

NEWSLETTER- JUNE 2023

Workshop on Diocesan Strategic Planning: On 15th -16th June Two Days' Workshop on Diocesan Strategic Planning was conducted by SIGN at Vikas Kendra, Simdega. Fr. Bipin Pani, the Director of SIGN moderated the session. Giving short explanation of different terms used in Strategic Planning, Fr. Bipin gave a sketch of Strategic Planning saying in every strategic planning documents History of the organization, Context at which Organization is placed, Identity of the organization, Vision/Mission/Core Values/Principles are placed before planning a short term and Long term strategy for the organization. He sent the participants into three groups and asked them to discuss about the context. Having done this, group was divided into two groups. The staff of Vikas Kendra formed one group and those who came from outside formed another group. The Vikas Kendra



group was asked to discuss about the Strength and Weakness of Vikas Kendra, whereas the other group was asked to discuss about the opportunities and threats for Vikas Kendra. After this, participants were asked to prioritize the issues. Then based on the SWOT analysis participants and prioritized issues participants were asked following questions; What are they doing now? Who are their stakeholders? What will they

like to continue in the same manner? What will they continue but do differently? What will they stop doing? What new will they do? Finally, they came up with following thematic area for coming five years; Safe Migration, Safe Youth and Adolescence, Climate adaptive Agriculture, Resource Mobilization. Group felt that Tribal community and women will be the cross cutting issues.

Awakening Tribal Soul: On 17th June a Workshop on Roles and Responsibilities of Priest and Nuns to preserve Tribal Heritage was organized by SIGN at Vikas Kendra, Simdega. Bishop Vincent Barwa was the Chief Guest. He gave presidential Speech and presided over the workshop. In his presidential address, he gave us very disturbing situation of tribal community saying that

tribals are at verge of losing its identity. He cited examples saying many do not know the meaning of their surnames. Many do not know their language. Many are hiding their identity by not expressing their complete names. Anti-tribal forces are working against the tribal culture and heritage. Exhorting priests and nuns, he said unless, we priest and nuns are working hard to preserve the heritage, tribal community will not have anything in the name of their culture, heritage. Then Fr Mahendra Peter Tigga, the Resource person of the day started with the constitution of India and then discussed the present situation of tribal community and need to work hard to preserve the heritage. He said that we need to protect our land through enhancing legal knowledge, avoiding land related dispute among the family members and villages. He said that language gives us identity, but new generation is ashamed of speaking language and telling their surname. They also lack the knowledge of playing tribal musical instruments, but sadly they are always in the front line to access all the entitlements on the basis of caste certificates. It is the time to make our children understand our tribal values and be proud of it. Tribal community needs to bring all the stories of missionaries, sayings, history, movements, tribal myths and small events in written form. He suggested that all the schools and colleges should display Preamble of Indian Constitution, Fundamental Rights and photos of Tribal Heroes and National Heroes at their premises.



He said that tribal heritage (value, culture, language and natural resources) is highly precious gifts those need to be preserved and appreciated. To preserve our land, it is mandatory to encourage tree plantation, construct earthen check dams, land erosion and stop putting fire in the jungle to control over the climate change.

Being a priest and nun, we have the responsibility to protect, preserve and promote the tribal heritage. The respective participants were divided into seven groups (Jaldega, Samtoli, Biru, Lachragarh, Salgaposh, Kurdeg and Tumdegi) according to deanery to discuss on As a Priest and Nun, what could be their Role and Responsibility to promote and preserve Tribal Heritage? With this a fruitful day was ended.

Self-Assessment by Caritas India: Two (19th June and 20th June) days' Self-Assessment session for SIGN staff was facilitated by Caritas India at SIGN office. Dr. John Arokiaraj and Armstrong Alexander were the facilitator for this workshop. They talked about Governance, Program & Finance Accountability, Stakeholder analysis. By the end of second day, SIGN staff came up with following action plan; Whistle Blower Policy by August
Orientation of Staff on Safeguarding by September
Code of Ethics and Code of Conduct by September
Formulation of Complain Handling procedures by September
Situation, Context and Stakeholder analysis by Caritas India in September
Develop Environment Policy by December
Develop Fund Raising Policy by December
It was an eye opening for all the staff. Staff learnt a lot by this two days Self-Assessment Workshop.



World Yoga Day: With help of Young Indians, on 21st June, World Yoga Day was organized by SIGN at St. Anne's School, Ranchi. Yoga instructor Miss Indu Kumari Mahto from Sports Yoga Association demonstrated 15 different yoga postures and motivated 150 students to follow it and mark the day as a memorable one. She started the

session explaining the importance of Yoga in our life and also informed the group, how it came to be. It is the initiative of our Beloved Prime Minister Narendra Modi Jee, who on his visit to United Nation in June 2014, during his address proposed the General Assembly to observe 21st June as the International Yoga Day, as Yoga brings good health to everyone.



