

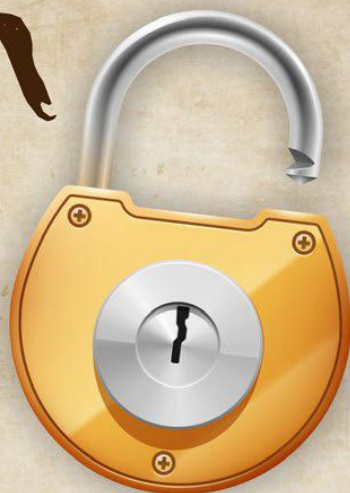
Name: Planet IPE

Age: 23 Years

Date: 22/03/2022

OUR

L



LOCK

DOWN

Diary



WE ARE OPEN

MD Speaks

As the words **"quarantine"** and **"lockdown"** entered our everyday vocabulary, change was inevitable. To keep us and others around us safe, lockdown was an opportunity for self-reflection and to bring an inner change in our lifestyle.

The newfound bounty of time left us uncertain in the beginning, but we slowly realised the blessing in our midst in the form of a hitherto scarce resource. As we started to slowly adapt to our hybrid work schedules, the flexibility, the accessibility and the convenience made it easier for us to unplug and pursue new goals, optimise our skills and gain new exposure over the ever-expanding digital sphere. It was the

time to revisit our long-buried recreations; introspect and, explore our creative self.

And, as we gradually open up, we realise that the pandemic has taught us to become a better version of ourselves. We are more resilient in the face of challenges, kinder towards our family and more empathetic towards others.

Our choices matter. **The pandemic has taught never to take things for granted so let us choose wisely for a better tomorrow and continue making a difference by just Being Humane...**

Ashwajit Singh

Lockdown Life Lessons

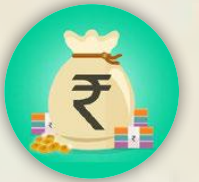


Sharing is Caring

We can share the workload around the house to make things easier for everyone

Save Up!

When people tell you to save, it is for such times...



Don't Procrastinate

Don't wait to reskill/upskill when there is no other option left...

Family First..

Family matters the most in tough situations.



Hygiene Matters

We can protect ourselves and others around us.

United we Stand

Grief & sorrow can unite the world



Nothing precedes Health!

We should put health before ANYTHING and EVERYTHING.

Rebooting with Strategy Meet





From the Editor's Desk

It is true that the pandemic brought before us a wave of unprecedented challenges and miseries. But that it proved to be a novel experiment with life is also a fact. Rendered helpless against the unseen adversities from all fronts, we didn't just find ourselves desperate to seek new opportune inlets but were also more naturally inclined to look for novel vestiges of light and progress.

We created and experimented. The online world was our liberating force and helped us constantly move forward in the journey, together. We upskilled ourselves, reopened life's old leaflets, and learnt how to cope with the trying times in our own distinct methods. **We found new ways to remain virtually connected even amid the fetters of increased physical**

divides and reinvigorated the conventions of life like never before.

Many of us had a chance to reflect on our lifestyles and make certain sustainable changes, bringing out a person we can be proud of. Collecting all your memories, we bring you this special edition of Planet IPE that captures your lockdown moments - the lessons learnt, lifestyle changes, adaptability quotient etc.

We hope you enjoy reading the edition and hope that the opportunities, challenges and the new lessons learnt during the pandemic will continue pushing us on an upward **trajectory of innovation, growth and success.**

Tanya Singh

The Road Ahead...

Turning the pages of the Lockdown Diary...

The past two years plus has been a rollercoaster ride for us with every lockdown not only teaching us something new but bringing to fore a range of emotions...

Cut to...

March 2020 & The 1st Lockdown

Experimenting with new cuisines; switching to online fitness classes; making most of family time; transitioning to work from home....feels kind of different!! 😊

April 2021 & The 2nd Lockdown

Dead scared of the delta variant...Done planning the menu; switched to toast and jam; Fitness? What about it? When will the wave subside?

