

Build Back Better

Beyond the Pandemic

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Women inspiring action,
transforming lives 

The Asian Countries in SIGBI



Clubs

Bangladesh-**2**

India -**15**

Nepal -**1**

Pakistan -**3**

Sri Lanka -**1**

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The Asian countries in SIGBI are in the Indian Sub-continent. There are 2 Clubs in Bangladesh, 3 in Pakistan, One each in Nepal and Sri Lanka and 15 Clubs in India.

The Asian Countries in SIGBI

Home to:

- The oldest religions
- The oldest civilizations
- The largest number of languages and dialects spoken
- The highest Peak and mountain ranges
- The rainiest place
- The highest tea and spice producing areas
- The largest film producing region.



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One-fifth of the world's population resides here, and this region is home to oldest civilizations in the world, and the oldest living religions even today. Every kind of geographical feature is found here as is every type of climate except perhaps the Artic type. Agriculture is the mainstay of these countries but India is ranked as one of the 5 largest growing economies.

The diversity in this region is unique in many ways .

The endless list of the unique features of this region are unmatched by any elsewhere.

Challenges in the Region

Uneven Social Development



1. Poverty
2. Overpopulation
3. Illiteracy
4. Lack of healthcare systems
5. Weak judicial institutions
6. Corruption and lack of accountability
7. Poor communication systems
8. Political upheavals

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Despite this the unique challenges the countries mentioned, face that are common to all. The result is uneven development of its own kind. To add to the challenges are the vagaries of climate that in recent years have intensified and become more frequent.

PANDEMIC OF 2020-A SETBACK

MASKS
CORONA
COVID-19
RESPONDERS
AMBULANCES
HEALTHWORKERS
VENTILATORS
DISTANCING
HOSPITALS
PROTEAN
VIRUS
PANDEMIC



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2020 brought the corona virus and the pandemic. This set back whatever progress made in various social and developmental sectors during the past few decades..



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MASKS
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Along with the existing difficulties are new ones as lockdowns, curfews, social distancing, work stoppage, travel restrictions are producing a frightening scenario. It is impossible to practice social distancing in densely populated cities and towns even, and more in the crowded urban slums. Lockdowns have halted work for daily wage earners, and for millions of internal migrants that relocate from villages to towns and cities. Travel restrictions have rendered this populace jobless and unable to return home to their villages. These are just a few of the tribulations that people in these countries face with the onslaught of the Pandemic.

Bracing for the Uncertain Time

[illegible]

Mental Wellbeing in the Time of Covid

The *Coronavirus pandemic* is leaving many of us feeling anxious, fearful, uncertain, isolated and insecure about ourselves and our loved ones. Many of us are constantly staying up at unseasonable hours, stress, and an unrelenting worry cannot be channeled to everyone's differently, to stressful situations. How you respond to the outbreak can depend on your background, the things that make you different from other people, your support system and life circumstances you live in.

Dr Melvyn Lee is a wellbeing with **Tvette Lee, Counsellor and Mental Health Professional** on 'Mental Wellbeing in the Time of COVID'.

Tvette Lee is a Mental Health Counsellor and has been working in field since the last 12 years. She is also the president of Soroptimist International club of Mumbai. She has a long experience in mental health counselling, grief and bereavement and substance counselling.

Webinar on Mental Wellbeing, in the Time of COVID
 (for all the Soroptimist members in India)
 Date : 6th June 2020
 Time : 9.30 a.m to 11.30 a.m in Zoom




NASI OF INDIA
 For registration, please write to below email id.
anu.wahku@wahku.co.in



WEBINAR

For Teachers, Humanitarian Workers,
Development and Health Care Professionals

HAPPY SOLUTIONS TO LIFE'S CHALLENGES

Sustaining Mental well being
in COVID times

Dr Naina Athalye

- Focusing on mental well being among
healthcare professionals, development workers and
teachers. Many NGOs have teachers in villages.
- Developing a positive outlook, building resilience
on Stress Management, & Emulation.
- Building cohesion and immunity through the
3 fold model designed by Dr Naina Athalye

*We found Athalye to be a very thoughtful, knowledgeable and thoughtful. She has a strong
experience with a range of people health care and mental health care professionals, mental health
and social work. She is a registered professional, with a strong background in mental health care.
The mental health, especially, and other professionals working in the field, especially in the field, are
being students across India and abroad and offers online counseling for students, women, family
and single people from India and abroad in a safe, secure, and secure manner.*

*She works at the legal and health care system as a therapist for family and couples and operates
in a multi-cultural and multi-cultural field. She is a professional and a professional.*

Phone: +919890909090

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Baffled/ Soroptimists faced the situation/ and realised that/ at first/ **to** strengthen/ one's own understanding /and brace emotional well-being/ individually and collectively/ was important.

Virtual meetings/ were used to have sessions of peace/ and to address women/ and wellness in uncertain times./

SOROPTIMISTS --ZOOMED INTO THE DIGITAL WORLD

Conversations will not be cancelled.
Relationships will not be cancelled.
Love will not be cancelled.
Songs will not be cancelled.
Reading will not be cancelled.
Self-care will not be cancelled.
Hope will not be cancelled.

