

CHILD PROTECTION BULLETIN

STATE CHILD
PROTECTION
SOCIETY, ASSAM

MONTHLY BULLETIN OF ACTIVITIES CONCERNING CHILD PROTECTION IN ASSAM

EDITORIAL

For many young children who have been affected by a traumatic experience, the most effective help is the reassurance and comfort provided by parents and trusted caregivers. However, if the trauma is severe or chronic, if it affects those close to the child, and/or if the child continues to be upset or have symptoms after a month or so has elapsed, it is advisable to seek help for the child.

As a caregiver it becomes our prime responsibility to help our children to cope with the situation. Therefore resilience building exercises can be done with the children which may include group activity, sharing of emotions through music, dance and painting etc.

Failure is inevitable and we all know it. It is impossible for everyone to be the best at everything. Yet, we are faced with a generation of children who can't handle losing.

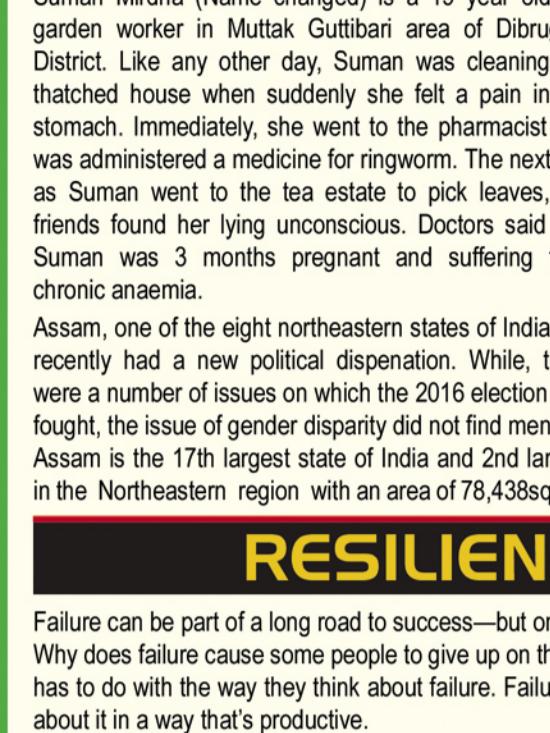
Stress the importance of working hard. It does not matter how beautiful the painting is, or how many points were scored. Emphasize that as long as they enjoy the process, learn something and do their best, the end result is immaterial.

Competing with others can be limiting. It may also be a case of judging a fish by its ability to climb trees. By competing with themselves, and continuously improving, kids can fulfil their true potential. Such children turn out to be self-motivated, and don't give up in the face of adversity. These are valuable qualities to possess as adults. This month's news bulletin is all about how to deal with your children and how to encourage our children to overcome failure.

Editorial Board,

State Child Protection Society, Assam

THE GIRL CHILD IN THE TEA GARDENS OF ASSAM



Suman Mirdha (Name changed) is a 19 year old tea garden worker in Muttak Guttibari area of Dibrugarh District. Like any other day, Suman was cleaning her thatched house when suddenly she felt a pain in her stomach. Immediately, she went to the pharmacist and was administered a medicine for ringworm. The next day as Suman went to the tea estate to pick leaves, her friends found her lying unconscious. Doctors said that Suman was 3 months pregnant and suffering from chronic anaemia.

Assam, one of the eight northeastern states of India has recently had a new political dispensation. While, there were a number of issues on which the 2016 election was fought, the issue of gender disparity did not find mention. Assam is the 17th largest state of India and 2nd largest in the Northeastern region with an area of 78,438sq km.

According to the 2011 census, the population of Assam is around 31,205,576 of which 15,266,133 are females. But most glaring statistic the state has is the worst maternal mortality rates.