December 2021 & a Partial Lockdown

Done with the pandemic and the 'new normal' and now trickling back to life after lockdown...

The pandemic has may have tested our resilience but could not deter us from skilling ourselves, improving our fitness, spending time with family among other things that we possibly always wanted to do.

**Hear some of our IPEans share
their lockdown experiences...**



Picked up any New Skill or went back to
an Old Hobby of yours?

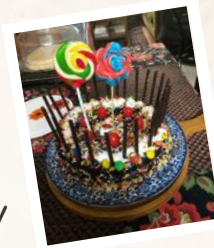
Planting trees for a greener tomorrow; something that I enjoyed doing daily right on my terrace garden! It was a beautiful and breathtaking experience to see the fruits of my labour bloom!



Shalender Sharma

Education & Skills Development

Basking in my new-found love of baking when I experimented with layers of sinful temptation, something that did for my friend's birthday parties...



Raghwesh Ranjan

Social & Economic Empowerment

If you are happy and you know, clap your hands... that's me with my Cajon Box! Online tutorials helped me learn how to play it and, I now quite enjoy it...



Tesfaye Hailu

Ethiopia Office

Flexing with Yoga



to flex my rigid bone structure. Started when IPE/Triple Line organized a professional Yoga trainer via Zoom and some of us from the London/Nairobi/Addis office joined in the sessions with their family. It was the first time for me and enjoyed the exercise with my little ones. Ever since then, I try and do Yoga whenever I find the time.



Seema Gupta

Centre for Knowledge & Development

Bridging through the lockdown with 'Games of Bridge'

is the one thing that I picked up. Also, learnt singing but unfortunately, had to give up in the middle. On a separate note, lockdowns brought me closer to the family, especially my parents and friends and we spent some quality time together.



Ashwajit Singh

Corporate

One/two big lifestyle change that you intend to keep/not keep with the lockdowns...



Tanya Singh
Corporate

A healthy way of life

for a balanced emotional and physical strength. Eating right was one-big change that we adapted during this time, something that we will continue doing going forward



Navneet Singh
Urban



Faisal Ali
Corporate

More attention to physical fitness

to be able to have a good work-life balance.



Fighting towards a Healthier self, started my day with doing yoga which helped me lose weight and be more mindful, I took the challenge of doing 10k steps everyday...



Himanshu Sikka
Corporate

Discovered my love for Blue Tokai Coffee...

Working from home made me a Barista! I was hooked to coffee during my travels to Ethiopia - the best place to have a Macchiato...however lockdowns made me a true Coffee Connoisseur...in the last two years I graduated from French press to home espresso...from off-the-shelf coffee brands to specialty coffee's fresh from the farm and roasted and grinded to perfection...my favorite Blue Tokai's Attikan Estate (Dark Chocolate, Figs, and Roasted Almonds)



Helped us learn to navigate through the unknown...



Though there were no lockdowns in Ethiopia, our classes were disrupted in 2019-2020 due to which our graduation was delayed. The COVID-19 pandemic has really disrupted our normal life and changed our path into its own.



Hilina Yalem
Ethiopia Office

Learnt about mankind's resilience



- about not giving up was my biggest takeaway during the lockdowns. Life stops - and yet goes on - adapting to the new situation. Even though the physical movement stopped, but technology innovated to keep the world moving. Medical science came up with vaccines while communities showed exemplary courage to help each other. In summary, the 'lock-down' unlocked the resilient spirit of humankind!



Abdul Rahim
Corporate



Gungun
Urban

Overcame my initial inertia, went behind the steering wheel and learnt to drive...

something that I been wanting to do since long. I also became more tech savvy, started listening to a lot of podcasts that helped me gain knowledge on financial planning, time management

With multiple lockdowns,
are you now excited about
Work from Office?



Office is where we build people to people connections... I always feel connected with my colleagues when in the office. While the virtual world and technology have really advanced by making our lives simpler, it is the office where we learn and have fun with colleagues.



Rattan Chhabra
Finance & Accounts



Prabhas Gupta
Urban

Indeed, time to get my chair on its feet once again! Am excited about working from the office and interacting with my colleagues in person.

