

participants in the growth and development of a country. In some Asian countries, organisations, women entrepreneurs themselves have played a significant role in not only contributing to economic growth but also in upgrading the social status of women. It is clear that we need to develop and encourage organisations involved in entrepreneurship development among women. Such organisations, may need to be nucleated and nurtured till they are able to provide necessary support independently. In addition formation of networks among various organisations needs to be encouraged. The network would need to consist possibly at different levels - global, regional, national and local, involving a combination of different agencies and individuals, so that focus is on a holistic approach to development and sustenance of entrepreneurship among women. Some efforts are being made and there is scope for a lot more work to be done by various organisations in this regard.

### **Good Practices in Indigenous People's Development Plan**

#### **Satyajeet Sahoo**

To fight poverty and accelerate economic growth, development projects have been initiated and implemented by the Central and State Government in the Irrigation & Power sector in India. The main objective of such development projects is to improve the planning and management of the states' water resources and to increase agricultural productivity through irrigation. The State of Orissa has assigned a high priority to the irrigation sector where a large number of dam projects have been taken up. Invariably, such development activities run the risk of causing socio-economic disruption that includes, inter alia, the displacement of population and the acquisition of private land and property of those in the project affected area. These dams are invariably located in remote rural and forest areas where there is a high concentration of tribal population (up to 40%) and it is these that have been the worst affected. More recently, issues related to displacement and inadequate resettlement, have led to a phenomenal rise in activism against developmental projects all over the world. To alleviate the suffering of those displaced a number of international funding organizations, along with the Central and the State Government of India, have devised a series of remedial measures. In the Orissa Water Resources Consolidation Projects (OWRCP), for example, the funding agency (World Bank) took into account the plight of the tribal peoples, and prepared an Indigenous People's Development Plan (IPDP) for those who were directly or indirectly affected by the project. The Plan, prepared by the consultants through a field survey was later modified by the community during the implementation phase. This paper studies the positive effects of the Indigenous People's Development Plan (IPDP) on the adversely affected tribal peoples in the vicinity of large dams. This is one program where the strength of the tribal communities has been utilised through a well thought out participatory approach to mitigate the negative impacts of the project on tribal populations. Some good practices showing collective strength of the communities have been documented and presented in the paper along with pictures.

### **Strengthening Resilience within Families in Addiction Treatment**

#### **Ms Lakshmi Sankaran, Dr D. Muralidhar, Dr Vivek Benegal**

Addiction treatment must now weave in resilience oriented methods as part of practice to foster family empowerment in alcoholic families. Strengthening protective factors within families will help children of alcoholics at risk, and prevent early onset alcohol dependence. Interventions including research must move beyond routine addiction treatment issues and view families from a strengths perspective. Families of alcoholics are families in distress. Alcoholism has been characterized as a family illness, in that the individual family members participate in the dysfunctional behaviour of the alcoholic by assuming faulty behavioural patterns. It is now well established from research studies that alcoholism runs in families and children of alcoholics are four times more likely than other children to become alcoholics. Though genetic factors play a part, a balance between environmental and genetic factors is important. Resilience by the family in the face of such adversity through strong family relationships on the potential negative effects of alcoholism protect children from developing problems in childhood as well as alcoholism in adolescence and adulthood. Healthy interaction within the family including cohesiveness, rituals celebrated in the form of festivals and traditions culturally relevant, routine activities like mealtimes, strong social support networks both within and outside the family and specific strategies to deal with stressful situations are found to have such protective influences. The presence or absence of these factors helps some alcohol-impaired families 'transmit' problems to the next generation while in others the cycle is broken. This paper is an attempt to present a framework with specific methods that need to be included in addiction treatment by mental health professionals, besides providing a basis for further discussion to strengthen key processes for resilience, making alcoholic families, especially children, more resourceful in handling crises, at the same time equipping them to meet future challenges.

### **Yoga: A strength based strategy to manage our own selves (poster)**

#### **Lakshmi Sankaran**

Modern times with rapid urbanization, technological advances and material comforts have not made the modern human being happy. It has led to stress in our current post modern scientific era in all walks of life and the Western approach to remove 'symptoms' has been seen as insufficient. The practice of Yoga as a holistic approach to address both physical and psychological well being is fast gaining importance in recent times, and can enrich mental health professionals' personal lives, at the same time be used to help others. The objective of this poster is