

January 2021 | Volume 1



# NEWSLETTER

**National Institute of Social Defence**  
Ministry of Social Justice and Empowerment  
Government of India

## From the Director's Desk

Let me begin by wishing everyone a very happy and healthy new year. The year gone past hasn't been easy for us due to the Covid\_19 pandemic, but as we herald the beginning of 2021 with new hope and positivity, NISD is taking a step forward to connect to as many people as possible in the form of a newsletter. This platform will disseminate information about its activities, awareness programmes and training sessions. Expect everything – from updates about upcoming events to a round-up of the previous month's activities to success stories of how stakeholders were pivotal in making changes in people's lives – in the newsletter, which will be brought out every month.



NISD has been working tirelessly in the field of Social Defence for drug use prevention, welfare of senior citizens and the transgender community, and for beggary prevention. And with our office shifting into a modern, state-of-the-art building in Dwarka,

we are brimming with new energy and are determined to make a difference in the lives of those suffering from substance abuse, the elderly population, members of the transgender community, & also for beggary prevention.

A special mention to the heads of NISD's divisions – National Centre for Drug Abuse Prevention, Social Defence and Senior Citizens – who will be actively involved in bringing to you, news and updates related to their respective divisions.

- Dr. Veerendra Mishra, IPS

## Quotable corner

“All power is within you; you can do anything and everything. Believe in that; do not believe that you are weak.”

-- Swami Vivekananda

## Activities of the month

### NCDAP

Several online training sessions were organized by the NCDAP division for the functionaries of ODIC, CPLI and IRCAs in 2020. Some of them include a webinar on the “Screening, follow-up and after-care issues in person with substance abusers”. Other topics included “Counseling, its issues, Relapse Prevention, Rehabilitation and Reintegration, and Family Counselling”, “Understanding various substances and use disorders”, “The magnitude of substance use disorders”, “Multi-dimensional aspects of rising alcohol use in the country” and “Psychosocial treatment of substance use disorders”. Resource persons and experts were invited from renowned centres like AIIMS Delhi, PGI Chandigarh and Medical College and Hospital, Ernakulum.



*A de-addiction counselling session in progress*

For more, **click:**

<https://www.facebook.com/NISD.Ind/posts/213144640172934>

Online training programmes have been sanctioned by NCDAP for SLCAs in Andhra Pradesh, West Bengal, Nagaland, Manipur, Mizoram, Gujarat, Uttarakhand, Chhattisgarh, Bihar, Delhi and many other states, covering 150 to 200 beneficiaries in each state.

### SENIOR CITIZEN

The Senior Citizen Division organized many webinars for the caregivers and functionaries of old age homes and day care centres. The topics were varied and informative, such as, “The importance of nutrition in the elderly with diabetes”, “The nutritional management of stroke and cardiovascular diseases in the elderly”, and “Low Back Pain: Causes, Treatment and Prevention in the Elderly”.

The webinars also focused on the mental health of senior citizens and sensitized the caregivers on topics such as “Geriatric Mental Health Challenges in India”. The training

sessions were well received by the participants, who took part in substantial numbers.

For more, **click:**

<https://www.facebook.com/NISD.Ind/posts/232921501528581>

## **SOCIAL DEFENCE**

In 2020, the Social Defence Division organised both online and offline programmes. However, with the outbreak of Covid19 pandemic, offline events were restricted, which were compensated with webinars and online sessions. Some of them included two-hour online sessions on the Rights of Transgender Persons and on Social Defence issues for stakeholders such as police, panchayat functionaries, social work educators, etc., in addition to offline regular programmes.