Did lockdown bring out more of your humane side?



Shilpi Jain

Corporate Communication

Being Humane...

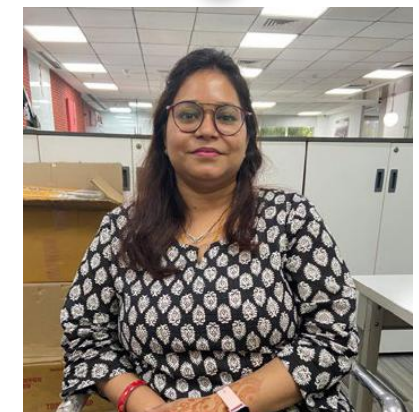


I think something that Covid-19 taught all of us. On a personal front, as a volunteer committee member of society RWA, we pooled funds to set-up a makeshift oxygen-bed facility in our area to handle any cases especially during the deadly second wave.

Helping out of the way,



COVID-19 brought out the more humane side of our family. When my father-in-law was diagnosed with COVID friends and family supported us.



Aditi Chaudhary

Urban

How was your experience with the shift to the virtual world?



Anil Kumar Bansal
Urban

From "hello" to "am I audible?" lockdown was a learning experience...



Although it took a while to get comfortable with the screen & earphones, I soon started seeing the good sides of this world. Things were gradually easier. But, despite everything, nothing replaces people connect. The warm handshake, hugs, team meetings in the conference room discussing business, projects brings in its own personal touch.



Vipin Kumar
Quality Assurance

A better work-life balance with time & money savings...



The transition to a virtual world had its hiccups in the beginning but changed our lives in terms of better work-life balance. There was less commute stress and money-saving too. It gave us a customizable office, where we could keep changing places and wear comfortable clothes according to the mood!



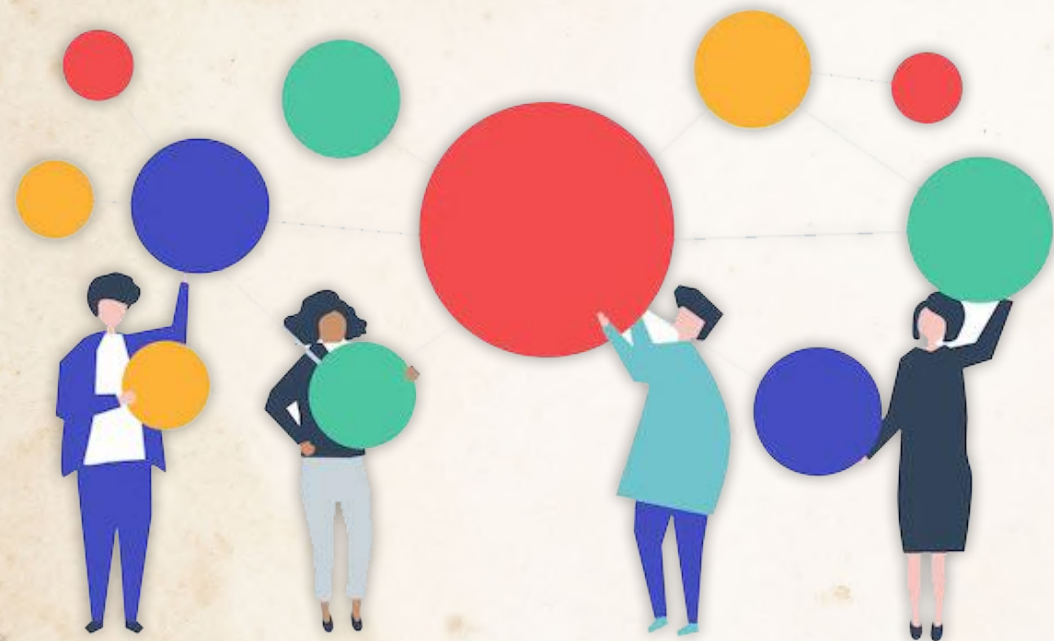
Namita Wadhwa
Social & Economic Empowerment

Breaking the firewall with human connections



helped me realize how important are in-person connects. We might have advanced with technology and made lives simpler, but nothing replaces the human heart & soul...

