



# Quarterly Newsletter

April - June 2020



Facing and overcoming the COVID challenge  
[www.khushii.org](http://www.khushii.org)

# CORPORATE PARTNERSHIPS

Enabling Change together



## THANKING ORACLE FOR CONTINUED PATRONAGE IN 2020-21

KHUSHII is delighted to receive an extension of support from Oracle for the Shikshaantra Plus Programme. The programme is being implemented in 4 Govt. schools of Hyderabad and Bengaluru, impacting 2700+ students. The aim of the intervention is to develop creativity and critical thinking to help students address the challenges of 21st century with special emphasis on experiential learning of STEM concepts.

This is the third year of association, KHUSHII is hoping for the continued support.







# CORPORATE PARTNERSHIPS

## PARTNER SPEAK



“It gives me immense satisfaction that through Shikshaantra Plus programme of KHUSHII we are able to build strong foundation skills of 5,740 students in Grade 1-5 in 4 Govt. schools of Delhi and Chennai. Very soon, these students will graduate to next grades, specially students entering Grade 6 will become the part of NDDP (CSR initiative of Newgen) and will be catered through NDDP Alumni programme in Grade 8-10.

The greatest strengths of KHUSHII is their adaptability and flexibility in implementation as per the conditions that arise at the project locations. This quality has helped us in achieving such an impact in the initial phase. We hope to continue to deliver together as a team towards the goal of Education in our country.”- **Priyadarshini Nigam**, Head- CSR, Newgen Software Technologies Limited





# COVID RESPONSE - INTRODUCTION

It has been a challenging journey over the last 3 months to mount an effective humanitarian response and continue programmes in the midst of a nationwide lockdown and in the face of the continued risk of infection. KHUSHII is adopting a two-pronged approach -

1. In collaboration with the state governments and local communities, KHUSHII is providing immediate help in the form of vital information, safety-equipment and food.
  - a) **SAFETY EQUIPMENT:** such as PPE kits and other protective gear to healthcare workers.
  - b) **INFORMATION & ADVICE:** through structured interactions with Anganwadi workers and through direct messages, phone calls and social media campaigns, to empower communities with knowledge to help keep them safe and contain from COVID-19.
  - c) **RATION DONATIONS:** to the most needy families.
2. Continue to run programmes within the safety parameters prescribed by the government:
  - a) **EDUCATION:** Addressing the challenge of keeping children learning at home through online and telephone outreach by KHUSHII teachers. These teachers plan a routine together with children, have open conversations and conduct online activities for them. Alongside, they engage with the parents to share tips for supporting home schooling.
  - b) **MENTAL HEALTH:** Reaching out to students and families to extend emotional support through our KHUSHII qualified counsellors. KHUSHII's aim is to support children facing the new realities of temporary unemployment for their parents, home-schooling and lack of physical contact with other family members, friends and colleagues.
  - c) **COMMUNITY DEVELOPMENT:** Through Shiksha Aur Vikas programme, KHUSHII is continuing to train women and youth under various skill development initiatives to prepare them to enter the workforce.



Anganwadi worker training



Protective gear (PPE KIT) donation to hospital



Ration distribution



Career counseling webinar series session







# EDUCATION

Catalysing change for a 'new normal'



In the reporting quarter, the objective of the educational initiatives was to quickly restore educational access to as many students as possible and provide engagement for uninterrupted learning using virtual mediums such as internet, text & WhatsApp messages. The implementation of activities was divided in 4 phases – planning a response, putting protocol in place, starting to teach and evolving the programme.

**In the first phase of planning,** extensive virtual meetings were conducted with team of coordinators and selected teachers and plan was drafted keeping in mind the issues children were facing at home due to lockdown. A detailed implementation plan was created basis the feedback.

**In the second phase,** phone numbers of families with smart phones and feature phones were compiled by various rounds of phone calls. Children were divided into functional groups with a teacher. For virtual classes, WhatsApp groups and Zoom-app installation was facilitated. Groups were formed accordingly. To commence the new academic curriculum, teacher training programme was organised to conduct effective virtual classes.





