



Adveka's UnLtd experience: Networking & mentoring



Adveka participated in UnLtd India's Huddle conference, followed by its leadership retreat in September. UnLtd India is an organization that trains early-stage and upcoming social enterprises, and provides them with seed financing and incubation support. Adveka is a Level 2 fellow of their fellowship programme. At the conference, Adveka Founder and CEO Maitreyi Nigwekar and Rajshree Faria, co-founder and chief of operations, met and networked with potential funders and CSR managers, and pitched Adveka's work. The purpose of the leadership retreat was to enhance their leadership skills and build capacity as leaders, and to use these skills to bring about best impact.



Images credit: Adveka Foundation

Adveka Foundation
An Organisation for Mental Health

The many ways of self-care for a carer

I recently watched *Christopher Robin* (as I'm a sucker for animated movies). As others in its genre, its message was about how it's not our work life that we'll remember when old, but the moments we had fun. But, it was more than that. People watch the film, decide in that moment "Okay, I'll make a change", do it once or twice, and forget about it. Why? Self-care is a regular practice, not an item to tick off the bucket list. As a caregiver, we are impeccable about making sure our patient or loved one is well-provided for and comfortable. We often put our own needs on hold to care for them. But unless we take care of ourselves, we can't fulfil the needs of another – just like we can't pour from an empty pot. Extending the same emotional investment to ourselves will enable us to feel better, function at work better, and give more.

To read therapist Nandita Seshadri's full article, visit advekafoundation.com/blog

Workshop for cancer carers with Dadar Gurudwara

In September, Adveka conducted a workshop for cancer caregivers and patients on managing emotions with Sri Guru Singh Sabha, a Gurudwara in Dadar. The workshop was held on the gurudwara premises and attended by 70 people. The gurudwara is a charitable trust and also has lodging facilities, where patients and caregivers who come to Mumbai from different parts of the country can stay while they get treatment.



Image credit: Adveka Foundation

Support groups for parents of kids with special needs

In September, Adveka conducted support group sessions with parents of children with special needs who study at the Rotary Sanskaadham Academy in Goregaon, Mumbai.



Pilot tele-counselling program with Cuddles Foundation ends

In September, Adveka completed its pilot tele-counselling program with Cuddles Foundation. Adveka works with nutritionists who act as secondary caregivers to children with cancer, and look after their specific dietary needs.