Did you reconnect with your friends during this phase?



Irony of isolation

helped me reconnect with my old friends and professors. It helped me relive the old magic and moments together...



Madhushree Dutta
Urban



Neelakshi Mann
Social & Economic Empowerment

When geographies knew no boundary  and I could reconnect with a lot of my international friends over a click of button with Zoom/video calls... The lockdown got us closer more than ever.

Did you miss going out
and dressing up?



Kavita Fadnis
Human Resource

**Kept up the momentum with my love for
the six-yard wonder...**

The lockdown was a time to reorganize our cupboards. Yes, I did miss going out and meeting my colleagues and friends but at the same time I made sure I wore sarees at home and for my meetings, this kept the momentum and discipline which was needed during the lockdown.

Making fashion a style statement...

The lockdown brought out the better self from attending meetings in Pajamas and adding color to very possible outfit to make it stand out. I missed meeting my friends and having the perfect brunch parties.



Ishita Tewari
Corporate Communication

Did fitness and yoga become a part of you during the time?



Towards a fitter self

which initially began as time pass during lockdown became a goal-oriented commitment as days passed by. The calorie drop kept me motivated and, and pushed me harder for yet another extra drop...



Ranabir Dey
Urban



Sreejita Dey
Corporate

Yoga & meditation helped me stay

focused and cope with the stress of the pandemic. It really helped me calm my nerves and focus on work and, I could I feel a new me!



What was your lockdown favorite binge-watching series?



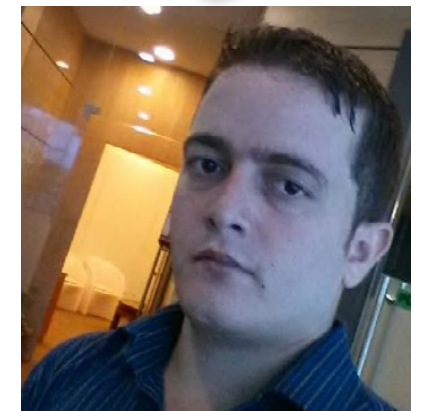
Satvika Saxena
Human Resource

FRIENDS by far...

a series that I binged watched right from my school and college days. Every character perfectly binds the show together. It lightens the mood with its fun element and, I can relate to it very well...



Mumbai Diaries 26/11 ...a thrilling and enjoyable watch. The series perfectly put its the characters together even in the most tense situation and indicated how teamwork could always achieve more...



Anil Kumar
IT

How were celebrations during the lockdown?



Fun with family ... Celebrations

brought us closer and we looked forward to new ways to share our joys with everyone amidst the crisis to cheer them up. We made sure our children don't miss out on important celebrations like their birthdays...



Tarun Bansal

Finance & Accounts



Arushi Chandra

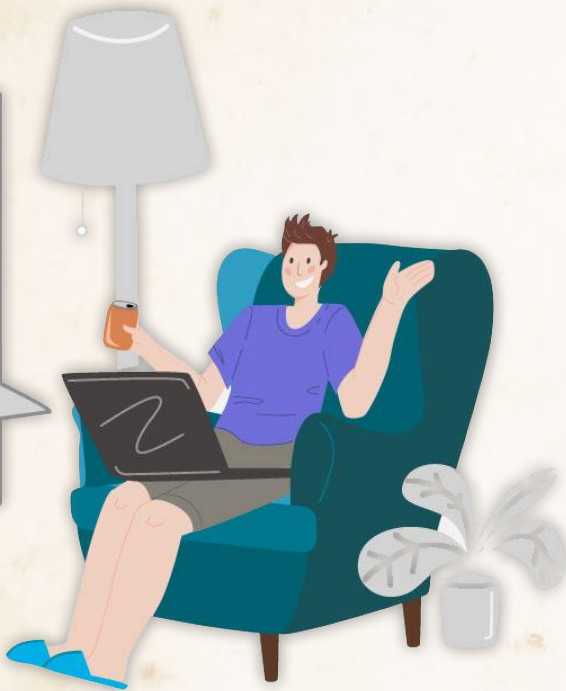
Urban

Played Hide & Seek with my Birthday Cake!

