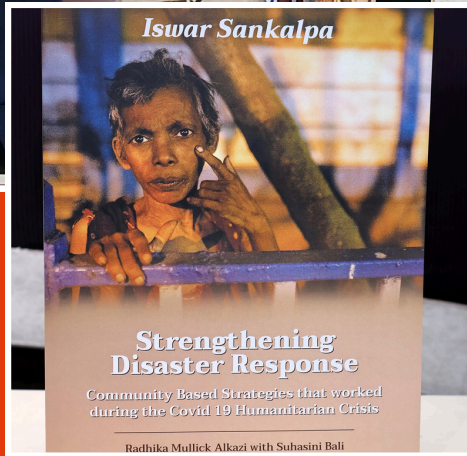


NEWSLETTER



LIVED EXPERIENCES OF HOMELESS PEOPLE

The monograph stands as a testament to their strength and as a call for systems that leave no one behind, especially in times of crisis.

RESILIENCE IN THE MARGINS: MONOGRAPH LAUNCHED ON DISASTER RESPONSE



FROM THE DIRECTOR'S DESK:



It gives me immense pleasure to present this edition of our newsletter, capturing moments of resilience, compassion, and progress from April to July 2025. This quarter has been one of celebration and reflection, as Marudyan completed a decade of nurturing hope and dignity for those in need. We also witnessed inspiring stories of recovery, empowerment, and community building – from clients reclaiming independence to women planting seeds of change. Each initiative, whether training ASHA workers, launching a monograph on disaster response, or setting up small livelihood ventures, has strengthened our vision of inclusion and care. These stories remind us that healing is possible when compassion meets opportunity. I invite you to walk through these pages, celebrate the milestones, and continue to stand with us in building a community where every life truly matters. As Mahatma Gandhi once said *"In a gentle way, you can shake the world."*



CAUSES FOR HOMELESSNESS OR THE DEVELOPMENT OF MENTAL HEALTH PROBLEMS

LACK OF ACCESS DUE TO:



i) Migration



ii) Unemployment



iii) Disability

SOCIAL STRUCTURES SUCH AS:



i) Stigma & Illiteracy



ii) Caste



iii) Class



iv) Gender Discrimination

LIVING CONDITIONS:



i) Poverty



ii) Violent Family Structures



iii) Hunger



iv) Env/Man-made Disasters

HEALTH CONDITIONS SUCH AS:



i) Physical Illness



ii) Mental Illness

THE ISSUES A HOMELESS PERSON WITH MENTAL HEALTH PROBLEMS FACES

INHUMANE TREATMENT BY THE COMMUNITY



INJUSTICE & VIOLATION



Violation of right to food, shelter, healthcare.

APATHY OF THE STATE



City police, Municipality, state & cent Govt

BROKEN FAMILIES



HUMAN RIGHTS ISSUES



FURTHER RISK OF POOR PHYSICAL HEALTH



And deterioration of mental wellbeing

GENDER BASED VIOLENCE



A homeless person with psychosocial disabilities experiences an intersection of vulnerabilities.

SYSTEMS TO PREVENT HOMELESSNESS

AFFORDABLE HOUSING



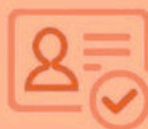
UNIVERSAL BASIC INCOME



ACCESSIBLE HEALTHCARE



ENTITLEMENTS & SERVICES



A HOLISTIC CARE NETWORK

Connecting different resources together to ensure a reliable, accessible, efficient, responsive and responsible support care network.



Social welfare



Health Systems



Police



Local Governments



Transport systems



Families & Communities

SUPPORT REQUIRED BY HOMELESS PERSONS WITH PSYCHOSOCIAL DISABILITIES

SAFE SHELTER



FRIEND/CAREGIVER/ANCHOR



RECOVERY ORIENTED SERVICE & PROGRAMMES



REINSTATING PERSONHOOD



ADDRESSING STIGMA



SOCIAL PROTECTION



PRIORITIZING 'INCLUSION'

