



Adveka among 10 finalists at Sandbox Samvidha



Image credit: Adveka Foundation

In February 2018, Adveka Foundation participated in Sandbox Samvidha, an initiative by the Deshpande Foundation, which supports upcoming individuals and organizations with a sustainable idea to create social and economic impact. 250 organizations pitched their ideas, and Adveka was one of only 10 finalists. Sandbox Samvidha provides a platform for these organizations and individuals to network and collaborate with like-minded people who can help them implement their visions.

Adveka Foundation
An Organisation for Mental Health

Why we need to change the language around suicide

When we talk about suicide, the most common verb associated with it is “committed”. It is so ingrained, we don’t realize this word is problematic. “Committed” is most often used to describe a crime or an act of wrongdoing. Historically, the act of taking one’s own life was regarded a crime, and so this word was used to describe the act. It is only over the past few decades that suicide is no longer a criminal offense. But the language around suicide hasn’t changed in tandem. By continuing to say “committed suicide”, we imply that the person has committed a crime, when in fact, they are the victim. A person who resorts to suicide does so only because they believe it is the only way to end their suffering. So, clearly, there is need to change the language we use while addressing suicide. The appropriate terminology would be either to say “died/ death by suicide” or “choosing to take/end their own life”. Using these terms is compassionate and thoughtful, rather than placing the blame of the act on the victim.

Counselling and support groups for caregivers

Aaji Care

In February 2018, Adveka Foundation continued its tele-counselling services with Aaji Care, a Mumbai-based organization that provides personal home healthcare services to the elderly. Adveka introduced this service in November 2017 for care assistants who cannot meet their counsellors in face to face sessions as they cannot leave their patients unattended. Eight caregivers from Aaji Care had enlisted with Adveka for this service, and they continue to have regular phone counselling sessions with us.



CPAA

Adveka continued its collaboration with Cancer Patients’ Aid Association (CPAA) through WhatsApp support groups for women suffering from breast cancer.

Priyanj School

Adveka continued individual and group counselling sessions with the primary caregivers — the parents — of students from Priyanj Special School, a Mumbai-based educational institution that caters to children with special needs, especially those with autism spectrum disorder (ASD).