As a baker I was never allowed to bake my own cake. I celebrated my birthday in the thick of the first lockdown in April 2020 and decided to make a rich chocolate cake with a chocolate ganache. Everything went well till the time I realized that I was out of rainbow sprinkles to decorate I remember substituted the sprinkles with some crushed hide and seek biscuits to make it stand out!



How much fun was the family get-together online?



Kept negativity & fear away...

Online connections during the lockdown helped built stronger bonds with my extended family over zoom and brought me closer to them more than ever. The continuous video calls, discussion around recipes, simultaneous cooking and cleaning experiences, online courses to build skills, and small celebrations over puddings and custard just kept us going...

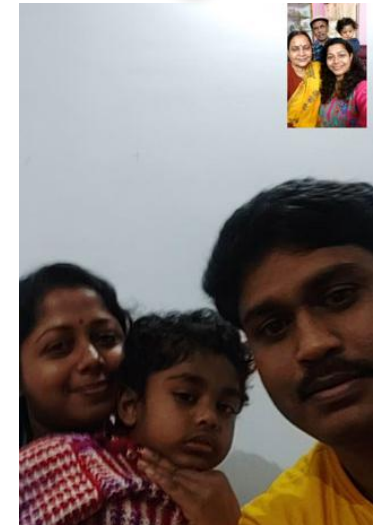


Priscilla Blesson

Social & Economic Empowerment

With Zoom time, it felt connected...

Bonding over Zoom was an experience with family & friends during the lockdown. Right from daily updates to birthdays to celebrating Christmas video-calls kept us connected throughout.



Partha Pratim Nath

Urban



Priyanka Gupta

Social & Economic Empowerment

Technology was a saviour...

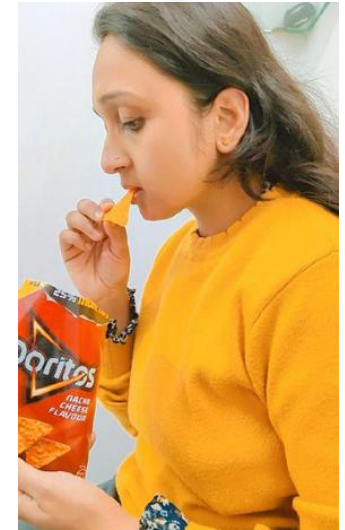
online connections over WhatsApp and Zoom kept me close with family. Lockdown was a tough phase as I spent most of my lockdown days in Shillong, with family stranded far away. Technology was a respite especially for my parents for stayed away from their four-year-old grandson...

Was it healthy all the way or, did junk food rule dietary habits?



I craved for JUNK food all along...

During the lockdown there was excessive binge-watching, one got into the habit of eating a lot of junk food such as chips, biscuits, Maggi, etc. Lockdown led to lethargy & laziness which gradually affected my mind and body.



Suman

Health, Nutrition, & WASH



Divya Tiwari

Health, Nutrition, & WASH

When the FINISH wasn't as healthy!

A healthy start to the day was my ritual with a well-balanced breakfast which kept me active all throughout the day. But as the days went by, it was the Swiggy/Zomato way which complemented binge watching for a wholesome entertainment...



Your wardrobe was a fashion disaster during lockdowns...Agree?



Ritika Pandey

Health, Nutrition, & WASH

It was Kohl calling with an infectious smile 😊 that complemented my wardrobe...A blend of comfort and fashion from a formal top to a comfortable bottom to adding the extra element with accessories completed the look!



Classy all along... Fashion, an important part of my wardrobe, for me is comfort. Lockdown helped me experiment styles and colour tones to keep me going...



Radhika Batra

Health, Nutrition, & WASH

How seriously did you take
'books as your best friend?'



Sijo John

Social & Economic Empowerment

Was never alone with my
bunch of books during the
lockdown..