For more, **click:**

*An online awareness program for Police functionaries*

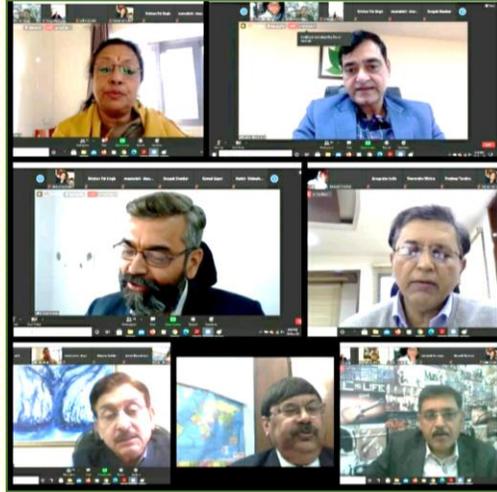
<https://www.facebook.com/NISD.Ind/posts/227433185410746>

## **OTHER INVOLVEMENTS**

Dr. Veerendra Mishra, Director, NISD, interacted with the interns at the National Human Rights Commission (NHRC), New Delhi, as part of their Online Short-Term Internship Programme. The webinar was held on 24<sup>th</sup> December, 2020, for the internship.



The Director, NISD, was among the panelists at the virtual roundtable conference on "CSR Planning, Implementation & Impact Assessment", held on 18<sup>th</sup> December, 2020. The roundtable was organised by the BRICS Chamber of Commerce & Industry in association with BGJC LLP.



## Success stories

### 1. Mx. Mukti

The year 2020 has been harsh to the transgender community as well. Many of them lost their livelihood during the lockdown and didn't have any means of support. NISD, along with NBCFDC, taking note of the dire situation, initiated to release Covid19 relief fund directly into the accounts of the transgenders who were in need of monetary help. One such beneficiary is Mx. Mukti from Madhya Pradesh. She was struggling to make ends meet when the entire country was locked down to curb the spread of Corona virus.

After a 21-day lockdown was announced on March 24, 2020, Mx. Mukti was left in a state of despair, since she didn't have enough money to pay the rent. Despite repeated requests, her landlord insisted that she paid the rent or vacated the house. It was then that transgender activist Reshma Prasad told her about the scheme by NISD and the Ministry of Social Justice and Empowerment of releasing funds that would be directly credited in the bank accounts of those in need.

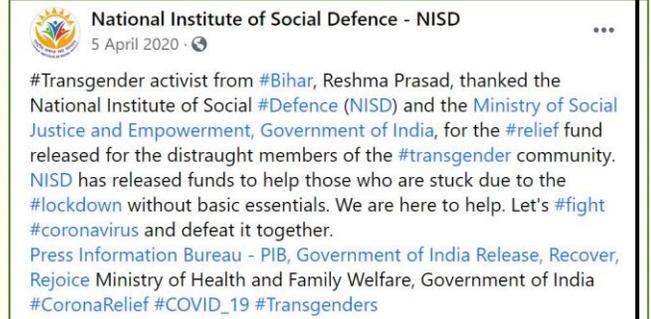
The amount released by NISD came as a big relief for Mx. Mukti, who was able to pay her rent on time. She said that she would have been evicted from the rented house had it not been for NISD's timely help.

This is one of the many stories that came up during the prolonged lockdown period when many transgenders had lost their source of income, and were in urgent need of monetary support.

## 2. Mr. Bhanusankar Ray

Mr. Bhanusankar Ray belongs to Niali, Cuttack, and was admitted to SLCA, Odisha, on 3<sup>rd</sup> March, 2018. He mostly abused alcohol along with some other substances. He had a positive approach towards life and took the treatment seriously, following all instructions given to him. After 15 days of his stay in the centre, he started participating in activities and even became incharge of maintaining discipline in the activity hall.

After his discharge, he regularly visited the centre to keep in touch with others and to follow up on his health. He even brought his family members along, who mentioned that he was a good-natured person and took care of his family. Now, he is actively involved in farming and



*Transgender activist Reshma Prasad had released a video on behalf of the community to thank NISD and the MSJE for the Covid\_19 relief fund.*



earns up to 15,000 per month. He has been living in sobriety ever since and has maintained distance from alcohol and other types of drugs. People like Mr. Bhanusankar are an inspiration to those trying to quit alcohol and other substances.

