

## RECOMMENDATIONS

### **1. Ensure procedural and structural support for migrants.**

There is growing recognition that regulated migration has the potential of benefitting not only the migrants themselves but also the economy in the areas of origin and destination. Such regulation should respect the law of both countries and ensure that only the benefits that accrue legally to migrants reach them; in turn, this will allow proper recognition of the contribution of migrants. Governments should provide procedural and structural support for improved governance of this sector and thus gain from labour migration in relation to the country's overall development.

### **2. Create awareness among migrants regarding Indian financial and social protection services.**

Study findings show that both Bangladeshi and Nepalese migrants reported limited access to financial and social protection schemes in India. Nepalese migrants can access most of the financial and social protections schemes since they are permitted to legally work in India. Migrants need to be made aware of their entitlements in destination countries, including through community and peer groups.

### **3. Provide a regular system for migrants to send remittances to their native place.**

Migrants often send money to families in their home country through informal channels; however, they lose many of the benefits of these remittances as they end up paying high rates of commission. Banking channels charge high transaction costs but ensure safe and timely delivery. A formal, low-cost, safe, and convenient system for migrants to send remittances home needs to be established. This would allow governments to effectively track inward and outward remittances that contribute to the economy.

### **4. Create awareness about health-care services**

Specific disease patterns were discernible among cross-border migrants. There is a need to design targeted information, education and communication campaigns and behaviour change to improve perceived risk and treatment seeking behavior of preventable diseases in both source and destination areas.

Interventions must increase the uptake of health services by spreading awareness of facilities that are available free of cost for all residents including migrants. Further, innovative interventions are required to specifically address risky sexual behaviour among migrants.

Migrants' poor psychological health is also an area of concern. There is a need to create awareness about common symptoms of psychological disorders, such as depression and anxiety. This would enable migrants to identify these symptoms and access necessary medical help. Medical treatment for psychological disorders is available free of cost at most government tertiary-care health facilities.

**5. Provide individual and community-level interventions to address spousal violence.**

Study findings suggest a high prevalence of verbal and physical abuse of spouses by migrant husbands both at destination sites and places of origin. NGOs/CBOs working with migrant populations in both source and destination areas should organize peer-support groups or one-on-one counselling sessions to support victims of spousal violence and include, if required, legal support. Community based interventions are needed to change attitudes, abusive and violent behaviours among men in migrant settlement areas.

**6. Offer vocational training or skill development programs in migrants' countries of origin.**

Most migrants work in low-skilled jobs, which are by nature temporary and without benefits making uneducated and low-skilled migrants especially vulnerable to exploitation by employers. A better understanding of skills sets needed and specific areas of the economy where migrants could contribute, would allow NGOs in migrant source sites to provide low-cost training for skills that are in demand in India. Given that migrants often rely on informal social networks for migration-related information and facilitation, there is a need for NGOs to connect with the migrant diaspora in India and returnee migrants in home countries and use this information to sensitise potential migrants before they migrate to India. Similarly, **migration information centres** could be established at selected destination sites to provide basic information regarding the employment opportunities, labour rights, and wages in the area.

**7. Develop a mechanism for governments to protect migrants' rights**

Migrants have limited access to justice in case of violation of contracts and rights. Governments in both the country of origin as well as the destination country should establish a mechanism by which migrant workers can register complaints when their contracts and rights are violated. An awareness campaign focusing on migrants' rights should be launched at both destination and place of origin.

**8. Provide support for reintegration and rehabilitation of returnee migrants**

Migrants return to their home countries with expectations of a better life, yet study findings show that many returnee migrants are in debt and experience poor health. NGOs working in source areas should organise support programs for returnee migrants to advise them on financial investment and access to locally available social and health services.