



## TALKING ALOUD ALLOWED

**DR. KAAREN MATHIAS, SENIOR ADVISOR - BURANS**

Now in the thick and torpid summer, heading to monsoon, we are excited to share about implementing our Parwarish Programme in our target communities in Dehradun.

Parenting is always a vexed business in any time and place, and a key message is that while no one will be a perfect parent, we need to be good enough so that our children can thrive mentally, physically, socially and spiritually. The Parwarish programme was implemented in 2019 in three locations in Central India by the Emmanuel Hospital Association. Pooja and myself were part of the evaluation team. This link is a paper we wrote summarising how Parwarish was feasible and acceptable in those settings:

<https://bmjopen.bmj.com/content/12/2/e054553.abstract>

We hope to soon submit for publication the quantitative study examining outcomes for

parents and children who participated in the 2019 programme - it also gives compelling support of the effectiveness of Parwarish.

The last few months have been challenging for the Dehradun, Burans team, with a range of team member transitions. We are happy to have several team members taking new responsibilities and looking forward to new work coming up. We are inspired by growing leadership by community groups and our newsletter also profiles awesome action and advocacy by the Disabled persons group in the Yamuna valley.

We are thankful for interest, support and learning opportunities - stay in touch!

Kaaren

## THE PARWARISH PROGRAMME

### LUCY NEWMAN- INTERN

This summer marks the rollout of the parenting project. The programme arose out of the need to foster positive parenting and reduce the levels of conflict and harsh discipline in families. The Emmanuel Hospital Association (EHA) identified poor parenting as a source of poor health outcomes in families, which extends as far as contributing to poor education, livelihood and vulnerabilities to trafficking and abuse.

In response to these concerns, Burans, working with local women and parenting experts in India, along with colleagues in EHA, adapted the Parenting for Lifelong Health (PLH) programme calling it Parwarish. The PLH programme protocol was originally developed through a rigorous systematic review, with input from experts, then tested for efficacy using a randomised control trial (Lachman et al, 2016) in South Africa. The PLH programme showed positive results in reducing abuse, corporal punishment, and negative parenting.

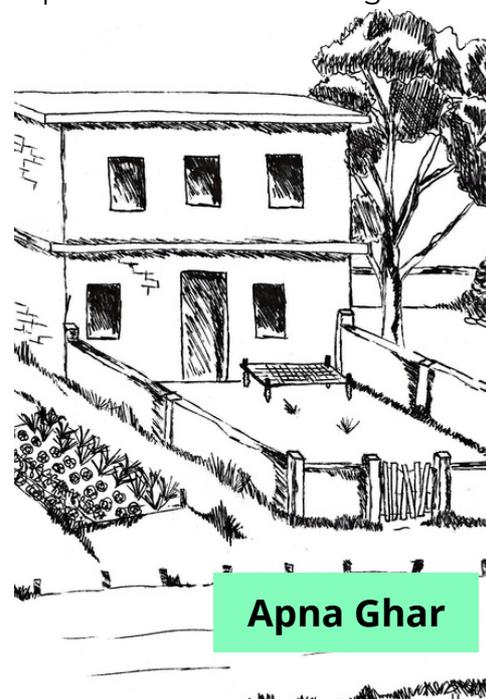
Bearing a similar philosophy, the Parwarish Programme aims to foster healthy, caring, trusting relationships within families. The programme acknowledges the adversity parents of teenagers face, as their children progress into the next phase of their life. The programme will be targeted at parents of 10-19 years old teenagers. Essential to the progression of the families is the weekly set tasks in which they will reinforce their training by putting it into practice.

Over the course of 14 weeks parents and teenagers will be taught side by side in a range of modules covering:

- Building positive relationships through shared activities
- Praising one another
- Managing conflict and talking about emotions
- Dealing with money and budgeting
- Safety
- Finding support

The programme uses the Apna Ghar or a typical Indian house to demonstrate why it is important to build a strong, positive relationship with their teenagers. Like building a strong Apna Ghar with walls to support the roof that keeps everybody sheltered, in the Parwarish programme, we will be working together to make plans and practice solutions that will help each other improve life at home.

We hope that through disseminating our parenting programme we can build positive relationships between teenagers and their parents



## DISABLED PEOPLE'S ORGANISATION (DPO)

**JEET BAHADUR & LUCY NEWMAN - INTERN**

The team in Yamuna Valley are working hard to promote the rights of people with disabilities. The DPO comprises eleven people with disabilities, who work with other people with disabilities to help them advocate for themselves. By enabling people with disabilities to access services, the DPO promotes feelings of self-efficacy for everybody involved.

The DPO focuses on enabling people with disabilities to access government benefits. People with disabilities are entitled to these benefits, so long as they are certified by the Chief Medical Officer. The DPO helps people with disabilities to sign up for their Aadhaar Card. The card enables people with disabilities to have their benefits paid directly into the holder's bank account and verifies their entitlement for a grain allowance. The DPO also helps disabled people access their rights to free travel on buses and trains.

The work of the DPO has been well received in the community. Following an awareness-raising programme to promote the inclusion of people with disabilities in the community, the DPO have witnessed local people taking responsibility towards the needs of people with disabilities. The programme has also generated greater support for Burans, with local people spreading word of their work.

Recently, the DPO team has been empowered by having their work in the community connected with the local government and non-governmental organisations.



Through a partnership with government services, the DPO hopes to lobby for further rights and entitlements for people with disabilities.

**200+**

families plan to be enrolled in Parwarish program

**11**

people with disabilities are involved in the DPO

**57**

people were involved with world disability day in Bhatiya village

## Comings and Goings

- We bid farewell to Pooja Bhatt, Kavita Bhatt, Anju Dhyani and Priya Dhiman and Mariam Khatoon. Thank you all for your thoughtful and impactful work in the communities over the years. We wish you all the best for the future!
- Congratulations Pooja Baluni and Atul Goodwin Singh on being promoted to Project Assistant and Project coordinator roles. We wish you all the best as you continue to innovate and implement programs!

## 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](mailto:info@burans.org)