# EDUCATION

In the third phase, study material compilation was done by Internal Academic Resource Team. For Secondary grades, digital library of reference videos was created, which contained subject-wise instructional videos on various concepts. For Primary grades, in addition to the online reference videos, KHUSHII teachers have made videos & corresponding evaluation sheets were also designed. Some sample videos are listed below -

<https://youtu.be/o-sNJKiiDXs> (Moral Story)

<https://youtu.be/eR87wRJ2WCw> (Teaching Math)

<https://youtu.be/BttTiQqZLDw> (Teaching Subtraction)

<https://youtu.be/R6UsJ7mbj0o> (Moral Story)

<https://youtu.be/emqxSep6hzU> (Moral Story)

Virtual classes were conducted with students 4 times in a week via Google meet, Zoom and WhatsApp. Virtual Parent Teacher Meetings were also organized once a month with an aim to increase the engagement of the parents.

## In the fourth phase, KHUSHII

- Introduced the "World Reader", a smart-book app, to the students of Grades 1-6. Parents have been asked to download this app and read out stories to their children. Teachers thereafter conduct activities and ask questions related to the stories. In the first week of the launch 2,500 parents downloaded the app.
- On 22nd June, KHUSHII launched its first virtual summer camp called 'Summer Tales' for the students of Grades 1-10. In the camp, extra-curricular activities are conducted online to promote life skills and physical health at home.
- Regular online classes for Grade 7-12 are being conducted as per the guidelines of respective State Governments.
- Conducted training for all KHUSHII teachers and coordinators on academics and life skills. These trainings were led by Dr. Ravinder Pal, Principal B.Ed. College, Ex Senior Lecturer, DIET (SCERT Delhi).
- Important days were celebrated with students with an aim to engage them with some fun activities at home. Guided by teachers, children make special efforts with family members to create something special. Some of KHUSHII's children shared pictures with teachers via WhatsApp.

