

# GLIMPSES OF IMPACT FELT IN VOLUMES

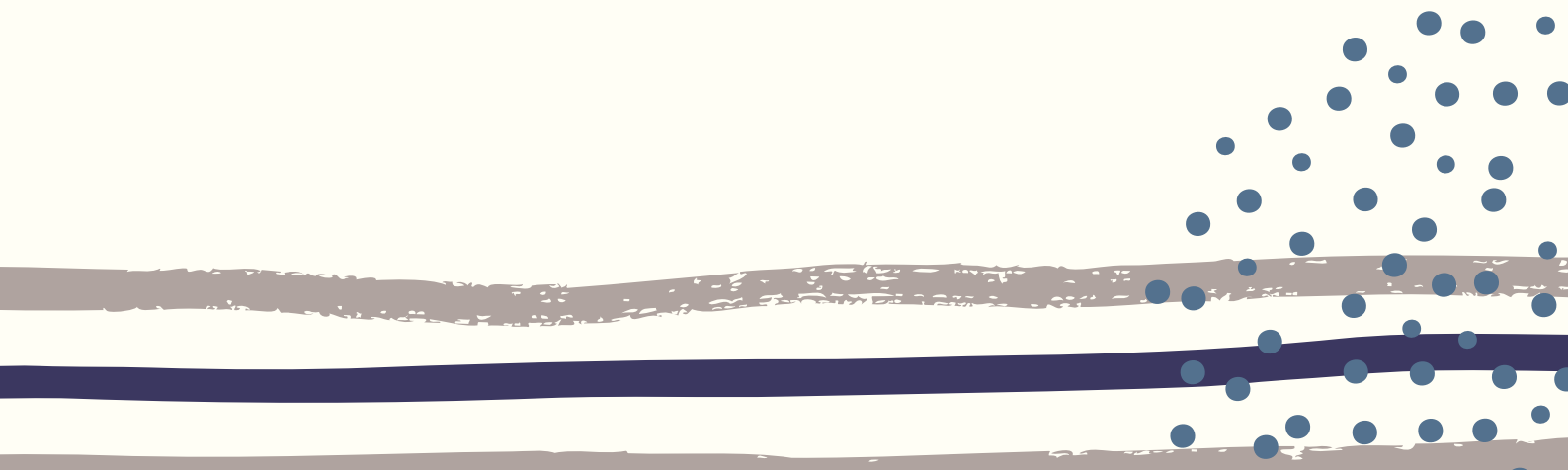


## *From Jaipur Cluster*

The profound connection between gut health and mental well-being cannot be underestimated. In the lives of countless factory workers, who tirelessly strive to meet their garment factory targets and deadlines, the gut indeed functions as a "second brain." Whether they are piece rate workers or shift workers, the consequences of irregular meal timings and the relentless stress and anxiety they endure often manifest in various digestive issues, including gastric problems and indigestion, exacerbated by the consumption of excessively spicy or meat-heavy diets.

One particular story stands out, that of a 50-year-old Madanlal (Name changed), a tailor in the Jaipur cluster, who grappled with digestive troubles and gastric concerns. Upon closer examination, we discovered that the client, originally from Bihar, had relocated to Jaipur, leaving his wife and daughter-in-law behind. He and his son worked in Jaipur to support their family. While the symptoms appeared physical at first, a deeper exploration revealed that he was burdened with substantial debt. With time, he found the courage to share the underlying causes of this debt.

His wife had been battling recurrent knee problems, and a recent miscarriage had added to their financial strain. This heartbreaking situation was a significant source of anxiety and worry for him and his son. The son had to make frequent trips back home to care for his wife and cover the escalating medical expenses, causing further stress and sleeplessness for the client. Consequently, he struggled to maintain regular meals.





The i4We program intervened by providing psychoeducation and building a rapport with the Him through multiple factory visit and telecare follow up, emphasizing the profound connection between gut and mind health. A holistic approach was outlined, demonstrating how improved gut health could positively influence mental well-being, and vice versa. The factory provided the ideal space for these discussions. Physical issues were addressed through prescribed medication, with a doctor's oversight and tele-follow ups as an integral part of the i4We program.

During subsequent sessions, He expressed “ I am feeling relaxed and assured that I will get out of this situation”. He felt safe during conversations. This was a significant success, as it not only supported the client but also extended assistance to his family members who may have needed it. This holistic approach is a testament to the core values of the i4We flagship program, where support is extended comprehensively to the factory worker and their family members. It recognizes that stress can originate from various sources, whether work, family, environment, health, or finances, and the ultimate goal is to enhance the overall well-being of the client by adding more healthy and happy days to their life.