May we lean into the good stuff that remains.

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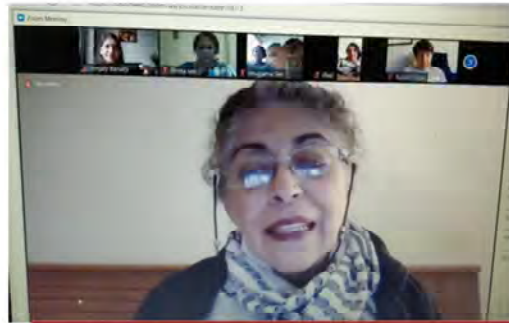


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With events cancelled, lockdowns, curfews and social distancing enforced, life came to a standstill. Or No Soroptimists zoomed into the digital world connecting virtually like never before. They took into account all that was not cancelled-virtual conversations.



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Soroptimist International Bombay Chembur
in association with
Mahatma Education Society's
Pillai Institute of Management Studies and Research
observes World Mental Health Day
International Webinar on 'Building Resilience'

 Ms. Andrea Sinnott Executive Committee Member St Annandermess, England, UK	<table border="1"><tr><td>Date</td><td>Saturday, October 10th 2020</td></tr><tr><td>Time</td><td>04:00 pm IST</td></tr><tr><td>Duration</td><td>1 hour</td></tr></table>	Date	Saturday, October 10 th 2020	Time	04:00 pm IST	Duration	1 hour	 Ms. Bhayna Lahwani Mental Health Professional Mumbai, India
Date	Saturday, October 10 th 2020							
Time	04:00 pm IST							
Duration	1 hour							

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While sitting/ in the comfort of one's home to participate in the events of the global organization became real.



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To join meetings /you hadn't dreamt of/ with friendship links clubs,/ To put faces/ to names you read of, and names to faces you see in Soroptimist publications were Eureka moments.



Then the fun – of cooking competition across borders, of singing, of sharing literary pieces, of learning to zoom better .



National Association Of Soroptimist International - India

Asks
As a member are you a part of the development?

And invites you to a session of membership and organizational development

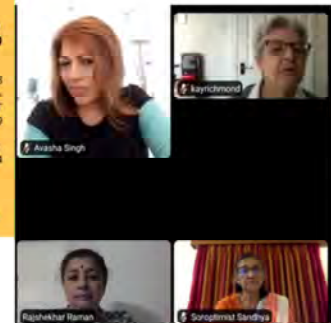
On 4th October 2020 At 5.30 PM

Presentations by
Ranjana Banerjee-NASI
 Membership and Extension Officer
 (2018-2020)

Nisha Ghosh - NASI
 OD Officer
 (2018-2020)

Join Zoom Meeting
<https://us02web.zoom.us/j/82920097175?pwd=ZWZ0MTM6WmVhbnZlZlJlVjY0QkZkZ209>
 Meeting ID: 829 2009 7175
 Passcode: 358374

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To train, to celebrate Club and regional anniversaries and mark UN days all became easy just a zoom link away.
and the virtual conversations continued to grow....



With projects on hold, the Soroptimists of the regions mounted operational relief for the most vulnerable instead. In Bangladesh, SI Dhaka members held meetings to orchestrate distribution of food supplies and essentials to the school children of the communities they serve.

Bangladesh



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The Dhaka Club welcomed contributions from corporates and their own members to add its' mite for immediate relief during the lockdown period.



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The Dhanmondi Club of Bangladesh provided food supplies and soaps to old age homes...



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.....and extended relief to vulnerable communities.



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In Nepal with support from agencies at home and overseas, the Soroptimists moved rations to the needy. Nepal's relief operations further hampered by earthquakes and later heavy monsoon rains.



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Pakistan



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The raging virus in Pakistan deprived poorer communities of the chance to celebrate their festive season this year. The Soroptimists of Karachi Central in collaboration with Connecting – reached out and brought pots of biryani to their door steps.



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The Soroptimists thus were able to bring some festive cheer to their joyless lives



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In India, Chennai Downtown donated PPE suits to the overworked staff at a hospital. They also provided masks to the women police officers of the all women Police station in the city.



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While facing the pandemic Kolkata was hammered by the super cyclone Amphan. Despite this South Kolkata Club organized food and masks for people in the Sunderban region.



Whitefield Club went to deprived semi- rural communities on the outskirts of Bangalore and gave away masks.



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.....and members went forward to show the correct usage and the importance of cleanliness of the masks.



Bombay Chembur, organized a recipe and virtual cooking competition at a fee. The funds collected went to the local Sikh temple where free food was provided for migrant workers stranded in the city. Jobless and homeless and unable to return to their villages did call for support.



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At least 4 Clubs organized distribution of free Sanitary Napkins. Here SI Kolkata South distributed sanitary wear in collaboration with another organization Sabuj Sangha.



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Pune Metro East responded to a call from the Pad Squad an agency that took to mass distribution of Sanitary wear during the lockdown.