Aneeta Keesh is a 20-year-old girl living in the border town of Tinsukia and Dibrugarh district. Aneeta got married when she was just merely 18-years old. Her mother is a tea garden worker and her husband is a daily wage worker at an estate. Due to severe financial strain, Aneeta started selling incense sticks near a temple. She delivered a healthy girl when she was 19. Soon after the birth of her first child, Aneeta would frequently take ill. She was 4 months pregnant when doctors found that Aneeta was suffering from tuberculosis, a common disease in and near the tea estates. Aneeta delivered a healthy baby weighing 2.9 kg in the month of February 2016. But soon after the delivery, she had problems breastfeeding. In the next few weeks, she had no milk to feed her newborn baby. Eventually, Aneeta left her two infants at home with powder milk packed in the bottles before she ventured out to sell her stock of incense. In June 2016, Aneeta's second child died barely four months after his birth.

A baby girl born in the rural areas of Assam has lesser chances of survival in comparison to its male counterpart before reaching the age of five. Prabir Kumar Talukdar finds out why Assam has amongst the worst IMR and MMR ✤

RESILIENCE BUILDING

Failure can be part of a long road to success—but only when you have the right attitude about it. Why does failure cause some people to give up on their dreams while others bounce back even better than before? It has to do with the way they think about failure. Failure can be part of the long road to success—but only if you think about it in a way that's productive.

Beating yourself up for your lack of success or declaring yourself a hopeless cause leads to unhelpful feelings, like shame or resentment. And it can lead to unproductive behavior, like staying inside your comfort zone.

The key to recovering from failure is changing the way you think. When you think about failure differently, you'll be able to turn your biggest setbacks into your best comebacks. Here are eight healthy ways to think about failure:

1. "Even though things didn't work out the way I wanted, I'm still OK."

Catastrophizing failure isn't helpful. Keep failure in proper perspective and choose to be grateful for what you have. Whether you still have your health or you have a roof over your head, there are always things to be grateful for.

2. "Failure is proof I'm pushing myself to my limits."

You could probably live a safe and boring life that is relatively free of failure if you wanted. But, if you want to become

"You educate men; you educate a man. You educate women you educate a generation".

— Brigham Young

a better version of yourself, you're going to need to do things that could cause you to fail. Falling down is evidence that you're trying to do something hard.

3. "I will focus on the things I can control."

Failure isn't always personal. Just because you didn't get that promotion doesn't mean you're not good enough. Instead, it might mean you were simply competing against someone more qualified. Focus on the things you can control—like doing your best—and focus less on the outcomes that you can't control—like whether you'll get hired.

4. "Failing feels uncomfortable, but I can handle it."

Doubting your ability to handle embarrassment, shame, or regret makes the pain of failure last longer. Remind yourself that you can handle failure, and you'll be more likely to deal with the discomfort in a productive manner.

5. "Failure is a verb, not a noun."

Just because you fail doesn't mean you're a failure. Everyone succeeds at some things and not at others. Remind yourself of the success that you have had in other areas of your life.

6. "Failure is an opportunity to sharpen my skills."

If everything came easy, you wouldn't have an opportunity to learn new things. Each time you fail, you can learn something new. Whether you discover new solutions or you gain more insight, failure can help you do better next time.

7. "Recovering from failure can make me stronger."

Each time you bounce back from problems and rise above obstacles, you can grow mentally stronger. Failure can show you that you're stronger than you think and you can handle more than you imagine.

8. "I've overcome tough things before. I can do it again."

Recalling on the times when you've rebounded before can help you feel equipped to deal with failure again. Draw upon the knowledge, tools, and talents you've used before and remind yourself that you can bounce back again.

Changing the way you think about failure is key to bouncing back.

A TRUE STORY

Bad Touch to Children - Not to Ignore, It may be an Alarm of a Big Danger

Chanchal (name changed) was a 14 years old orphan girl staying with her old grandmother near Chaygaon, of Kamrup District of Assam. Her grandmother was too old to earn livelihood for the family. Therefore Chanchal was forced by their situation to work in a nearby family from morning till night. In return she got her bread and butter.