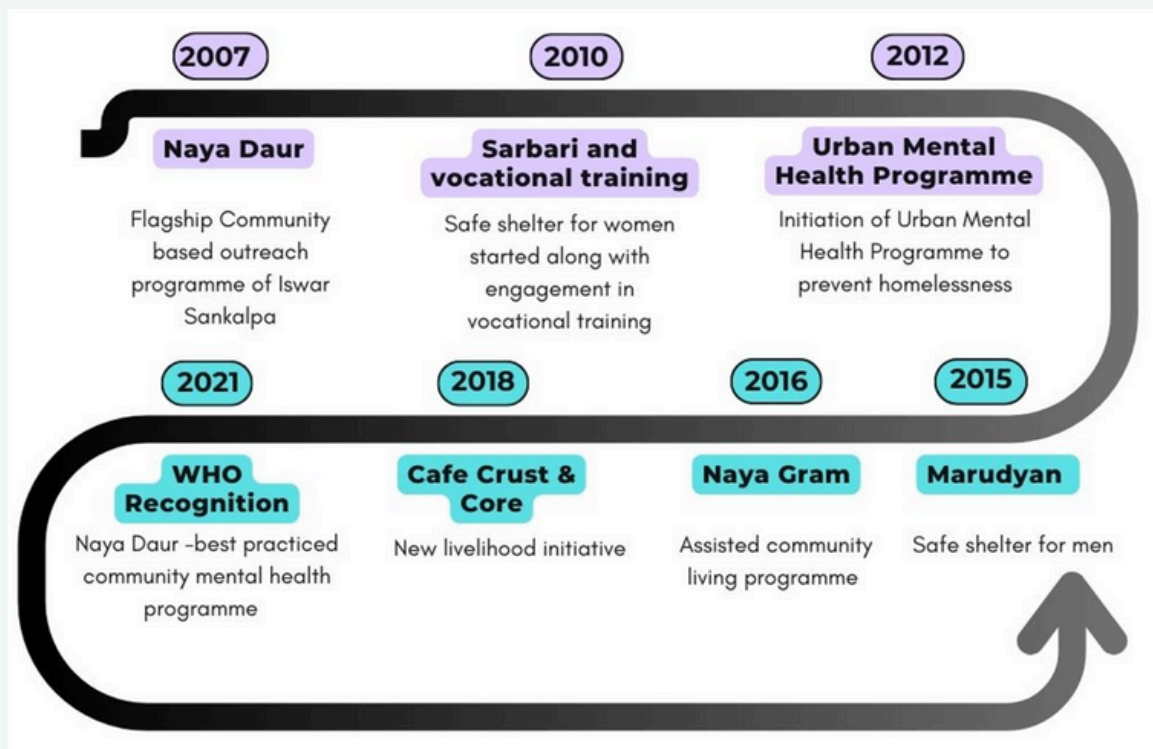
By ensuring a life of dignity, we as a society can Prioritize Inclusion of these individuals at the margins.



MAPPING ISWAR SANKALPA'S JOURNEY



ISWAR SANKALPA'S JOURNEY





Marudyan completed its 10th foundation year with warmth, joy and reflection. The celebration saw community members, well-wishers, and staff come together to honour the shelter's journey.

In a heart-touching gesture, the clients themselves expressed the desire to contribute – pooling money and donating nutritious food to a nearby orphanage. It was a beautiful moment of shared empathy and giving back, showing how far they've come in their own path to recovery.



EMPOWERING FRONTLINE WORKERS THROUGH MENTAL HEALTH SENSITIVITY TRAINING

On April 7th & 8th, the Urban Mental Health Programme (UMHP) in collaboration with the Kolkata Municipal Corporation, organized a two-day Mental Health Sensitization Training for ASHA Workers at UPHC-46.

👤🩺 Facilitated by:

Dr. Abhay Dey, Executive Psychiatrist, Borough VI – KMC

Ms. Sudhanya Roy Chowdhury, Clinical Psychologist

Highlights of the Sessions:

- ✓ Understanding mental health and well-being
- ✓ Identifying early signs of mental distress
- ✓ Strengthening ASHAs' capacity in supporting community mental health



Participation & Outcomes:

Over 100+ ASHA workers actively participated, asked insightful questions, and demonstrated significant learning gains through pre and post-assessments.

🎓 Each participant received:

A certificate of completion

Handouts for continued community support

With every ASHA trained, we march one step closer to a mentally healthier and informed society. ❤️



MONOGRAPH LAUNCH: STORIES OF SURVIVAL & COURAGE DURING COVID-19

Iswar Sankalpa, in collaboration with Astha Foundation, Delhi, launched a monograph titled “Strengthening Disaster Response” in both Kolkata and Delhi. The publication captures real experiences of homeless persons with psychosocial disabilities, their caregivers, and social workers during the COVID-19 pandemic.

Based on interviews conducted by Astha Foundation, the monograph highlights how this doubly vulnerable population—living without homes and battling mental illness—survived through one of the most challenging crises in recent history.

Both launch events featured panel discussions where speakers reflected on the resilience of clients, and the bravery of caregivers and outreach workers, who risked their lives to ensure continuous support, food, care, and connection—defying fear at the height of the pandemic.

This monograph is a tribute to those who stood tall in crisis, reminding us that compassion and community are vital to any disaster response.



RISING IN JOY, ROOTED IN STRENGTH: STORIES OF EMPOWERMENT & CELEBRATION



From Sarbari to Mystic Yoga Café, Fatema and Mou's journey is one of dignity, courage and new beginnings. With every dish they prepare and every commute they make, they reclaim independence and joy – one step at a time.