### **3. Ms. Rita & Ms. Lata (names changed on request)**

Sisters Ms. Rita and Ms. Lata are aged 22 years and 20 years, respectively, and are examples of NISD's success stories. In this age of cut-throat competition, it's difficult for the economically challenged people to survive.

Ms. Rita and Ms. Lata belong to a humble background. Their father works as a tailor, and their mother is a homemaker. They stay at Chhattarpur village in a rented house along with another younger sister and brother, who is the youngest in the family. The sisters joined a tailoring center run by an NGO in the village.

The trainers and other staff members of NISD approached this NGO and told them about the three-month certificate course on Geriatric Care for bedside assistance/Caregivers. Ms. Rita and Ms. Lata enrolled themselves for the session, and after successfully completing the course, found a job through a placement agency.

Ms. Lata is now taking care of an 80 years old lady suffering from cancer at home setting, and Ms. Rita found a job at a private hospital in Vasant Kunj.

Their parents are happy that with the help of the course run by NISD, their daughters have a job and their financial condition improved.

## **From the divisions: Highlight of the month**

### **Social Defence in protecting the rights of the transgender community**

Social Defence is originally understood as the protection of society against crimes through a systematically organised and coherent action by both the state and civil society. The main motto of 'Social Defence' is crime-free society. Social Defence aims to protect society against crime which normally occurs against vulnerable sections including elderly population, drug addicts, children, beggars, Transgender, women, etc.

To safeguard the interests of the disadvantaged sections of society, the Constitution of India guarantees that

no person will be denied 'equality' before the law (Article 14). It also promises 'right to education' and 'public assistance' in old age and disablement (Article 41). Some important legislations include - Maintenance and Welfare of Parents and Senior Citizens Act 2007, Transgender Persons (Protection of Rights ) Act 2019, the Immoral Traffic (Prevention) Act, 1956 (as amended and re-titled in 1986); the Probation of Offenders Act, 1958; Juvenile Justice Act, 2015; the Prevention of Illicit Traffic in Narcotic Drugs and Psychotropic Substances Act, 1988; the Persons with Disabilities (Equal Opportunities, Protection of Rights and Full Participation) Act, 1995; Prevention of Beggary Acts (State Acts) etc.

### **Transgender Rights**

Transgender people are individuals of any age or sex whose appearance, personal characteristics, or behaviour differ from stereotypes about how men and women are "supposed" to be. The Supreme Court of India accepted transgender as the third gender on the basis of the recommendation of a National-Level Committee under the Ministry of Social Justice & Empowerment, Government of India. Transgender community is one of the highly marginalized and vulnerable communities in India. The community faces high level of stigma and discrimination in every sphere of life. They are socially, economically and politically excluded and marginalized. The problems, faced by transgender are discrimination, lack of educational facilities, unemployment, lack of shelter, lack of medical facilities like HIV care and hygiene, depression, hormone pill abuse, tobacco and alcohol abuse and problems relating to marriage, property, electoral rights and adoption.

The Transgender Persons (Protection of Rights ) Act 2019 has been enacted to safeguard the rights of Transgender persons and protect the interest of the community. The Ministry has come up with Garima Greh: A shelter Home for Transgender. The main aim is to provide shelter to transgender persons. Garima Greh will provide support for the capacity-building/skill development of Transgender persons. Another new step, a TG Line has also been introduced. It will provide access to community members for psychological counseling, followed by one-to-one interactions as per requirement.

■ **Dr. Giriraj, Deputy Director,  
Social Defence Division  
NISD**

### **Upcoming events**

- NCDAP is organising a webinar on the topic, "Harm Reduction for Substance Use Disorders" on 13<sup>th</sup> January, 2021, with resource person Dr Roshan Bhad from AIIMS.
- The Social Defence Division is organising an online awareness programme on "Social Defence issues" for prison functionaries on 20<sup>th</sup> January, 2021.
- The Senior Citizen Division is organising a webinar on "Enhancing Active and Healthy Ageing: Significance and Strategies" on 19<sup>th</sup> January, 2021