She goes to the house where she works early in the morning and works till night. She used to stay alone in the house with a 60 years old employer. Sometimes that old man takes undue advantage of her and touches her in a bad manner which she did not like. She complained about it to her grandmother but she was thinking that the girl was misunderstanding his care for bad touch. Then

one day he raped her. She again complained about it to the wife of the perpetrator, but she also scolded her and did not believe her. On the other hand she blamed her of lying. Therefore she kept mum and the perpetrator took advantage of that and continued doing the same for one year.

As a result, one day she got pregnant, but the culprit did not stop abusing her. One day the married daughter of the culprit suspected her of getting pregnant and asked her about it. She told everything to her. Knowing the fact Chanchal was brought to the hospital to abort the baby but doctors refused her abortion as she was already 7 months pregnant. Therefore the wife of the culprit beat her up and threw her out of their house. At last her grandmother was so helpless that she met nearby Mahila Samiti, Students Union etc. But nobody came forward to help her. Thanks to a driver of a Hospital Ambulance who came forward and told them that a friend of his from Bongaigaon is looking for a baby and if she gives her baby to them they may help her to which she agreed.

As promised one fine day they left for Bongaigaon where she was kept there for a couple of weeks, admitted her in a hospital where she gave birth to a beautiful baby boy who was kept by that family. In the mean time the story came to light in the media. Finding the story in media the DCPU Kamrup with the help of DCPU, Bongaigaon and a team of Rani Childline and Police in supervision of Chairperson ASCPCR rescued Chanchal and her baby and produced them before the CWC, Kamrup. Chanchal was provided with counselling and was kept in the Children's Home. She surrendered her baby and her baby was kept in a SAA run by ICCW.

The baby after proper legal procedure was taken in adoption by a family in Guwahati and Chanchal is now receiving vocational training on bag making and doll making to ensure security for her future.

The above story is a true story of victimization of a teenage girl of sexual abuse, illegal adoption etc. which could have been prevented if she was listened to by her elders. We, the elders should not ignore the voice of the children, especially when it is about bad touch to them - **It may be an alarm of a big hazard.**

— DCPU, Kamrup

COUNSELING FOR CHILD

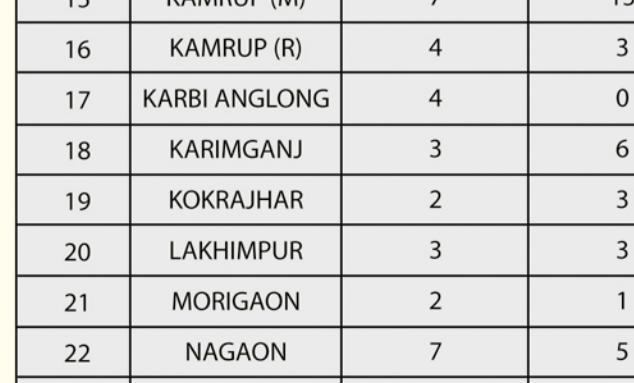
Sometimes children and young people may need extra support if they are finding it difficult to deal with or understand their emotions and/or behavior. Schools often provide professionals to help young people and their families, such as learning or behaviour mentors, family liaison officers or professionals from external services. Some children and young people, or their families/caregivers, may decide to seek further help in the form of counseling. But if we see the children who are staying at children homes, they are considered as most vulnerable who are not getting this kind of help in a proper way.

How is counseling for Child different?

Counseling for children and young people may differ from counseling for adults, and will depend on the child's age, specific difficulties and their development. Different methods may be used to encourage young children to be able to express their difficulties, such as play and art. For example, reading stories and talking about feelings of a character in that story may help the child to discuss their own feelings, or drawing/painting/drama may help children to express themselves. These methods all give the counselor a great insight into the unconscious mind of the child.

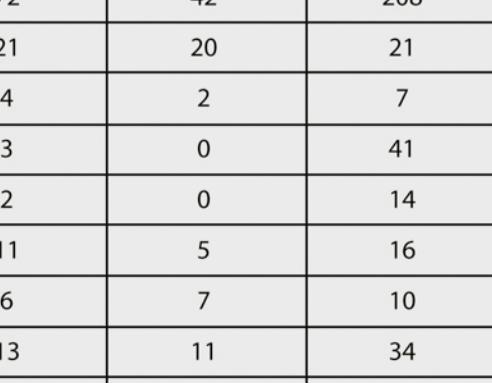
Older children may prefer talking therapy, or a mixture of both, and the counseling approach will depend on a particular individual. Although different methods may be used for counseling children, the aim of counseling for both children and adults is ultimately the same; to help the individual cope better with their emotions and feelings.

