

BUILDING RESILIENT COMMUNITIES THROUGH INDIVIDUALS



From Tirupur Cluster

Saraswathi (name changed), a 53 year old woman working as a Checker in a garment factory, during a routine screening unexpectedly broke down while conversing with the nurse. Recognizing the urgency of her emotional distress, the nurses promptly referred her to a counselor.

Upon engaging in a safe and open conversation with the counselor, it became evident that Saraswathi had suffered an unimaginable tragedy. Just ten months ago, she lost her only son who had taken his own life due to a marital dispute. This devastating event led to her daughter-in-law relocating to live with her parents. Overwhelmed by the profound grief of losing their sole offspring, Saraswathi and her husband Kumarasamy, who worked as a driver, found themselves grieved.

Additionally, close relatives distanced themselves instead of providing emotional support. In the midst of all this working and work place were Saraswathi comfort. Remarkably, her factory's management and colleagues rallied around her and extended financial assistance, offered flexible work arrangements, and even offered employment for her husband, Kumarasamy. These gestures of kindness and support made Saraswathi hopeful towards life and ultimately motivated her to return to work.

In the counseling session, the counselor validated Saraswathi's emotions, empathized with her loss, reassuring her that she was not alone and that Swasti was always available to listen and offer support. By the end of the session, Saraswathi expressed a sense of relaxation and happiness, deeply appreciating the presence of someone who could engage with her in a truly supportive manner. This story also underscores how supportive factory management can foster employee loyalty and commitment, as Saraswathi's experience exemplifies.