Read some prize-winning books and one
of my favorites was Delhi- A soliloquy...A
must read!



Books were my calling...

enjoyed reading non-fiction books the most
and my favorites are autobiographies - Indra
Nooyi's 'My Life in Full' and Param Iyer's
Methods in Madness. Truly inspiring...



Niharika Srivastava

Economic & Public Financial Management



Sudarshan Panda
Corporate Risk & Compliance

When the smell of books beat the Barista!

The lockdown made me more productive, and I was able to read about 15-20 books. The genre I enjoyed the most was Mafia/Underworld and History of Food/Cuisine!



Discovered the new me with my lockdown reads...

One of the favourite being Mani Bhaumik's Code Name God which provides a modern view of how to revive faith in a rapidly altering social context. It delves into how one can preserve value systems in a pragmatic manner to heal the wounds, merging matter and spirit.



Debamitra Bhattacharya
Social & Economic Empowerment

Gender Equality Today for a Sustainable Tomorrow

One of the greatest worldwide issues of the twenty-first century is advancing gender equality in the context of catastrophic climate change and disaster risk reduction.

Women are increasingly being regarded as being more vulnerable to the impacts of climate change than men because women make up the majority of the world's poor and are more reliant on the natural resources that climate change threatens.

Women and girls are also effective and influential leaders and change-makers when it comes to climate adaptation and mitigation. They are involved in sustainability programs all across the world, and their participation and leadership help to make climate change action more effective.

For sustainable development and greater gender equality, it is critical to continue to study the opportunities, as well as the limits, to empower women and girls to have a voice and be equal actors in decision-making connected to climate change and sustainability. A sustainable future and an equal future are out of reach without gender equality today.

This International Women's Day let's claim

"Gender equality today for a sustainable tomorrow".



Source: <https://www.un.org/en/observances/womens-day>

MAKE WAY FOR HER

IPE Global Making a Difference...



RAJPUSHT
Strengthening Care in the First 1,000 Days

2 ZERO HUNGER
3 GOOD HEALTH AND WELL BEING

RajPusht seeks to reduce the prevalence of low birth weight and wasting among children in the most vulnerable districts of Rajasthan, India. The project follows a transformative pathway for improved maternal & child health by championing cash transfers for new mothers to help them eat a locally available nutritious diet and, focuses on a 360 degree Social & Behaviour Change Communication to create an enabling environment for adoption of recommended pregnancy care, childcare & nutrition practices. To address this, Government of Rajasthan (GoR), in partnership with Children's Investment Fund Foundation (CIFF), is executing the Project with IPE Global as the implementation partner.

UDAAN

A 360 Degree Approach to
Prevent Teenage Pregnancy



UDAAN aims to prevent teenage pregnancies in Rajasthan by system level improvements and on-ground actions to change social practices around early marriage. Supported by the Children's Investment Fund Foundation (CIFF), UK and implemented by IPE Global, the project adopts a multi-sectoral approach to keep girls in secondary school by increasing uptake of pre-matric scholarships; improving their knowledge on sexual and reproductive health; and promoting adoption of injectable contraceptives by young couples.

MANZIL

Aspire to Achieve



MANZIL enables access to quality skill education & economic opportunities to empower young girls to act independently and make their own choice, thereby preventing early marriage and delaying the age at first pregnancy in select six districts of Rajasthan, India. The project is supported by the Children's Investment Fund Foundation (CIFF) and, is being implemented by IPE Global.

Women's Day Celebration

Head Office



Project Offices



MAKING OF A WOMAN

A woman they say is made only with tears

And sorrow too

But what they don't know is that they go through bad things more than you.

Can you imagine a life full of stereotypes?

And taunts to make you cry

Well, women they tolerate

All these things and with a lovely smile.

They are stronger than you know

And they only need your hand

Just stay there and support them

And they will love you as a child loves sand.

Next time you go taunting them

Ask them one thing then

What hardships did they tolerate?