12th Festival of Books for Children from 14th to 21st Oct, 2016 at Guwahati theme as "Child Rights and Protection" as the theme

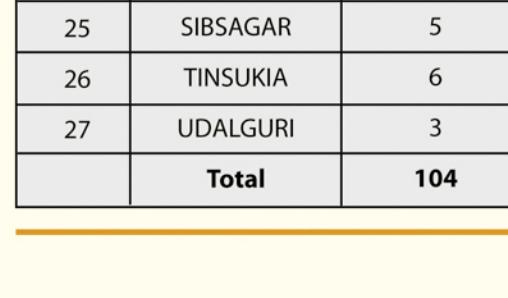


Book March participated by School Students and Children of Jalukbari Children's Home for Girls and Fatasil Ambari Children's Home for Boys.

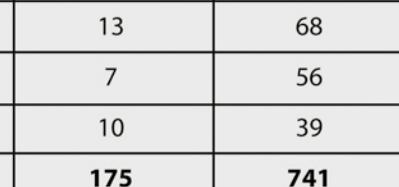
Exhibition on Child Rights and Child Protection



Capacity Building Workshop with District Child Protection Officers of Assam at National Law University, Assam from 20th to 21st Oct, 2016



Technical Session in the Workshop



Shri Ravi Kapoor, IAS, Principal Secretary to the Govt. of Assam, Industries & Commerce, Mines & Minerals and Social Welfare Depts. at the Inaugural Session.

"Children are like buds in a garden and should be carefully and lovingly nurtured, as they are the future of the nation and the citizens of tomorrow."

— Jawaharlal Nehru

Status Report on the functioning of the Juvenile Justice Boards and Child Welfare Committees in Assam for the month of September 2016

Sl. No.	Districts	Juvenile Justice Boards			Child Welfare Committees		
		No. of cases instituted	No. of cases disposed	Total cases pending	No. of cases instituted	No. of cases disposed	Total cases pending
1	BAKSA	Cases are jointly dealt with Nalbari JJB		0	0	0	0
2	BONGAIGAON	3	6	15	6	8	7
3	BARPETA	3	5	103	8	0	36
4	CACHAR	4	7	49	5	4	4
5	CHIRANG	8	6	30	2	4	5
6	DARRANG	1	10	75	9	13	11
7	DHEMAJI	9	12	38	7	2	7
8	DHUBRI	1	1	103	4	2	14
9	DIBRUGARH	7	11	40	9	8	3
10	DIMA HASAO	0	1	20	0	0	0
11	GOALPARA	9	14	93	6	3	24
12	GOLAGHAT	5	4	19	1	1	11
13	HAILAKANDI	0	2	38	1	0	5
14	JORHAT	1	8	44	3	1	5
15	KAMRUP (M)	7	15	47	72	42	208
16	KAMRUP (R)	4	3	63	21	20	21
17	KARBI ANGLONG	4	0	54	4	2	7
18	KARIMGANJ	3	6	37	3	0	41
19	KOKRAJHAR	2	3	155	2	0	14
20	LAKHIMPUR	3	3	0	11	5	16
21	MORIGAON	2	1	14	6	7	10
22	NAGAON	7	5	232	13	11	34
23	NALBARI	4	2	28	0	3	38
24	SONITPUR	3	5	114	16	9	57
25	SIBSAGAR	5	8	34	39	13	68
26	TINSUKIA	6	1	39	16	7	56
27	UDALGURI	3	4	17	8	10	39
Total		104	143	1501	272	175	741

For any feedback, write to:

Chairperson, Editorial Board,

State Child Protection Society, Assam

DSW, Government of Assam

46, Survey Bus Stop, Beltola