The Mango Festival at Nayagram brought together hearts, healing and harvest – turning a summer day into a celebration of dignity and connection. Supporters and well-wishers who have stood by us joined the festivities, deepening bonds and strengthening the network that helps us walk this journey of inclusion together.



Found at Sealdah Station in 2012, Sanjay once lived in silence and isolation. Today, he's independent, employed and recently bought his first mobile phone – a powerful symbol of connection and self-worth.

RISING IN JOY, ROOTED IN STRENGTH: STORIES OF EMPOWERMENT & CELEBRATION



In Shanpukuria Panchayat, Bhargar Block II, a baseline KAP (Knowledge, Attitude & Practices) survey was conducted across 10 villages, interviewing 611 people to assess the awareness level on mental health in the community. The survey was led by 7 trained interns from various universities, with active support from local SHG members.

Tie & Dye Takes Off at Sarbari – A vibrant new skill-learning journey begins, as both trainers-in-training (TOT) and clients explore the art of tie and dye, blending creativity with empowerment.



From training to thriving – Bithika, Kushalata & our UMHP Cafe trainees are turning skills into livelihoods, representing Crust & Core with confidence, professionalism and pride. Their success is a proof that trust and opportunity spark true empowerment.



RISING IN JOY, ROOTED IN STRENGTH: STORIES OF EMPOWERMENT & CELEBRATION



This World Environment Day, the women of Sarbari planted more than trees – they planted hope. Once homeless and unheard, they now nurture life and healing, one sapling at a time. Their gesture reminds us: even with nothing, we can grow everything.

Under Kolkata's summer sun, four Marudyan residents – Dipak, Mahesh, Projjal & Gagan – launched a humble Sattu Sharbat stall, earning ₹75 on day one. More than just a drink, it's a bold step toward dignity, self-reliance, and being seen by the world. Here's to small sips and big dreams!



After 15 years of surviving on the streets, Dor was lovingly reunited with her son, Anup, who embraced her saying, *"She is my mother. I'll take care of her."* From isolation to homecoming – a journey of healing, dignity and the power of one chance.



CELEBRATING OUR MOMENTS IN THE MEDIA

ISHMA 2: Celebrating the differently abled

NATHAN SHATTACHARYA

Kousha Kati presided DITAM 2, a celebration of spirit, strength, and solidarity on 27 June 2023 at Gyan Manoh Kalkata. DITAM 2 is a cultural event encompassing the dedicated members of five non-government organisations working tirelessly for the betterment of various social causes, and transforming lives in our society from the grass-root levels.

marginalized women and children, DWS is transforming underserved communities through education, healthcare, and gender equity initiatives. The Hope Foundation, stands as a beacon of hope for vulnerable children and communities; this organization ensures access to education, healthcare, and protection with a focus on dignity and opportunity. I Anthe Anthe Niketan Kulkarni championing inclusion and equity of rights, this nurturing community fosters growth, ensuring people with and without intellectual disabilities, live with love and human dignity. And, PRAMA (Preventive Association for Mother & Child): With a threefold mission focusing on women empowerment, environmental sustainability, and revival of dying arts, PRAMA is preserving culture while building a better future.



environment, sustainability, disability, waste conservation, all of these are talked about and intertwined with everything else. It is all-connected," he added. "I was very much more rejected from my community. My mother was a lawyer, the girl had come from a job and she said she wanted her son to study in a prestigious school, so she knocked on the doors of these 10 schools before the first health assessment in our area. That changed my life completely."

Talking about today's youth and the impact of social media Agarwal pointed out, "With the advent of time there is a lot of seige for connectivity. You can easily find your niche, your pulse. But social media has changed the instant dopamine rush and the services of a hundred others. One has to be careful in traversing this without completely dissolving the modern day."

The chief guest for this event was Mr. Jagan Agarwal, icon of the Elextron community of India, a business wonder in the LinkedIn Top 50, and a person with special ability. Agarwal was the honoree of the award for the best person of the year in the special section of the society. While in conversation with the Statesman, Agarwal said, "Towers like these from the convergence of the economy, because 70 per cent of disabilities in the country are invisible disabilities and these are not spoken about. Now if you look at the population of the people with disabilities after the EFMD's act 2016, it was around 5.5 billion. The population of disabled people in India alone is around 15 per cent of the total population, which is roughly, even if I underplay the numbers, around 15 crores. Now have to have events where

This cultural exchange included opportunities to engage directly with the participating organizations. The event not only celebrated their efforts but also invited the public to be part of the change. This programme time and again reminded the audience that every individual is special and discrimination and racism friction in a society. From little kids dancing to popular songs, performing their hearts out, to playing a difficult guitar riff alone under a spotlight, *STYMA 2* showcased exactly how natural it is to be specifically *abled*.