In the making of a woman.

by Anoushka Panda
Daughter of Sudarshan Panda

NEWS DESK



The Hindu (Economic Times, New Delhi Times and other publications)

NITI Aayog and USAID Collaborate to Accelerate Health Innovations and Entrepreneurship in India

- SAMRIDH

MoneyControl

How Budget 2022 missed the bus on girl child education

- Ashish Mukherjee

UDAAN: Giving Girls the Wings to Fly- Outlook

- Project Udaan

Community Awareness and Participation Program (CAPP) - through an ADB funded project in the urban area, improving the safety and health of project workers

- Urban

Meghalaya Times

Understanding Women's Day through different voices

- Ashwajit Singh & Varalika Mishra



The Assam Tribune

Lessons from Dholpur for the Rest of India

- Project Udaan

Business Standard

Axis Bank, IPE Global commit \$150mn loan for India health infra, post Covid

- SAMRIDH

Mission ICU

Women on a Mission

- Ritika Pandey

Indian Express

Woman entrepreneur repurposes tech to fight Covid-19 spread

- SAMRIDH

February 2022 edition of “**RajPushtika**” captures the highlights of Indira Gandhi Matritva Poshan Yojana across all 33 districts of Rajasthan, and the launch of RajPusht’s website. [To read more, please click](#)

WOMEN TRANSFORMING INDIA AWARDS 2021

5th Edition of the Women Transforming India Awards by NITI Aayog felicitated women entrepreneurs who have made major economic contributions to the country. This year, the awards honoured 75 women for the 75 years of Independence India has celebrated.



Launch of Coffee Table Book by NITI Aayog & the ladies of all three armed forces



EVENTS

Tourism national project workshop attended by Ministers - Planning, Civil aviation and Tourism, Secretary Tourism, CEO, and large public and private stakeholder groups in Bangladesh.



Kavaratti Smart City road project initiated covering total 38 Km - almost every stretch of islands road.



SAMRIDH and Atal Innovation Mission (AIM), NITI Aayog hold a virtual event to mark their collaboration for accelerating health innovation and entrepreneurship through blended finance in India.



Himanshu Sikka spoke at the Poshan Talk, highlighted the role of private sector in transforming the nutritional landscape of India.



Raghwesh Ranjan invited as guest faculty to speak on Funding Source for Social Science Research at AN Sinha Institute of Social Studies of Government of Bihar.



NATHEALTH and Africa Healthcare Federation hold a Vaccine Summit to address some of the critical factors that constrain Africa's ability to achieve desired COVID-19 vaccination levels and what can be learned and replicated from India's model.



Dr. Harish delivered a session on technology and innovation in child health at Pedicon 2022



SAMRIDH organized a virtual roundtable discussion on **International Women's Day**. The event marked the announcement of a dedicated \$5 million USD by USAID to prioritize women-led businesses in healthcare, furthering the recent call for proposals jointly announced by AIM and SAMRIDH.



Congratulations!

Namita, Raghvesh and Team RajPusht!

Rajasthan Chief Minister announces- under the 'Indira Gandhi Matritva Poshan Yojana' scheme expanding the scheme's remit to the entire state. This is expected to benefit **350,000+ pregnant women**.

Team Urban - Ujjain Project Team

Supported Madhya Pradesh Government for Mahashivratri celebrations in Ujjain. **New Guinness World Record** set by lighting 11.71 lakh oil lamps.



Dr. Harish & Team SAMVEG

Paper published in an international journal on RASSTA tool developed under Vridhhi and being expanded under SAMVEG.



Announcement



Painting is just another
way of keeping a diary.

- Pablo Picasso

Credits: Team Corporate Communication

Tanya Singh, Shilpi Jain, Ishita Tewari, Sapna Subba, Aradhana Mathur, Priyanka Nagpal

Visit www.ipeglobal.com or write to us at connect@ipeglobal.com

Visit www.ipeglobal.com/covid-19/ to know about our intervention in mitigating the crisis.



<https://goo.gl/bhjaXJ>



<https://goo.gl/vTg8Cj>



<https://goo.gl/09oTR9>



<https://goo.gl/Xllyj5>