



SNEHA Sandesh Vol II: January 2013

**Our Vision:**  
Healthy Women and  
Children for a  
Healthy Urban World



**SNEHA**

Society for Nutrition, Education and Health Action

# BREAK THE SILENCE ON VIOLENCE

**Stand up • Speak out • Intervene**

Break the Silence on Violence, a 16 days activism and advocacy campaign conducted by SNEHA, is inspired by a similar international campaign against Gender Violence that was started by the Center for Women's Global Leadership (CWGL) in 1991. The campaign runs from November 25 (International Day against Violence against Women) - to December 10 (International Human Rights Day) - to symbolically link the two and to emphasize that such violence is a violation of human rights.

Our campaign witnessed unprecedented support from Media. The coverage of the event reverberated across newspapers - local, regional and national.

SNEHA actively used tweets (#sneha4action) and other social media formats such as Facebook to garner attention. We were even heard on Radio One from Midday during prime time.



16 days Activism, 25 Nov - 10 Dec 2012

After the barbaric and life taking gang rape of an innocent girl in New Delhi, our determination has translated into a resolve. At SNEHA, we are committed to turn the 16 days activism into a 365 day mission to end violence against women.

# NIRBHAYA. In Memoriam.

She died 'peacefully' they said  
The iron rods are dank and cold  
The dark bus rests in peace  
The people are gathering  
The candles they bleed  
The voices are rising, black flags around  
What is now left, is the haunting sound  
As they leered and took her part by part  
For no fault of hers they ripped her apart  
And when they were of their manhood spent, they fled  
Leaving her mangled mass, as good as dead  
But the brave warrior was breathing and fought for her life  
Till the wounds of the barbarians prevailed and ended her strife  
The writhing vision of that innocent life  
Leaves me in angry tears  
We need to act swiftly  
It could again be somebody's daughter, sister, mother, friend or wife...



Shama Kher, SNEHA, 28th Dec 2012

## United States Consulate Mumbai visit to SNEHA

SNEHA had the pleasure of hosting the USA Deputy Chief of Mission, Mr. Donald Lu and the Mumbai Consul General Mr. Peter Haas at the Dharavi office along with other consul representatives on 8th November 2012. They were oriented to SNEHA's work and our Child Health and Nutrition (AAHAR) program in particular. They also visited the Medical Nutrition Therapy production facility, a SNEHA Day Care Centre and an ICDS Anganwadi. It was indeed a proud moment for TEAM SNEHA. The meeting was chaired by Dr. Armida Fernandez, Dr. Wasundhara Joshi and Ms. Devika Deshmukh from SNEHA and attended by doctors from Sion Hospital, Integrated Children Development Scheme CDPO Shri. Gaikwad and Mr. Vishal Kapoor of DASRA.



Maternal and Newborn Health is a program designed to influence the government to provide better services for mothers and babies in slum communities. We work with women in Mumbai communities to ensure they access

health care.

**"I had a safe pregnancy and delivered a healthy baby. I reached the right hospital at the right time."**



Prevention of Violence against Women and Children Program aims to provide crisis intervention to women and children facing violence in their immediate environment. We also work with those who face problems due to their sexual orientation, disability or occupation.

**"Due to the timely help and advice, I am no longer afraid and can stand up to violence."**



Child Health and Nutrition Program aims to reduce malnutrition in children in Mumbai slum communities, via the cycle of prevention, early identification and treatment by improving feeding practices of young children amongst mothers and establishing Day Care Centres where severely malnourished children are treated.

**"Information about appropriate nutrition helps keep my baby healthy."**



Sexual and Reproductive Health Program aims to empower adolescents and married women in urban slums with the right information and skills that enable them to make informed decisions about their sexual and reproductive health and their family size.

**"I learnt to express my feelings and take my own decisions."**



At our Annual Staff meeting in Ambedkar Hall, Dharavi the sharing of stories of SNEHA's small beginnings were heard with great gratitude. The 300 member team enjoyed the day with great gusto and spirit.