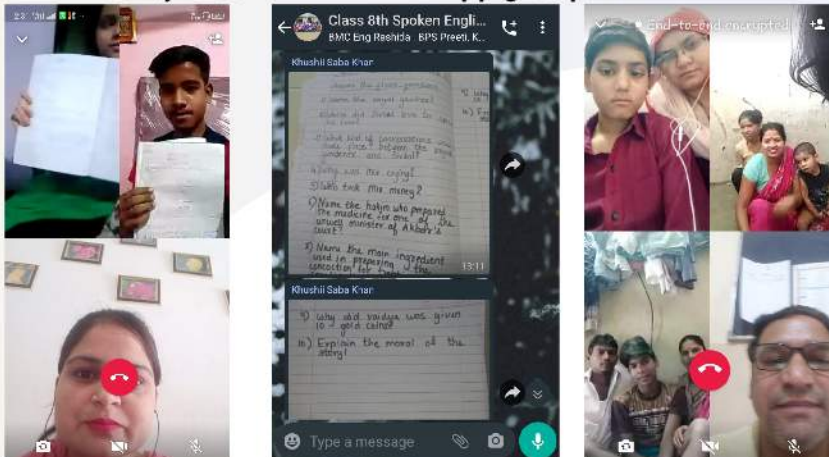




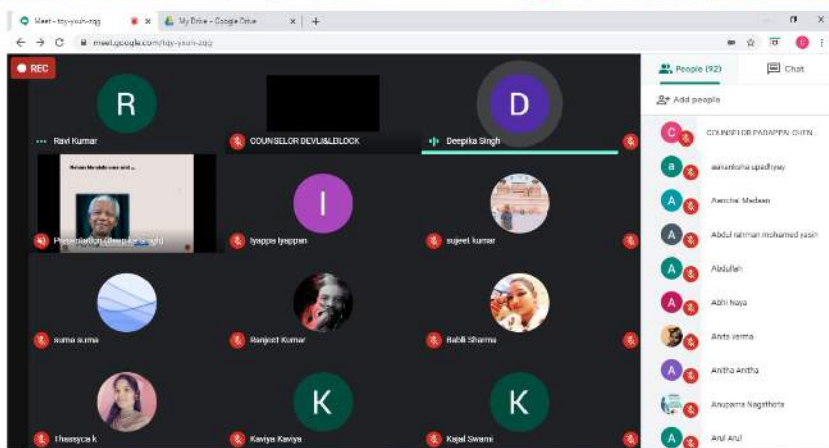
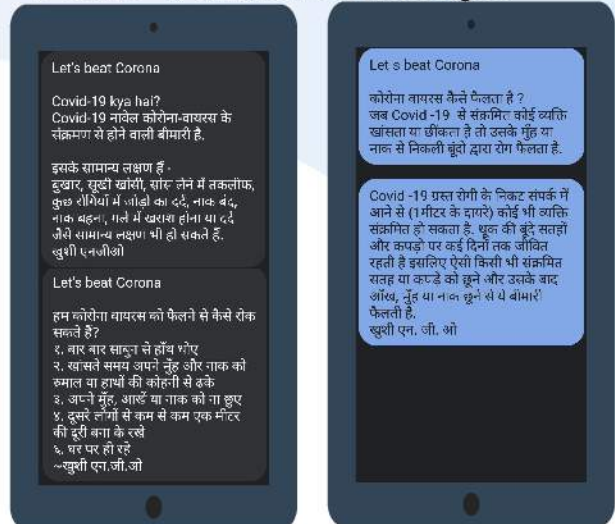


# EDUCATION

## ▼ Virtual Class; Screenshot of worksheets shared by students in Whatsapp group & PTM

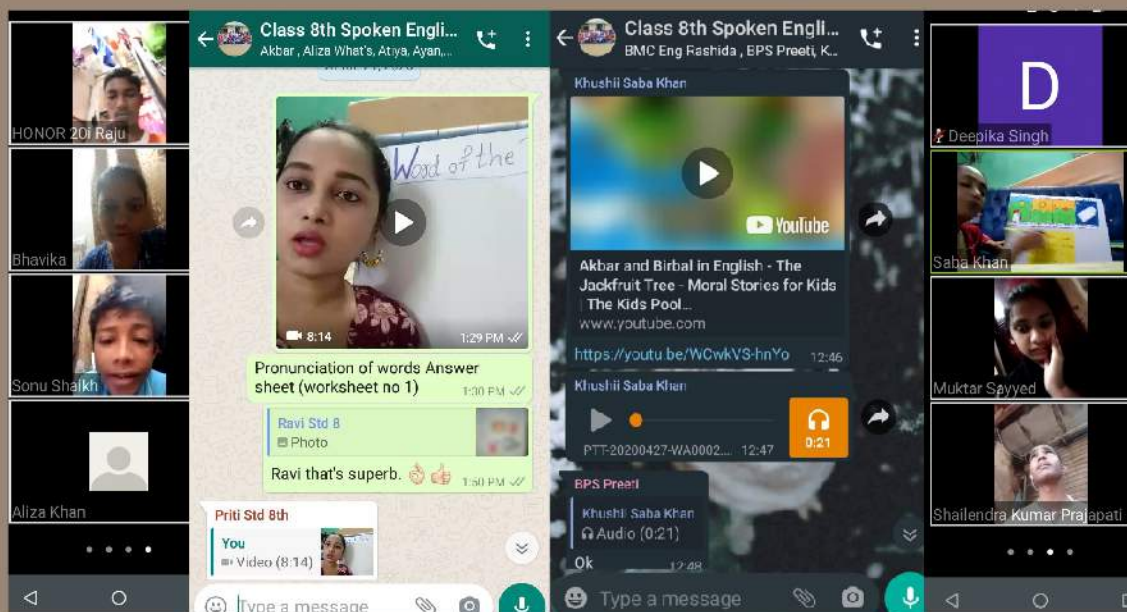


## ▼ COVID-19 awareness messages



## ▲ Career counseling webinar series session

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## ▲ English virtual class for the students in Bandra, Mumbai.