Following Asanas were performed: **Padm-asana** (Lotus Posture): It is highly beneficial for your joints and bones. This asana is also good for your overall posture, abdomen, pelvic and your backbone. For the menstruators it relieves period pains and cramps. **Sukhasana** (Comfortable, joyful giving Posture): It improves one's posture as the spine is aligned and the shoulder square. It improves focus and attention. **Pawanmuktasan** (Air releasing Posture): It relieves constipation, strengthens the digestive system, reduces mental and physical stress, relieves back ache. **Vrikasana** (Tree Posture): It helps to develop a stable body and mind. It helps to enhance our perception by bringing about balance in life. **Matsyasana** (Fish Posture): It helps expand the chest muscles, helpful in asthma, relaxes upper back muscles, makes spine strong, beneficial for back and knee pain. **Bhjangasan** (Snake Posture): It helps to tone the abdomen, strengthen the spine, improves blood

circulation and improves digestion. **Vajrasana** (Thunderbolt or Diamond Posture): It is good for our digestive system, relieves low back pain, keeps blood sugar levels under control, relieves rheumatic pain, strengthen pelvic muscles and improves sleep.

Paschimottasana (West Stretching Posture): It benefits spine mobility and calms mind and anxiety.

Ustrasana (Camel Posture): it strengthens the chest, abdomen, shoulders, arms, back and leg muscles. **Naukasana** (Boat Posture): It strengthens abdominal

muscles, cures constipation, reduces tummy fat, tones leg and arm muscles, improves blood circulation, stimulates pancreas, kidneys and liver. **Trikonasana** (Three Corners Posture): It strengthens legs and back, stretches inner thighs, calves, spine, shoulders, chest and opens hips.



Ardha Chakrasana (Half Wheel Posture): It reduces the risk of heart disease, managing obesity, diabetes, strengthens spine. **Dhanurasana** (Bow Posture): It unlocks the muscles of chest, neck and shoulders, enhances spine flexibility. **Anulom Bilom** (Inhalation and exhalation in opposite direction): It improves patience, focus,



control, relief from anxiety, improves respiratory and cardiovascular health. **Kapalbhati** (Shining Forehead): It increases metabolic rate, aids in weight loss, enhances the capacity of lungs, improves blood circulation, digestion, energizes the nervous system and calm mind. Finally she demonstrated **Savasana** (Corpse Posture): It calms mind and body, aids digestive and immune system, reduces stress, headache, fatigue and anxiety.

Session on Sex Education, and Safe Touch and Unsafe Touch: On 28th June 2023, SIGN organized a workshop on Sex Abuse at St. Mary's School, Getalsud. Mr. Shailendra Kumar and Maria Bhutkumar, from Edyfyng Services, were the Resource Persons. The workshop was organized in four groups a) Nursery to U.K.G., b) class 1 to class 4, c) class 5 to class 10 for boys and d) class 5 to class 10 for girls. In the first group of Nursery to U.K.G, there were 108 children, who were told about Good touch and bad touch, informing them that what is covered by the swimming suit is our private part and no one is allowed to touch it. Not even our parents touch unless otherwise they given us bath or clean us. So whenever some touches these parts and if you do not feel comfortable make big noise. If you are alone should run to a crowded place.



In the second group of class I to class 4, there were 140 children. He told them about the difference between a boy and a girl. Then explained about the private parts of the body and the reason to safeguard them. If someone touches you and you feel good, that is good touch. You feel safe. But someone touches you and you feel bad, then that is bad touch. He said that this is the age of learning, so they should learn good things and not pick up bad habits.



Boys and girls of class 5 to 10 were given the session separately. Boys were talked about physical change, role confusion, feeling of sexuality and sexual abuse during adolescents, whereas girls were talked about four parts of the body as private parts of the body viz. Face, Breast, between two legs and buttock. It should not be allowed to be touched anyone. We should pay attention to our appearance, but it should not divert attention from our studies. The more we expose ourselves, there is more danger for bad touch. Then Menstrual Hygiene, use of sanitary pads and the related queries to it were explained. Girls were encouraged to take



healthy diet. The iron deficiency and lack of nutrition can hinder a girl's proper growth as a result will not be able to take responsibility in future.

Hul Diwas: On the first half on 30th June, SIGN together with Working People's Alliance, Hoffman Law Associates, and Loyola Training Centre celebrated HUL Diwas at the premises of Loyola Training Center, Ranchi. On this day, the first Revolution i.e., HUL, led by Sidhu, Kanhu and his brothers Chand-Bhairav and sisters Phulo -Jhano in 1855, were remembered and paid homage. Different speaker praised the martyrdom of these martyrs of this revolution. They also said our struggle to freedom has not ended with that HUL. We have to raise voice for implementing Fifth Schedule and formulation of PESA. We also have to raise



voice against Uniform Civil Code, as it will take away many of tribal rights. On this occasion hostel girl from St. Anne's and Ursuline performed cultural dance. Participants resolved to unite against the exploitation done to tribals.

Orientation Safeguarding Orientation to the SIGN Staff: On the second half on 30th June, SIGN staff were given online orientation on Safeguarding by Supriya from CRS. The Resource person talked about the meaning of Safeguarding and Protection. She also talked

about difference between these two terms. Then she went on to explain key prohibited behaviour like abuse, exploitation, harassment and sexual relations between aid workers and program participants. She also said the assisting another aid worker to exploit or abuse is as serious an offence as if you committed the act yourself. Then she took one by one these prohibited behaviour and explained what it is. She said, "Abuse is deliberately causing harm to someone. It includes sexual, physical, emotional and neglect", whereas exploitation is when one person in a position of power uses or attempts to use another person for personal purposes. It includes Sexual exploitation, Child Labor and Human Trafficking. Then asked the participants, why safeguarding policy is required in any organization. SIGN staff said that it is required to create a safe atmosphere in the organization. It helps the organization to win the confidence of the stakeholders. It is required to protect the good image of the organization and finally it is required by the agency.