SNEHA was represented by Garima Deveshwar Bahl, Program Director, Sexual and Reproductive Health at a Roundtable Conference on "Opportunities and Challenges for Entrepreneurs in driving Inclusive Growth for India's Economy" with the visiting USA Treasury Secretary, Timothy Geithner on the 10th October 2012 at the Trident Hotel in Mumbai.

CONGRATULATIONS Dr. Nayreen Daruwalla, Program Director, Prevention of Violence Against Women and Children at SNEHA for being selected by ICONGO (The Indian Confederation of NGOs), team of Advisors, Mentors and JUST VOLUNTEERS for the Karmaveer Puraskar and has been made noble laureate for the year 2012-13.

Our Livelihood Program, Quiltessentially Yours, displayed and raised funds at the Indie-Kaleido 2012, Taj Khazana, Indo German Christmas Fest, the Race course, Ecole Mondiale School and Oberoi International School.



The BMW Guggenheim is a mobile laboratory traveling to cities worldwide. The objective of this lab involved a range of programs on how to make urban environments more responsive to people's needs.

On its Mumbai leg, they collaborated with SNEHA through 'Fresh and Local' an urban farming NGO for the design of a 'Pop Up Garden' - which is a green space that provides privacy, shade and an escape from the city for a community lacking in personal and private green spaces.

The benefits of the garden determined by our community women were: income generation through the production and sale of compost, therapeutic, growing edible herbs and vegetables; providing a safe, private space for emotional and physical recuperation; a teaching space for workshops on healthy eating, nutrition, and gardening, and waste management via composting of kitchen waste from surrounding areas.

# NGO SUMMIT WITH EVE ENSLER



Pic Courtesy: Jaya Gajparia

“A sleeping nation has awoken and NOW is the time to rise to end violence against women forever”, said Dr Fernandez, Founder Trustee of SNEHA, speaking at the NGO summit organised by Mumbai-based NGO, SNEHA (Society for Nutrition, Education and Health Action) in collaboration with POOR-BOX PRODUCTIONS and THE MAKE-A-DIFFERENCE FOUNDATION to draw public attention to the upcoming ONE BILLION RISING (OBR) Campaign.

The summit, organised at the Lokmanya Tilak Municipal General Hospital in Mumbai, on the 6th of Jan 2012, hosted Eve Ensler, Playwright of the internationally renowned 'Vagina Monologues' and Activist and Founder of ONE BILLION RISING, which is a global movement to end violence against women and girls to be celebrated on the 14th of February, 2013. Dr. Armida Fernandez, Dr. Duru Shah, Gynaecologist, Ms. Mahabanoo Mody-Kotwal, Director and Actor, Mr. Dhananjay Kulkarni, DCP Zone 5 Mumbai Police, Mr. Kaizaad Kotwal, Film-maker, and Dr. Nayreen Daruwalla, Program Director, Prevention of Violence against Women and Children, SNEHA.



Excellence  
Commitment  
Trust  
Nurture  
Valuing Every Person

Team SNEHA revisited the organizational values and worked out behaviours for each of the five values. A series of workshops were conducted by Value Champions across the programs to engage program staff in this exercise.

## Donate

We've touched 2,00,000 lives. Another 19.8 million are waiting. We need your support to make that difference.

Provide one adolescent with life skill education	Rs. 1000
Cover cost of counselling and resettling one woman in crisis	Rs. 5000
Fund monthly salary of one community worker	Rs. 5000
Provide medical nutrition therapy to one severely malnourished child	Rs. 4000
Help SNEHA create a healthy urban world	Any Amount

Log on to: <http://donation.snehamumbai.org/donation.asp>

All donations to SNEHA in local Indian Rupees qualify for 50% deduction u/s 80G (5) of the Income Tax Act, 1961.

For donations from US (which are eligible for tax benefits u/s 501(c)(3)) you can donate via Samhita's partner, Global India Fund at [www.globalindiafund.org](http://www.globalindiafund.org).

SNEHA thanks

ICICI Lombard General Insurance Co. Ltd.

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for extending their support to us at the



[www.snehamumbai.org](http://www.snehamumbai.org)

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#sneha4action