



BREADS
Bangalore Rural Educational
and Development Society

SLICE

NEWSLETTER

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BREADS Bangalore

www.breadsbangalore.org

START



Director's Message

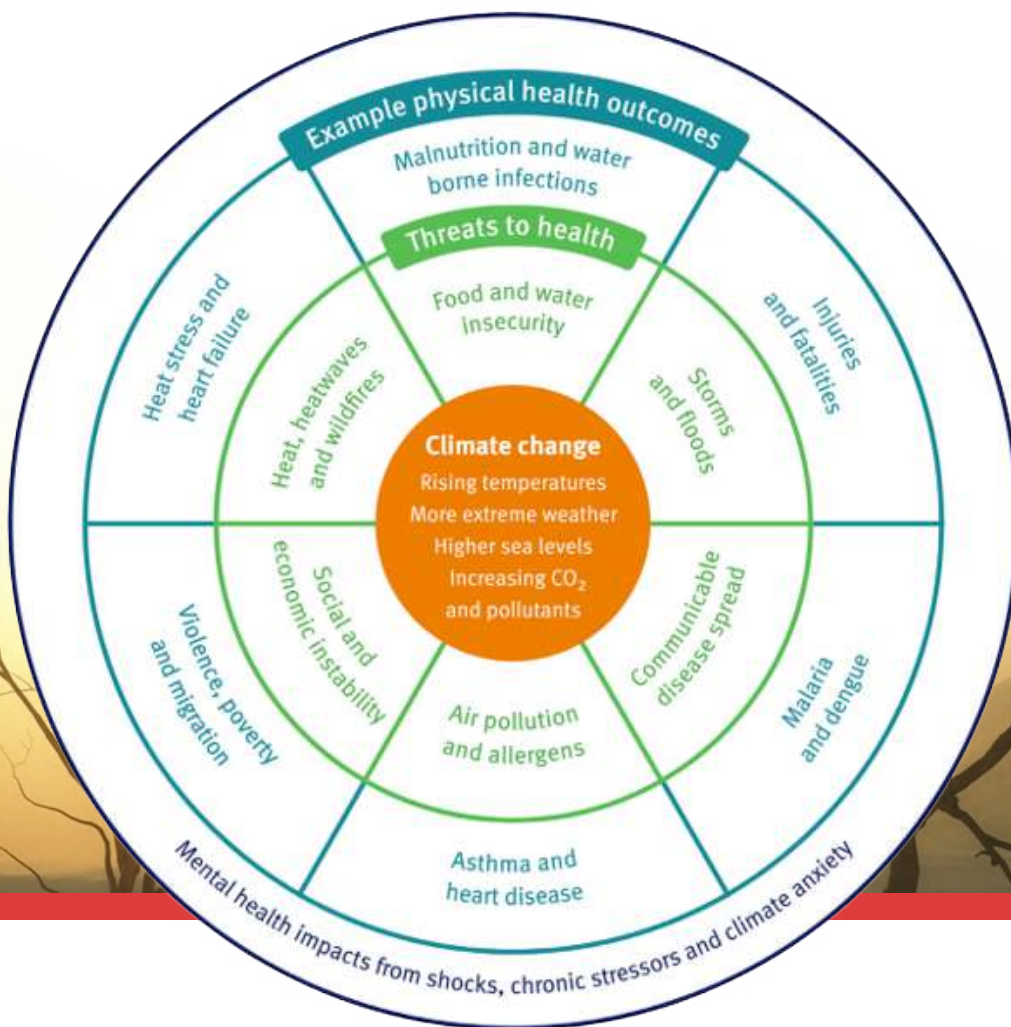
FR GEORGE PS
Executive Director
BREADS

It's HOT in Bangalore! The temperature went to 38.5°C this April; which, a few years ago, would have been unbelievable. The usual cooling afternoon showers have been completely absent. Adjectives such as balmy, salubrious, equable, invigorating, and refreshing, previously used to characterise Bangalore's climate, seem odd! Simultaneously, Bangalore is also experiencing a severe water crisis. This local experience of climate change, which I'm sure is of much greater intensity in most parts of the country, is brought on by the population explosion and eco-unfriendly lifestyles, indiscriminate urbanisation, destruction of water bodies and green cover, rise in pollutants over the years, besides the larger climate factors at play. In this Slice, we look at the impact of climate change on the physical and mental wellbeing of our beneficiaries, who mostly live in economically backward and socially deprived circumstances, and how BREADS' interventions can support them. Do share with us your ideas of how to make our environments a friendlier place for us and the future generations, to live and grow as best as possible. It is the need of the hour.

Climate Change-Effects

How are you feeling? Hot and bothered! would be a very common response right now. And there are many reasons for that response. The image below is reproduced from a Grantham Institute Briefing Paper No 36 by Dr Emma Lawrance et al, on the impact of climate change on mental health and emotional wellbeing. It certainly makes us bothered.

Health threats resulting from current and anticipated climate change impacts.



It's easy to see how seemingly distant climate change actually impacts every one of us directly. People with privilege are able to make the unpleasant effects go away more easily: for example, install air conditioning and generators, or buy water from somewhere etc. But it is the already marginalised and vulnerable communities that cannot cope with the short and long term effects of climate change on their physical and mental wellbeing. This is also where BREADS, its partners and its supporters like you, are required to contribute.

Where is BREADS' focus?

1. Addressing Social and Economic Instability

For marginal farmers and their families, the impact of climate change is neither negligible nor easily contained, as it impacts all areas of their lives: their ability to produce crops in a largely rain-dependent context, economic sustenance in a context without alternative livelihood options, and their ability to ensure their family's well-being, children's education and a chance at a future in these circumstances. Similarly, the fishing community faces annual periods of enforced fishing bans in the deep sea and these periods most often trigger cycles of debt, poverty and social troubles of

alcoholism and gender violence among the fisher families. Initiatives like the WE Auto make a world of difference to these families.

