



Nai Umeed group meeting in Dehradun

TALKING ALOUD ALLOWED

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This spring we are glad for days getting longer and the winter wheat spiking through hard ground: green and hopeful. Through the winter our team navigated the Omicron outbreak, which restricted some movement but thankfully did not lead to serious illness. Schools are starting back and we are resuming something like Business as Usual again. This newsletter tells about the exciting work we have been part of over the past few years to increase options for livelihood and income among people with disability with the Uttarakhand community health and global network (CHGN) cluster (<https://www.chgnukc.org/>). There has been lots of action through the winter: many of the Nae Umeed (New Hope) groups for women and caregivers in the community are now autonomous and have formed micro-credit and savings (SHG) groups.

The research project led by Meenal Rawat which examined local ways of describing mental distress, and help-seeking was published in the Indian Journal of Social Psychiatry ([Click here](#) to read the article) and we have supported 600 people to enrol for the new e-SHRAM programme, a national database for people in informal work, providing health and social security insurance. We are looking forward to launching some new programmes in 2022 - and as Burans enters our 9th year, we are thankful for the support and interest of many behind us.

Kaaren -on behalf of the Burans team.

1586

PPSD
registrations

1175

young people
participated in
Nae Disha

15

Nae Umeed
Groups formed

105 members



The International Day of Disabled Persons celebrated in Barkot, Yamuna Valley.

DISABLED=DIFFERENTLY ABLED

"We are very excited as we have this amazing opportunity to do all the preparations of the world disability day by ourselves."- Raj, a member of the DPO

The Disabled People's Organization was formed in 2019 and currently consists of 11 active members who come from different villages. The main reason for the formation of this DPO is to raise awareness about the rights of people with disability. The International Day of Disabled Persons was celebrated on 3 December 2021 in Barkot Village, Yamuna Valley. This program was organized by DPO members and helped in building the confidence of DPO group members & breaking stereotypes that are present in the community regarding people with disability.

"Don't judge disability by its visibility."

The refreshments were prepared by a DPO member belonging to a Scheduled Caste.[1]

This was groundbreaking, considering the strong caste-based discrimination that is present in the villages in Yamuna Valley.

The village Pradhan was encouraged by this initiative taken by DPO members and provided refreshments to all those present.

[1] The Schedule Cast (SC) and Schedule Tribe (ST) are the most disadvantaged socio-economic group officially designated by the Indian government.





DILIP Group members

DISABILITY-INCLUSIVE LIVELIHOOD PROGRAM

“DILIP program has given meaning to my life and helped me to become more self-dependent”.

– PWD from DILIP

The Disability Inclusive Livelihood program (DILIP) is being facilitated in the communities of Dehradun to increase the financial inclusion of people with disability (including people with psychosocial disabilities). The process of selection begins with a survey and assessment to determine who can truly be benefited and live a self-sustained life by being economically independent.

Chosen families are then enrolled in training in different areas like Agriculture, Apiculture (Beekeeping), Goat farming & Poultry farming according to individual interests. After training, materials required for starting the livelihood are also provided to the PWD.



Comings and Goings

- Farewell to Meenal, our research officer for Yamuna Valley. Best wishes for your future endeavours!
- Welcome Gunjan! Our new research officer for Yamuna Valley.
- Congratulations to Sonam on getting married. We wish you a happy married life.

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