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AND HOLISTIC INTERVENTION IN INDIA

# MENTAL HEALTH

## ISSUES & COPING DURING COVID



With a goal to implement simple and relevant strategies to ensure psychological well-being of students and their families KHUSHII engaged with them on timely basis while they were at home under nationwide lockdown. Additionally KHUSHII also connected families with the appropriate government resources and other sources of aid and relief. Through online individual and group activities for students and families KHUSHII reached out to these beneficiaries.

During the first phase, KHUSHII's team of counsellors reached out to students and their families through wellbeing and awareness calls. These counsellors made sure that the families understand the magnitude of Coronavirus pandemic and the precautions to be taken to safeguard everyone at home.

In the second phase, the calls majorly focused on providing information about various relief schemes, and linking needy families to relief material such as cooked meals, ration packets and health services related to treatment and quarantine. KHUSHII team connected these families to government helpline numbers providing assistance for the welfare of people.





# MENTAL HEALTH

In the third phase, main focus of the wellbeing calls was on the identification of the problems students were facing related to following daily routine, getting proper sleep, lack of concentration during home studies, or any sort of domestic disturbance or abuse.

Since the beginning of the fourth phase in mid-June following activities are being conducted -

- **Focused Individual counselling for mental health support**

Students with cases of anxiety, stress, loneliness etc. have been taken up through individual counselling. These cases were identified during phases 1 to 3.

- **Virtual Career guidance to the secondary and senior secondary students**

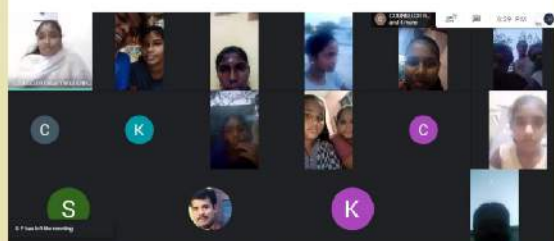
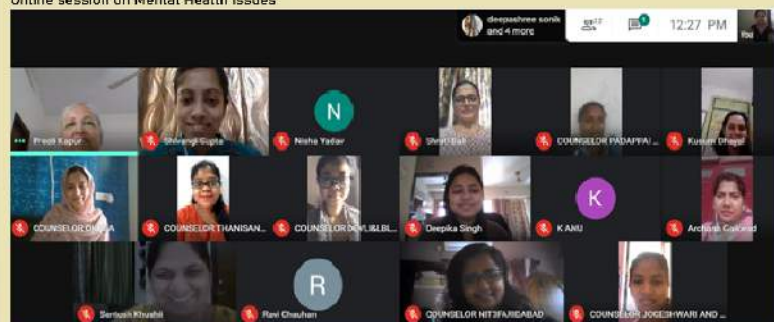
In the lockdown, students of Grade 9 to 12 are under tremendous stress due to final exams and results. For students of Grade 12, making a career choice is also critical. To help coping with stress, KHUSHII counsellors have initiated a series of career guidance and awareness webinars with experts. Follow the link here to watch a session -

<https://youtu.be/AOq6SFrhaWg>

- **Skill and knowledge enhancement programme for counsellors**

These sessions include virtual demos of group counselling, individual counselling, learning new therapies of counselling such as art therapy, relaxation therapy etc. To enable these programs, KHUSHII is working with Dr. Preeti Kapoor (Ex Associate Professor at Department of Psychology, Daulat Ram College University of Delhi.)

Online session on Mental Health issues



Menstrual hygiene day seminar and poster



Testimonies from students and parents on Wellbeing call



Menstrual hygiene - red dot challenge





# COMMUNITY DEVELOPMENT

Building resilience of communities during and post COVID-19

The prime objective of KHUSHII is to build community awareness on COVID-19, ensuring social safety nets for the community members. Another aim is to build capacities of frontline healthcare providers through various digital platforms.

