newgenCSR
10 Years

# Mission Women Empowerment

## SDC Women's Journey to Mental Well-being

***Can lost aspirations and hopes be rekindled?***
***Can new learning truly lead to new happiness?***

At Newgen CSR, we believe, we can The mental health sessions organized with our implementation partner IAM-Wellbeing help the women of the Skill Development Center (SDC) to understand themselves better and find solutions to their problems holistically.

The women are exploring their own lives with a new perspective. They are overcoming grief, rejection, neglect, illness etc. More than anything they are gaining strength and a new vision for the future of their families. Every woman is a new story to learn from.

The mental health sessions prepare the women to become independent as they gradually learn about their own responses to their surroundings. Eventually, when the woman of the house changes, she loops in the entire family.

As the women recognize their empathy as a strength, they are getting mentally empowered. Ultimately, the empowerment of women leads to the empowerment of the community.



## Mother's Quotes

"Mental Peace is a choice. I handle issues better now."
**Sunita Devi**

"I know I can learn whatever I want but I couldn't focus earlier. Now I can."
**Gunjan**

"We never looked after ourselves earlier, but now I know that we need to take care of ourselves to do better in life."
**Sama Begum**

"I used to get overwhelmed with difficult situations and manage my children harshly. My kids were afraid of me and grew closer to their father. The mental health sessions taught me to balance my responses to improve relations with my loved ones."
**Babita Devi**

"I loved the activity of assigning colors to the body parts that hurt the most. It made me focus better on my problems."
**Sanjana**

"I feel strong and happy here as I learn and grow when I spend time with the other women at the SDC."
**Hira Devi**

"My sons say that I have become patient and understanding after joining the skill development center."
**Sunita Devi**

"I learned how to control anxiety and fear."
**Gunjan**

Making an impact