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Members of the same Club distributed biodegradable napkins made at their manufacturing unit, to women in local communities.



Washing hands and use of sanitizers during this time is of utmost importance- That's the message SI Bangalore team had for women and girls they met.



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The second club in Burdhwan, waiting to be chartered geared up to be part of the relief work and gave selflessly.



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SI Madurai made food and medicines the focus of their contributions. Here a Member gives food to elderly people living alone with no social support.



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Madurai Club also donated a very generous amount of medical equipment and medicines to the city corporation for local distribution..

The Baby born prematurely at 26 weeks weighed 990 gms, with multiple complications.

1. Birth Apnea- managed with continuous positive airway pressure(CPAP)
2. Baby responded to Parenteral fluids & supportive therapy and gained weight
3. He developed a complication known as ROP (retinopathy of prematurity) Cryotherapy intervention helped.



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Pune Metro East works with an NGO that addresses construction workers and their families . Most of the workers are migrant labourers working on daily wages. During the lockdown a young pregnant wife went into a delicate condition and delivered a premature baby. The father was away to his home village and unable to return due to lockdown restrictions. Alone and in a critical condition the woman was supported by the NGO and the Soroptimists.



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After several weeks of intensive care and monitoring by the Soroptimists and the hospital the baby was in a condition to go home . Here a smiling mother as she leaves the hospital with her baby , while the father on return receives gifts for the baby from the Club.
A Story of hope and renewal

Adaptation to Build Back Better

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Similarly with hope Communities face the unpredictable nature of the current situation. Soroptimist Projects with communities were all on hold. But It's a time to adapt, and explore the endless possibilities with what we have ,to build back better for a different world.



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With whatever projects in hand clubs adapted and re-modelled them to meet current needs. The Kathmandu sewing Project produced masks and distributed them Freely. Not able to meet children in their education project, they distributed books and stationary to school children that were home bound



The Kathmandu Soroptimists continued their livelihood project by providing goats to families so they could earn a living.



Bangladesh's Dhaka Club /in collaboration with Paragon /and Mukhtagacha Agro/ Industries,/ introduced /a project to empower women/ with know-how of the poultry farming/ in semi- rural regions. /They hope/ to replicate /the project/in other villages too/.



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The partnership provides complete training, and starter funds to every woman. On International Women's Day this year certificates were given to those who had qualified. Pandemic or no – the women were surging ahead.



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The Dhanmondi Club celebrated Environment Day with trees planted at socially distanced spots! They also had a zoom meeting where a member explained the need for prevention and precaution during pandemic to a group of young girls.



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Dhanmondi's sewing class Project was now tailored to making masks.

Pakistan



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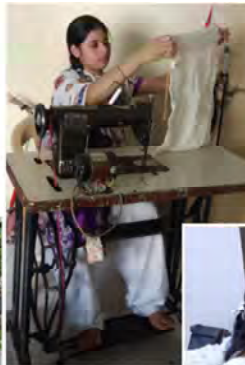
The Karachi Club has partnered with an NGO Al-Zohra them for a while and provided them with guidance. Al Zohra is a women's skill development training centre in Karachi that reaches women in the poor sections of the city,



To Keep this work going was imperative during the pandemic. Funds received from Friendship Link Clubs of Karachi Central are put to good use here.



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Both Chennai and Pune Metro East Clubs turned their sewing projects into mask making units, and distributed to first responders in hospitals, local council workers, old age homes and to the construction workers' community.



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India



SI Bangalore, India, aimed to empower women during the lockdown by equipping them with the materials to make face masks, which were distributed freely to communities in need. Over 8000 face masks have been produced and the women's livelihoods have been protected.

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Similar activity was conducted by the Bangalore Club , who provided the material to make the asks. Women's livelihoods have hence been protected.



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Pune Metro East Project with recovering Cancer patients had to be ended in pandemic times. Instead of visits, the members organized kits of utilities, and night clothes for the patients, stitched by the sewing team.



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Education has been the greatest casualty in the pandemic and those not able to connect virtually doubly impacted. Chennai club offered phones and internet connection for a period to 25 girl students of a school. Some members gave away their laptops to facilitate learning.



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Bangalore Club gave away a computer to a girl student as part of their Garima project



Learning of a different kind.

Unmesh is the learning centre in Burdwan managed by the Soroptimists. As tuitions could not be given Burdwan redesigned their education project to spreading awareness about hygiene and safety measures during the current time to students at the same centre.

These small efforts to Adapt reflect Soroptimist ideals of transforming lives through inspiring action.



**The regional challenges remain:
Environmental degradation has
intensified &
COVID -19 has magnified it all**

**But human beings
Will always find ways to**

**Reset their thinking
Rewire their surroundings and
Rebuild**

**To a different future - a better
future.**

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Environmental degradation has intensified
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To a different future -a better future.

Thank you



In Gratitude to Clubs of:

- Bangladesh,
- India
- Nepal
- Pakistan
- Sri Lanka

**For the wonderful work they do
And for their contributions to this
presentation.**



**NISHA GHOSH
APD-PEACE**



**NAINA SHAH
APD-PLANET**

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Thank you