A breath of fresh air in Kollam, Kerala

Seven licensed women drivers drove into the future in their own e-autos in the 7th phase of the WE Auto (Women Empowerment through Electric Autos) initiative in Kollam, Kerala; joining the other trailblazers, who now constitute the **34-strong** group of women from the local fishing community. They are literally driving change into their own lives and the lives of their communities, with the support of BREADS and its partner Fishermen Community Development Programme (FCDP). [Read more..](#)



2. Addressing Food and Water Security

BREADS and its partners mobilise rural communities around sustainable agricultural practices (model organic farms), which are living laboratories for local farmers to understand and experiment with better soil utilisation, improved crop

yield, water management, decreased cost of inputs, reduced pests and disease attacks using eco-friendly methods. Wherever and whenever possible, BREADS promotes solar energy, bio-fuel and water conservation practices.



Farming-linked livelihoods that promote alternative income generation, such as organic kitchen gardens, livestock and poultry rearing, and related small-scale entrepreneurial become sustainable sources of food and income for women and their families. (Women empowerment through livelihood and entrepreneurship-WELivE).

3. Promoting Community Health

In four districts of north Karnataka, BREADS' Health on Wheels initiative reaches almost 60,000 people every year across 56 remote villages. Major contributors to ill health: malnutrition, lack of hygiene and sanitation, lack of awareness, negligence of child wel-

fare, communicable diseases fuelled by migration for work etc., are addressed through mobile clinics that deliver health education, basic health checks, medical camps, referral services, and create networks to strengthen existing mechanisms for better health-



care. They were invaluable interventions especially during the COVID-19 pandemic as these tribal thandas and villages have very poor access to primary healthcare centres because of the roads and lack of transport.

4. Supporting Mental Health

Supporting the adults to sustain their families through challenging situations and the prevention of migration, directly and indirectly mitigates the adverse impact of climate change on children. Promoting child rights has a beneficial impact on the

fear, anxiety, isolation and ill-health, while removing protective social mechanisms. It was also very disruptive of regular lifestyle patterns of sleep, physical activity and device usage especially among children and young people, adversely impacting their



confidence and resilience of young minds, enabling them to address their issues, including their right to a safe and healthy environment.

BREADS is increasingly concerned about the mental health of young people, which is affected in many ways by their environments. Major climate disasters such as floods, droughts, fires, air quality crises etc., are hugely disruptive to the physical health and psychological wellbeing of children. Climate anxiety (worry about the changing climate and its impacts on the environment and humans) becomes a real issue for children and young people exposed to these issues.

Though not a climate disaster, the COVID 19 pandemic had immense impact on mental health—paralysing normal life with

attention, concentration, mood, behaviour, and healthy coping mechanisms.

BREADS' Drug Rehabilitation Education & Mentoring (DREAM) programme specifically addresses mental health issues of children and youth in Kerala, with emphasis on the prevention and treatment of addictions—both substance and behavioural. BREADS is also trying to actively devise various strategies to promote better mental health for children in all its working areas. We look forward to suggestions and support in this area.

All of BREADS' empowerment programmes for both children and adults aim to nurture their awareness of human rights and life skills, promoting healthier responses, encouraging them to take charge of their lives and environments. ■

TCS WORLD 10K BENGALURU - Run for Shaping Her Education (SHE)

**RUN
FOR
SHE**

28
April
2024

Shaping Her Education

TCS World 10K Bengaluru Marathon

BREADS is running to provide quality education to 100 girl children. Join us!

DONATE NOW

SHE has a dream!

Thank you,
Dear Donors, for
your support!

Rani Kumari Chava
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Prakash
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Janaki Narendra
Tharmaraj V
Amuthan Thonthiraj
Vincent
Manoj Thomas
Roy Jose
Kiran & Jincy
Shyju Thomas
Elsy Jacob



CALENDAR

MARCH 2024

- Celebration of Women's Day by DB Partners
- Initiation of a Province-level YaR assessment study
- Annual canonical visitation of the Provincial
- WELive project extension to new beneficiaries
- Project monitoring visits by BREADS
- Foster Care stakeholders' meeting
- Project visits by funding partners
- Internships at BREADS by Social Work students

APRIL 2024

- WE Auto distribution – 7th phase
- Scholarship student's meet
- Project monitoring visits by BREADS
- Visit of German Consulate officials, Bangalore
- Project visits by funding partner – ADPG
- DB BEST Academy – external audit by Deloitte
- Internships at BREADS by college students
- TCS World 10k Bengaluru run

BREADS NEWS



Striking Gold- Sparking a Passion for Skills and Sustainability

The vocational skilling programme for marginalised youth began on 1 July...

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Women's Day in Chitradurga

On 17th March 2024, CHITHRA Don Bosco organised a celebration of International Women's Day for the women from its self-help groups ...

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Pastures of Sustained Income and Livelihood

The Women Empowerment through Livelihood and Entrepreneurship (WELive) programme of Bangalore...

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International Women's Day Celebration at Don Bosco Hospet

The International Women's Day celebration at Don Bosco Hospet on 6 March 2024 was a remarkable...

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Health Services at the Door in Davanagere

Don Bosco Child Labour Mission (DBCLM) in collaboration with Bangalore Rural Educational And...

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Parents' meeting at Don Bosco ITI Bhadravathi

On 4 March 2024, Don Bosco ITI Bhadravathi, in collaboration with Bangalore Rural Educational and...

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