challenges.

Cases requiring critical care, such as severe depression with suicidal ideation, aggression, behavioral issues related to substance abuse, or severe mental disorders are referred to specialized professionals for appropriate treatment.



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Please feel free to contact for

PSYCHO-SOCIAL AID
1800 2121 201
Its free, confidential and anonymous

MONDAY - 02:00 PM - 03:00 PM WEDNESDAY - 11:00 AM - 12:00 PM
THURSDAY - 12:00 PM - 01:00 PM FRIDAY - 01:30 PM - 02:30 PM



Mr. Anand Kumar (Founder SKSS Old Age Home)

Anand Kumar, founder of SKSS Old Age Home in Sonipat, has dedicated over 35 years to caring for abandoned and neglected elderly individuals across North India. His journey began in 1990 with a simple act of kindness toward two homeless men, which grew into a lifelong mission. Without seeking donations, he has sustained the home by taking loans against his farmland, creating a safe, dignified space for over 500 residents. His work extends to rescuing mentally challenged individuals and promoting body donation for medical education, making his efforts a profound example of compassion in action.



**MR. ANAND KUMAR ,
FOUNDER SKSS OLD AGE HOME**



Mr. Anand Kumar's Interview on
YouTube

Mr. Mukesh Digani (Secretary, UMANG Democratic School)

Mr. Mukesh Digani, Secretary of UMANG Democratic School, stands as a powerful voice of change in the realm of education, reimagining traditional systems through a lens of democracy, responsibility, and liberation. At UMANG, he nurtures a learning environment where students are treated as equal stakeholders in their education, empowering them with agency, assertiveness, and a sense of self-directed growth. In our conversation with him, Mr. Digani emphasized that “true freedom comes from wisdom, and wisdom comes with responsibility” a philosophy that guides the school’s ethos. Through his work, he challenges conventional hierarchies and highlights how education, when grounded in mutual respect and freedom, can become a transformative path toward individual and collective emancipation.



**MR. MUKESH DIGANI - SECRETARY,
UMANG DEMOCRATIC SCHOOL**

Mr. Srikrishna Nandagiri (Director, SOS Children’s Village, Bawana)



**MR. SRIKRISHNA NANDAGIRI -
DIRECTOR, SOS CHILDREN’S VILLAGE,
BAWANA**

Mr. Srikrishna Nandagiri, Director of SOS Children’s Village in Bawana, Delhi, is dedicated to transforming the lives of children who have lost parental care or come from vulnerable backgrounds. Under his compassionate leadership, the village has become a nurturing home that fosters emotional well-being, self-awareness, and resilience through mindfulness, creative expression, and group reflections. He emphasizes holistic development, combining emotional support with strong educational, co-curricular, and vocational opportunities to prepare children for independent, fulfilling lives. His vision and dedication make SOS Bawana a true haven of hope and empowerment.

Ms. Jinisha Aggarwal (Counsellor, SOS Children's Village, Bawana)

Jinisha Aggarwal is a dedicated Management Trainee at SOS Children's Villages of India, where she contributes to the organization's mission of providing long-term care to children without parental support. With a background in Clinical Psychology and Youth Development, and internships spanning both corporate and social sectors, Jinisha brings a well-rounded perspective to her role. Her work reflects a deep commitment to child welfare, blending academic knowledge with field experience to support SOS India's values of family, care, and community.



