

WINTER NEWSLETTER

2020



DATA COLLECTION TEAM,
YAMUNA VALLEY

TALKING ALOUD ALLOWED

DR. KAAREN MATHIAS, DIRECTOR, BURANS

Greetings to friends and supporters of Burans - and Happy Christmas. Wishing you peace as we all reach the end of a tumultuous year. And welcome to the new look of Burans Bulletin as we follow up with our new branding and colours - see our [website](#) for more.

As I write, the Yamuna valley team is wrapped up against the winter cold and embarking on collecting data for a community survey to examine inequalities in access to care, mental health literacy and COVID-19 impacts in the block of Purola, a beautiful valley above the Yamuna. We are really thankful we can start Purola work which was on hold since COVID-19 started. This is part of the work we are doing in partnership with Mariwala health initiative. Other progress recently has been to complete our pilot project of Nae Umeed (promoting skills and knowledge for carers of people with disabilities) among a group of 140 women in Dehradun, and we continue with our youth resilience work and supporting hundreds of people with a psychosocial disability with counselling and rehabilitation.

We are thankful that although many people in Uttarakhand have had COVID-19 infection, our youthful team (an advantage always), has remained well and active.

Our approach to work beyond the clinical context for mental health has been published recently in MHI's ReFrame journal. Here are the final two of our Burans values described.

The past 2 newsletters profiled Maza (fun), Jugaad (agile adaptability), Uttardayi (responsiveness) and Mauka (opportunity and inclusion).

Equality (समानता)

– We work in participatory ways to bring outcomes that increase equity and justice for people who are systematically disadvantaged
Chavvi (छवि)

We recognise each person as created in God's image so we welcome, include and respect all regardless of ability, caste, religion, gender, ethnicity or income.

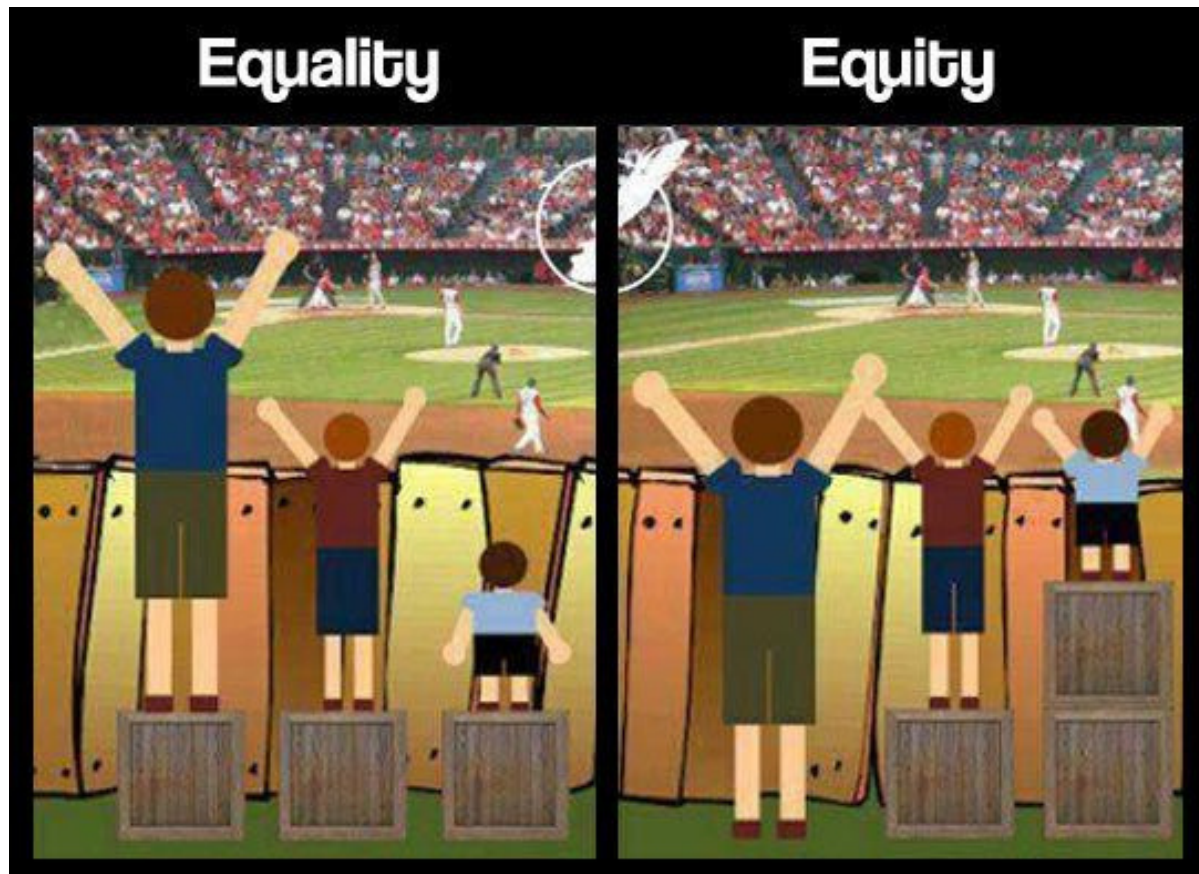


IMAGE CREDIT: <https://culturalorganizing.org/the-problem-with-that-equity-vs-equality-graphic/>

EQUITY IN BURANS WORK

YAMUNA VALLEY, PUROLA

This month we talk about equity as a key concept that informs all our work. We use this picture which models how we respond to inequalities which require an investment of resources that are not equal but are fair, so we are aiming for equity but ultimately we hope our work joined with communities and governments and others can lead to liberation or even Shalom.

One example of how we thread equity into our work is in employment opportunities. We recently had the exciting opportunity to hire new project team leaders for our Purola team site. We decided as a team that we were keen to give an opportunity to people who could lead from their own experiences of inequality and particularly hoped to find applicants who were women and / or people with Dalit identity..

We are excited to welcome Rani, Roshan and Prakash as new project assistants in Purola, joining Jeet (team leader Yamuna valley) and Atul and Manoj (project officers in Naugaon block).

Another example of how we thread equity into our work is in our selection of which communities we will work in. We chose the Yamuna valley as an area with poor access to health services, and one of the more remote and rural blocks of all of Uttarakhand. Similarly in Dehradun our focus is on informal urban communities that are filled with people who work hard, are creative and have lots of fun, although they are very disadvantaged socio-economically. Equity is a process as well as an outcome we hope to get better at.

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WORKING HARD: Data collection at nearly 1500 households in Purola, Uttarakashi district, Uttarakhand

COMINGS AND GOINGS

- Rani, Roshan and Prakash started as Project Assistants at Yamuna Valley.
- Brahmi joining us as a Community Worker at KRO
- Sana joined us as a Research Assistant in Dehradun till March 2021.
- Vinay Pillai joined us a volunteer for our equity survey in Yamuna Valley. Thank you Vinay!
- Prateek Bhatt joined us as a volunteer. We are grateful for all his effort and time on our new Burans website.

NEW BURANS WEBSITE

We are launching a new website – in collaboration with Ember. Checkout www.burans.org for details.

SUPPORT BURANS

We can only work in disadvantaged communities because of donations from generous people who want to make a difference.

We welcome donations both big and small to support our work. If you are keen to fund a specific program – let's talk. Be in touch!

Contact us at info@burans.org