

LittleBigHelp

India Trust

A little help from you is a big help for others



On International Women's Day this year, we selected the topic- "Breaking gender stereotypes" to question the existing culture of inequality. An outdoor event in Eco-park, Kolkata was designed for women training on different skills projects. Women were excited to attend this outing as they were seen in their best outfits along with their fellow mates. Various fun games were organized along with some triggering debates on choices, restrictions, menstruation, and myths, their role models, and what change would they like to be remembered for. Resham, a young tailoring trainee danced her heart out during the talent show. She shared that she enjoys dancing but girls in her community can rarely express themselves openly.

The day will be fondly remembered by these women and team members as we hope that women can break the existing silence and age-old cultures to empower themselves.



A runway workshop was organized in Girl's Home, Behala on the 7th of April, 2021, to orient the girls on different aspects, risks of the runway, and after-effects of it. There was a total of 19 participants in the training. Ms. Manideepa Ghosh and Mr. Debashis Guha facilitated the training wonderfully with interactive training methods and group sessions. The training ended with creating a risk tree by the girls, where they depicted the risks of runways.



Food for Thought

"All the great things are simple, and many can be expressed in a single word: freedom, justice, honor, duty, mercy, hope." –

Winston Churchill

Events:

12th April: International Street Children's Day

15th April: Bengali New Year

NEWSLETTER

Message

Dear All,

I am honored that LittleBigHelp has allowed me to express my experience as a Covid Survivor. Getting infected by the deadliest virus and fighting against the horrible symptoms is devastating for mental and physical status. I felt angry, sad, and hopeless, trapped, all the feelings at a time when I observed the symptoms and got the test report. The first night was the worst night of the seventeen days quarantine period because I was isolated in a separate place as I wanted to save my family. I have to accept the virus in me along with the devastating worsening symptoms and the familiar environment of my home. I can remember I was crying when my brother, who is a doctor called me. Several times I have asked him the same question, "Why me?" It was a fear-filled night.

During those days I realized 3 things are very much important- Firstly, Beloved people with you, Secondly, Good doctors and thirdly, monetary strength. Thankfully I was blessed by almighty God. I want to thank Debasish Da, Lisbeth, my husband and my doctor brother. They help me in my tough times.

I realized music has a big role in healing mental and physical distress. Music and well-wishers can help someone to fight back and regain their strength. Only when the mind wants then only body support. So, I request to all of my friends that behold your mind with fearless trust and hope for a better tomorrow.

Best Regards

Kasturi Basuray



On 10th March 2021, the Sanitary Napkin Vending machine along with the incinerator had been installed in two community centers of Kolkata namely the ShreeKrishna colony and Basanti colony. Dr. Bera was present at the event. He discussed the importance of using sanitary napkins with adolescents girls. This will help the adolescents to buy their sanitary napkins without any hesitation and the incinerator made the disposal process easier. The adolescents and other stakeholders of the community learned the process of using the machines by respective professionals.