**MS. JINISHA AGGARWAL -
COUNSELLOR, SOS CHILDREN'S
VILLAGE, BAWANA**

Jinisha's interview
on Instagram



Mr. Mithlesh Shyam (Gond Artist)

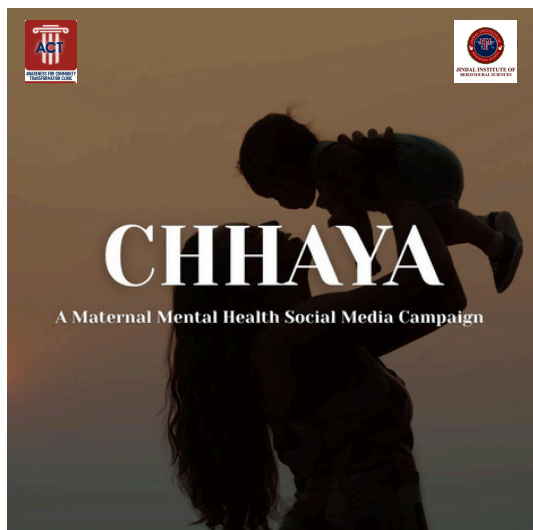


**MR. MITHLESH SHYAM-
GOND ARTIST**



Mithlesh's
interview on
Instagram

Mithlesh Shyam, a renowned Gond artist born in 1991 in Patangarh, Madhya Pradesh, carries forward the rich visual legacy of the Pardhan Gond community through his intricate, symbolic, and nature-inspired art. Mentored by his sister Radha Tekam and influenced by his iconic uncle Jangarh Singh Shyam, Mithlesh began painting at 14 and has since exhibited at esteemed venues like Lalit Kala Akademi and IGNCA. His work, shared on Instagram @mithleshshyam78, reflects a harmonious blend of tribal tradition and contemporary relevance. At ACT, we honor his contribution to cultural preservation, community healing, and mental well-being through art.



CHHAYA
Maternal Mental Health
Social Media Campaign

Rang (रंग) is a vibrant social media campaign that celebrates the rich spectrum of LGBTQIA+ identities while spotlighting the unique mental health challenges queer individuals often face. Rooted in empathy and education, Rang weaves together personal narratives, expert insights, and inclusive storytelling to break stigma, foster understanding, and champion resilience. From exploring the emotional journey of coming out and navigating identity conflicts, to highlighting the vulnerabilities of queer youth and the importance of gender-affirmative care, Rang offers a compassionate space for healing, visibility, and support. With each post, the campaign reaffirms one truth: every shade of queer experience deserves to be seen, heard, and honored.

Chhaya is our heartfelt social media campaign dedicated to bringing maternal mental health out of the shadows and into the light. Centered around the belief that a mother's mind matters too, Chhaya aims to break the silence surrounding the emotional challenges women face during and after pregnancy. With 1 in 5 mothers experiencing mental health concerns, often in isolation due to stigma and lack of support—our campaign shares real stories from rural communities, highlighting how small acts of care and strong support systems can make a profound difference. Through these lived experiences, we seek to normalize the struggles, reduce shame, and build a compassionate space where every mother feels seen, heard, and supported. Join us in reshaping the narrative, because maternal mental health is not a luxury, it's a necessity.



RANG
A Queer Mental Health Social
Media Campaign



Interested in working for the community?

Here are our referrals:

- **SKSS Old Age Home:** SKSS Old Age Home in Sonipat provides a safe and caring environment for elderly individuals, offering them shelter, support, and a sense of belonging in their later years.

Mail id: info@skssoldagehome.com

Website: <https://www.skssoldagehome.in>

- **SOS Children's Village, Bhawana:** SOS Children's Village in Bawana is a family-based care community that nurtures over 170 children across multiple homes, guided by dedicated caregivers who create a stable, loving environment for holistic development.

Mail id: incharge.bhawana@soscvindia.org,

Website: <https://www.soschildrensvillages.in/sos-children-s-village-bawana-delhi/>

- **UMANG Democratic School:** UMANG School in Sonipat is a democratic learning space that encourages student agency, inclusivity, and holistic education, empowering children to shape their academic journeys through voice and choice.

Mail id: umangharyana@gmail.com,

Website: <https://www.instagram.com/umang.haryana?igsh=MXZvZDN2d3J5azM3eA==>

LET'S ACT FOR THE COMMUNITY!

**ACT - AWARENESS FOR COMMUNITY
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MEET THE TEAM



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