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Kolkata Comes Together to Celebrate Community Resilience at the Monograph Launch by ASTHA and Iswar Sankalpa

Alikazi emphasised the monograph's significance as a testament to the unsung contributions of individuals who provided vital mental health and humanitarian support during the pandemic.

PR Content | Published 08.07.25, 03:10 PM



Lifelines in Crisis panel discussion highlights the power of shared care in catastrophic situations

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Key experts from the mental health and development sectors came together to unveil the monograph, *Strengthening Disaster Response: Community-Based Strategies That Worked During the COVID-19 Humanitarian Crisis*.



বিপন্নদের পাশে

» আত্মা ও মনের সংকল্প-র যৌথ উদ্দেশ্যে প্রকাশিত হয় মনোগ্রাফ। এই মনোগ্রাফ শব্দের সংস্কৃতকালে সমাজের প্রান্তিক মানুষের প্রতি সহানুভূতি, সহায়তা এবং একাত্মতার অতৃতপূর্ণ উদাহরণ তুলে ধরে। অসংখ্য ছোট দোকানদার, পাড়া-প্রতিবেশী, সাধারণ গুস্তাখ্যাকর্মী— যাঁরা করোনো লকডাউনের সময় অবহেলিত, পৃহীন ও মানসিকভাবে অসুস্থ মানুষেরদের পাশে দাঁড়িয়েছিল— তাদের স্বপ্নান্বিত প্রদান করা হয়। অন্যভাবে মূল আর্থিক ছিল

আলোচনাসভা- 'লাইফলাইন ইন ফ্রাইসিস: প্রান্তিকের পাশে কলকাতার অন্তরের স্পন্দন'। আলোচনায় টিউন হল কীভাবে সাধারণ মানুষ এবং সমাজকর্মীরা হাতে হাতে মিলিয়ে বিপ্লবের পাশে দাঁড়িয়েছেন। বক্তব্য রাখেন অধ্যাপক অঞ্জনকুমার চক্রবর্তী, সোমাল বিধানাথন, মানসী বাগচৌধুরী, দীপাঙ্কী শাহা, পবিত্র তব্বার বোস, সুমিত্র রায়চৌধুরী। বিশ্ব সংকল্প-র সহ-প্রতিষ্ঠাতা সবাণী দাস রায় বলেন, এই মনোগ্রাফ কোনও কাগজে দলিল নয়— বরং এটা স্রোতনার দলিল। সংকটের সময়ে যারা সমাজের প্রান্তে থেকেও একে অপরকে পাশে দাঁড়িয়েছেন, তারাই প্রকৃত সমাজের মূল।



HOW YOU CAN HELP?

DONATION OPTIONS	DETAILS
Support Medicines for a Client ₹1200	Covers medicines for one client for 3 months
Meals for Male Shelter Clients ₹10,000	Covers breakfast and dinner for one week for 30 residents
Special Occasion Lunch (Non vegetarian) ₹26,000	Special lunch freshly cooked and served in our shelters for 120 clients in celebration or in memory of an occasion
Festival Dresses ₹36,000	Covers new dress for 120 clients
Supporting a Client towards Independent Living in the Community ₹13,500	Supports living expenses for 3 months for one client working on an organic farm land owned by Iswar Sankalpa
Corpus Fund ₹50,000	Provides financial stability to the organisation and aids in sustaining the projects
<p>Any amount of your choice can be donated through online transfers, cash or cheque, for the cause of supporting homeless persons with psychosocial disabilities. You can also contribute through donations in kind.</p> <p>Contact:</p> <p>+91 8820713621/+91 9903942044</p> <p>or</p> <p>info@isankalpa.org</p> <p>for more details</p>	
<p>Society Registration No. S/1L/42976 Date of Registration : 06.03.2007 IT, Section 12A Registration : DIT(E)/S-27 8E/436/08-09 IT, 80G, Registration : DIT (E)/2997/8E/436/08-09 FCRA Registration : 147120892 PAN : AAAAI1966N</p>	

All Donations are exempted from tax under 80G



TO KNOW MORE ABOUT US:

Social Media	<ul style="list-style-type: none"> Facebook: https://www.facebook.com/iswarsankalpa/ Instagram: https://www.instagram.com/iswarsankalpango/ LinkedIn: https://in.linkedin.com/company/iswar-sankalpa---india Youtube: https://www.youtube.com/watch?v=BmWd5dHtxgk&authuser=0
Website	www.isankalpa.org
Documentary: Between Lives - Iswar Sankalpa-	https://youtu.be/BmWd5dHtxgk
Ashoka Fellowship Sarbani Das Roy - Creating a Community that Cares	https://youtu.be/FoYNkNrT5jM
Naya Daur WHO Good Practices	https://www.who.int/publications/i/item/9789240025806

