

NEWGEN SAMARTH SAARTHI SAMUH

Creating Safe Spaces: Women's Mental Well-being sessions



For generations, a woman's worth has been closely linked to her ability to support and care for others. And if she falters, it often leads to her experiencing feelings of guilt or inadequacy. This internal conflict can potentially hinder a woman's personal growth and overall well-being.

Societal stigmas surrounding mental health create significant barriers for women who wish to seek help or express their struggles. The Samarth Saarthi Samuh was created to support women from marginalized communities. The program focuses on helping them understand their own needs, build self-awareness, and prioritize their well-being.

A focus group discussion, organized by I Am Wellbeing, Newgen CSR Implementation partner organization provided a safe space for women to share their feelings, fears, and hardships. Key struggles that emerged included:

- *Absence of acknowledgement for their efforts, leading to a feeling of insignificance*
- *Prioritizing the needs of their family over personal well-being*
- *Physical and mental health concerns such as anemia, thyroid issues, and suicidal thoughts*
- *Limited understanding of health issues*
- *Lack of supportive networks, intensifying feelings of isolation*
- *Deeply ingrained gender norms, with many women believing it is their responsibility to maintain peace in their homes*



Mothers often serve as their families' emotional anchors. By strengthening their mental well-being, they can create a more supportive environment for themselves and their families.

The initial in-person session of the mental well-being program aimed to help mothers develop self-awareness through a combination of **exercises and creative art activities.**

Participants completed a physical health questionnaire, followed by a guided exercise session to help them relax and become attuned to their bodies. To externalize their inner journeys, participants drew and colored their emotions on a body map.

In the next session, participants explored their identities through an art activity centered around their name. Using art as a medium to express their emotions, they decorated their name tags with various designs.



“Overall, the sessions combined creative expression and mindfulness to foster individual reflection and group cohesiveness.”

Santosmita Chatterjee - CSR Team