In the first phase, to deliver coordinated management of COVID-19 preparedness and response, a plan of action was formulated in consultation with local government departments, ICDS (frontline healthcare workers), local dispensaries, and members of self-help groups, local leaders and community influencers. The main pillars were: creating awareness, building capacities of healthcare providers, and ensuring social safety nets (e.g. food distribution, cash transfers, food vouchers).

The second phase was dedicated to identifying vulnerable families for targeted social protection schemes, particularly in the absence of an existing registry of community beneficiaries. Need-based assistance was provided to the beneficiaries: in filling of online forms, an appointment in the hospital, online reservation of tickets for train/bus travel etc. To ensure continued availability of essential services such as healthcare, food, safe drinking water, and hygiene kits, KHUSHII identified vulnerable families in the intervention communities. These families were linked to government-run programs, such as free distribution





# COMMUNITY DEVELOPMENT

of cooked food, distribution of ration etc. Those families who were left out and couldn't avail these services due to distance etc., KHUSHII supported them directly by distributing ration.

In the on-going third phase, focus is being given on empowering communities by equipping them with information and knowledge through the following –

**Webinars:** Weekly webinars organized to address societal issues such as reproductive health, tobacco use, domestic violence, child rights that need to be addressed during COVID-19. Below are the links to the webinars conducted in the reporting period:

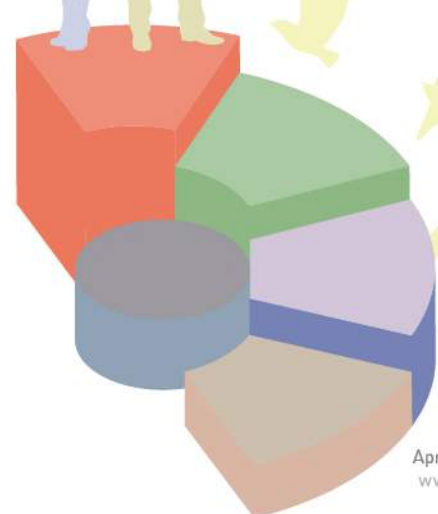
- Panel Discussion Gendered Access To Reproductive Healthcare During COVID-19  
[https://www.youtube.com/watch?v=DG-g\\_GYHK50](https://www.youtube.com/watch?v=DG-g_GYHK50)
- Panel Discussion on Adolescent & Youth Tobacco Use & Risk of COVID-19  
<https://www.youtube.com/watch?v=VPQNxwuWTFg>
- Webinar on Protection against Child Sexual Abuse During COVID -19  
<https://www.youtube.com/watch?v=uUwGSWQyRmU>

**Awareness Generation:** Promoting preventive actions amongst community members, including practising good hygiene and social distancing measures, in line with national government guidelines and recognised best practices.

**Supporting health systems:** Training frontline healthcare workers in COVID-19 response and containment and COVID-19 surveillance

**Creating employment opportunities and economic growth:** Online skill development courses on - retail training, general duty attendant and cutting & tailoring. Self-help group members stitched masks and sold them at an affordable price. This gave them livelihood opportunities. A group of village farmers earned income via selling vermicompost.

**Donating COVID-19 protective gears:** Donated PPE kits, nitrile gloves and masks to 3 government hospitals in Delhi and Bengaluru.







▲ Webinar on protection against child sexual abuse during COVID -19



▲ COVID-19 awareness certificate



Sanitary pad distribution ▲



▲ Food distribution- Bhiwadi, Delhi and Bengaluru respectively



# COMMUNITY DEVELOPMENT



▲ Livelihood: Face Mask & Vermicompost



Facilitating health services ▲



▲ Online GDA classes  
Sangam Vihar



▲ Skill development  
training



Group meeting and community meeting ▲





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***Thank you.***

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Please contact +91 11 4104-1075/76